**Appendix A: Topic guide**

* Short personal introduction by all to explain;
  + Background about personal characteristics (age, work, etc.).
  + Their diagnosis (if they want to share).
* Group discussion on outcomes of rehabilitation with opening question:
  + If you think about your rehabilitation trajectory, can you explain three aspects which made the greatest impact on you, since your rehabilitation, back home.
* Rating of aspects of self-regulation
  + Participants received a list of 22 elements of self-regulation (appendix B) and were asked to rate every element regarding on its importance as part of gaining the ability to practice self-regulation during a rehabilitation trajectory.

(1 = very important; 2 = important; 3 = no relevance/ neutral; 4 = not important; 5 = not important at all).

* Group discussion on the elements of self-regulation, with probing questions:
  + Why did you rate this element in this way?
  + Are there any items missing?
* Closing question:
  + What were you most proud of regards your rehabilitation trajectory, or of what have you achieved since then?