

Supplementary Table 5. Qualitative analysis of aspects participants found challenging and needs improvement

Category	Subcategory	Meaning unit
Non-clinical group		
	Felt challenging	Doing the motions felt challenging today. It was difficult to move my arms. (Participant D)
	Difficult to tell apart movements	When doing the pelvic motions simultaneously with the arms, I sometimes couldn't tell if I had to direct the arms forward or backwards. It seemed like I was doing it the opposite way from the others. (Participant C)
Clinical group		
Reported physical/psychological difficulties	Difficulty concentrating	Because of symptoms, I wasn't able to fully concentrate in the program. (Participant O)
	Felt despair	I fell into greater despair once I realized that the left and right sides of my body was seriously unbalanced. The pain and discomfort from the ankle that was injured from the accident always follow me, which gave me difficulty. Upon confirming that my body condition was tense and not favorable, I felt greatly discouraged. (Participant P)
	Difficulty breathing	I had difficulty in focusing on my breathing. I was filled with feelings of loss, shame, anxiety, and fear, so I couldn't recall the contents of the program due to dissociation – this was disappointing to me. (Participant O)
	Difficulty in eye movements	I found it was difficult to move the pupils in opposite directions. (Participant M) When moving the eyes backwards or from side to side, I felt quite dizzy and frustrated. (Participant P)
	Felt pain	Perhaps due to my older age, I felt pain in the back of my thighs and lower back when doing one of the standing motions, when we slightly bent the knees and immediately straightened them. (Participant K)
Suggested improvements to program organization	Dissatisfied with number of sessions	I thought four sessions were too short. (Participant O)
		I wished the program was a little bit longer. (Participant L)
		It felt like time was short. (Participant R)
Dissatisfied with Environment	Dissatisfied with Environment	I would like the program a bit longer. It feels like a short time to allow the body to get familiarized with the movements or the sensations. (Participant W)
		Improvements are needed with regards to the setting, number of participants, use of the space (even though the size of the space was sufficient). I would like the program to include a process that encourages participants to explore various movements on their own. (Participant S) The noise from outside bothered me a little and interfered with my concentration. (Participant P)