**Table 1: Deductive coding Framework (Taken from (**[**Leamy et al., 2011**](#_ENREF_19)**))**

|  |  |
| --- | --- |
| **Super ordinate categories** | **Subordinate category** |
| Connectedness | Peer Support and support groups  Relationships  Support from others |
| Hope and Optimism | Hope inspiring relationships  Motivation to change  Belief in the possibility of recovery  Positive thinking  Having dreams and aspirations |
| Identity | Dimensions of identity |
|  | Rebuilding / redefining a positive sense of identity  Overcoming stigma |
| Meaning and purpose | Meaning of mental illness experience  Spirituality (including development of spirituality) |
|  | Quality of life  Meaningful life and social goals |
|  | Meaningful life and social roles  Rebuilding of life |
| Empowerment | Personal responsibility |
|  | Control over life |
|  | Focussing on strengths |

**Table 2 – Sample characteristics of participants (n=48) included in the focus groups**

|  |  |
| --- | --- |
| Characteristics | Participants |
| Gender (N, %):  Female  Male | 20 (58%)  28 (42%) |
| Age (Mean, SD) | 42.1 (10.4) |
| Ethnicity (n, %):  White British  White Irish  White Other  Black/ Black British - African  Black/ Black British - Caribbean  Black Other  Asian / Asian British – Indian  Asian / Asian British - Pakistani  Asian other  Mixed race  Other | 16 (33%)  1 (2%)  1 (2%)  11 (23%)  9 (19%)  1 (2%)  2 (4%)  1 (2%)  1 (2%)  2 (4%)  4 (8%) |
| Diagnosis (n, %):  Schizophrenia or Schizoaffective disorder  Bipolar Disorder  Depression  Anxiety  Other  Did not want to disclose | 19 (40%)  8 (16.5%)  6 (12.5%)  1 (2%)  2 (4%)  12 (25%) |
| Mental health team type (n, %):  CMHT  Support and recovery  Early intervention service  Assertive outreach  Forensic  Rehabilitation  Continuing care  Other  Did not want to disclose | 6 (13%)  15 (31%)  5 (10%)  9 (20%)  1 (2%)  1 (2%)  5 (10%)  4 (8%)  2 (4%) |
| Time in MH services years (mean, SD) | 11.6 (7.0) |
| NHS trust (n, %):  SLAM  Gloucester  Leicester | 27 (56%)  10 (21%)  11 (23%) |