

Appendix 3. Feasibility/ acceptability; questionnaire.

Table 1. Semi-structured interview guide to evaluate the general feasibility and acceptability of the treatment.

Topics	Questions	Answering scores	Open question
You recently completed the 6-week treatment. For us, it is very important to hear how you experienced it so that we can improve the content, design, and other aspects further. Thank you for taking the time to provide us with your input. First, we would like to ask you to reflect on and rate the past weeks and treatment in general.			
General	Were the past 6 weeks usual weeks for you?	7-points Likert-scale: from 1='not at all' to 7='very much'	Please elaborate if possible
	Did special events occur?		
	Were you able to read the text in the treatment well?		
	Was the text understandable?		
	Did the intervention hinder your daily occupations?		
	Did technical issues occur?		
	Would you recommend this treatment to a friend?		
Secondly, we would like to ask you to reflect on and rate the four short sessions that were offered each week.			
Micro-sessions	Did you like doing the sessions?	7-points Likert-scale: from 1='not at all' to 7='very much'	Please elaborate if possible
	Were the sessions difficult or unclear?		
	Did you experience the sessions as helpful?		
	Have the sessions influenced your behavior?		
	Have the sessions influenced your emotions?		
	Have the sessions influenced your thoughts?		
	Did you experience the sessions as time consuming?		
	Did you experience the sessions as boring?		
Third, we would like to ask you to reflect and rate the messenger function with which you could communicate with your health care professional.			
Messenger function/ health care professional	Was the messenger function overall helpful?	7-points Likert-scale: from 1='not at all' to 7='very much'	Please elaborate if possible
	Did you experience the weekly messages sent by your health care professional as motivating?		
	Did you feel supported by your health care professional?		
Fourth, we would like to ask you to reflect on and rate the daily diary .			
Digital diary	Did you experience the daily diaries as burdensome?	7-points Likert-scale: from 1='not at all' to 7='very much'	Please elaborate if possible
	Was it enjoyable to complete the digital diary?		
	Did you become more aware of your thoughts using the digital diary?		
	Did you become more aware of your behavior using the digital diary?		
	Did you become more aware of your emotions using the digital diary?		
Is there anything else you would like to add?			Free text