

Table 2:

*Bereavement and cycling interview Questions asked to participants,*

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Semi Structured Interview Questions	
Bereavement Focused Questions	<ol style="list-style-type: none"><li>1. I wonder if you could tell me a little bit about your [person who died]?</li><li>2. How did losing xxx affect you?</li><li>3. What support did you receive after the loss of your [person who died]?</li><li>4. Did your relationships with others change during this time?</li><li>5. Can you explain how losing [person who died] changed you as a person?</li></ol>
Cycling Focused Questions	<ol style="list-style-type: none"><li>6. How did cycling fit in with your life at this time?</li><li>7. How did cycling make you feel before the bereavement?</li><li>8. How has covid influenced your cycling behaviour?</li><li>9.</li><li>10. How does being on the bike make you feel?</li><li>11. How has cycling supported you with your grief?</li><li>12. Do you prefer to cycle alone or with someone?</li><li>13. What do you think the benefits of cycling outdoors/indoors are?</li><li>14. Are you aware of other cyclists who use their time on the bike as a coping mechanism for grief?</li><li>15. In general, what are your thoughts on cycling to support grief outcomes?</li></ol>

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