

Supplementary File 1. The feasibility questionnaire completed by participants at week 8, after completion of the intervention.

Feasibility and Acceptability Questionnaire Administered to Participants

1. Overall, how satisfied are you with the program?

1. Quite dissatisfied
2. Indifferent or mildly satisfied
3. Mostly satisfied
4. Very satisfied

2. Did you find a positive impact/helpfulness of the program on:

- Yourself

1. Not at all helpful
2. A little bit helpful
3. Mostly helpful
4. Very helpful

- Your partner

1. Not at all helpful
2. A little bit helpful
3. Mostly helpful
4. Very helpful

- Relationships and interactions between you and your partner

1. Not at all helpful
2. A little bit helpful
3. Mostly helpful
4. Very helpful

3. What are you taking away from this program? What do you perceive as the benefits of participating?

4. What were the main challenges you encountered during the program? What would you recommend that changes for future programs?

5. How easy/difficult was it to make it to the online sessions and follow the program?

1. Very easy
2. Mostly easy
3. Neutral
4. Some difficulties
5. Very difficult

6. What were some of the obstacles? (Select all that apply)

1. Lack of time
2. My mood/health/energy level
3. Group scheduled at wrong time/day of the week
4. Pandemic related obstacles
5. Child-related needs
6. Other:
7. Not applicable

7. Scheduling: Were there certain days of the week or times (e.g. mornings, afternoons, evenings; certain hours) that would have made it easier to attend the sessions?

8. How often did you experience technical difficulties during the online sessions (e.g. video or sound not working immediately, other technical functions needed to participate in the group not working)?

1. Not at all
2. Minority of sessions
3. Once every session
4. More than once per session

9. How often did you experience any non-technical interruptions during the online sessions (e.g. child or other family members needing your attention; other reasons)?

1. Not at all
2. Minority of sessions
3. Once every session
4. More than once per session