

No	Did you experience an improvement through palming?	How much home practise of palming did you do?	How much do you wear your reduced prescription?	Did specific exercises improve your vision?	Did other people take an interest in what you were doing?	What was your overall impression?	Will you continue working with your vision?	Would you recommend vision therapy to people?
1	Yes.	1/2 hour per day	Not at all I went straight to wearing no glasses most of the time.	Yes, shifting.	Some laughed, some wanted to know more.	There has been a general improvement so that I don't wear my glasses most of the time now.	Yes, I will never go back to glasses full time.	Yes, to the right people if they know that it is up to them.
2	Yes.	A little at the beginnning and then I stopped	All the time	Yes. (but exercise unspecified)	I didn't tell anyone.	I can now read bus numbers with the reduced prescription.	I'm not sure, probably not.	Possibly.
7	Yes.	10 mins per day	Some of the time I wear the reduced some of the time the full prescription.	Yes, shifting and peripheral vision exercises.	Yes, there was general interest.	Things became clearer out of doors when I was walking without glasses.	Yes, I'll keep palming.	Yes.
11	No specific quote	1/2 hour 5 days a week	All the time.	Yes. (but exercises unspecified)	They were not that interested.	I've noticed a slight improvement.	Yes, but I'm not sure how.	Yes, I bought the book and would loan it to friends.
22	No.	Some at the very start and then I stopped	For computer wear only	No.	They were dismissive.	There have been no changes at all.	Yes, I'll keep using the reduced specs.	No.
24	Yes.	10 mins per week	Sometimes at the computer.	None specified.	There was a positive interest	There have been no obvious changes.	I plan to.	Yes.

Table 8.1.1 Themes from interview texts