

## Appendix 1

### Referrer interview questions

Thank you for your part in the *Being Your Best* project. We have appreciated the referrals made to the project so far. We have a few questions to gauge your perspective on the referring process and any challenges that you may have encountered when referring.

1. How has the referral process been for you and is there any way that the process could have been made any easier for you?
2. Have the materials provided been helpful, and is there other materials that may have helped with referring?
3. What have been the challenges with referring to the program that you may have encountered? Have any of these challenges been associated with the effects of the COVID-19 pandemic?
4. Have patients that you have approached generally been open to receiving information about the program? If not, why not?
5. Do you have any other comments or suggestions regarding the *Being Your Best* project?