

Box 4 – Qualitative views on the intervention

When I first saw it I actually thought it was a bit awkward. I thought how am going to use this to make myself feel better or remind myself to stay positive? (Participant 9 – 3 miscarriages)

When I actually sat down and really thought about each one (the statements on the PRCI) very carefully, it made sense and it really helped me to think about those things (Participant 14 – 3 miscarriages)

Box 5 – Qualitative views on the frequency of use of intervention

It would suddenly be five am every morning that I was waking up in complete panic, that's the only way I can describe it, then I would have a cup of tea and sit and read the card and think right OK just calm down (Participant 7 – 4 miscarriages)

Last thing before I go to bed was always a real worry time for me so I would make sure that I read it at least once, sometimes a couple of times So what I ended up with was a technique very personal to me (Participant 14 – 3 miscarriages)

Box 6 – Qualitative views on psychological impact of intervention

It just made me feel less anxious and made me change how my mind worked really rather than feeling like everything was crashing down (Participant 11 – 4 miscarriages)

It didn't necessarily reduce my anxiety but it did definitely help me cope with the anxious feelings and although it didn't reduce anxiety it made me think more positively so there was still a lot of highs and lows but more highs than I would have had had I not had the technique ... I truly believed it helped me (Participant 14 – 3 miscarriages)

Actually it really did work, maybe not all the points, but the ones that really made it for me was the think of something positive today ... just trying to find something every day and not looking at next week, or two weeks or three weeks. Let's just focus on today and tomorrow will be another day (Participant 7 – 4 miscarriages)