

Appendix A Rational emotive behavior therapy theme, objective and content of each week

Theme	Objective	Content
First week: establish a trust relationship	1. Introduction.	1. Introduction.
	2. Introduce the purpose and content of the intervention and deliver its booklet.	2. Expresses understanding of the study content and alexithymia.
	3. Explain the definition, assessment and adverse effects of alexithymia.	3. Express willingness and expectation to cooperate with the intervention.
	4. Make an appointment for the next visit.	4. Determine relevant details for the next visit.
Second week: conduct psychological diagnosis	1. Ensure that the elderly understand alexithymia.	1. Explain alexithymia on their own.
	2. Identify existing problems and their potential causes, classify these problems, and make notes to determine the most pressing problem to solve with the elderly.	2. Describe life events related to alexithymia, depression, anxiety, sleep quality, etc., and the psychological process that occurred during the event.
	3. Make an appointment for the next visit.	3. Express the desire to resolve certain psychological problems.
Third week: distinguish irrational beliefs	1. Review the events and psychological problems mentioned the prior week.	4. Determine relevant details for the next visit.
	2. Explain the irrational beliefs and give examples.	1. Discuss the events and psychological problems mentioned the prior week.
	3. Identify irrational beliefs expressed by the elderly.	2. Understand the irrational beliefs.
	4. Make an appointment for the next visit.	3. Explore their own irrational beliefs in light of experiences.
Fourth week: debate with irrational beliefs	1. Review relevant events and irrational beliefs, and guide the elderly in dissecting and refuting them. Other cases can be used to identify and refute the claim.	4. Express the willingness to change irrational beliefs.
	2. Evaluate their ability to identify and	5. Determine relevant details for the next visit.
		1. Discuss last week's described events and irrational beliefs.
		2. Acquire the skill of debating irrational beliefs and gain experience via practice (my own example, other cases, videos, etc.).

	<p>debate irrational beliefs, and encourage them to apply the method to improve their mental health and more openly express their feelings and needs in everyday life.</p> <p>3. Set personalized homework with the elderly and encourage them to complete it.</p> <p>4. Make an appointment for the next visit.</p>	<p>3. Express a willingness to apply the debate method in everyday life.</p> <p>4. Understand and finish the assigned homework.</p> <p>5. Determine relevant details for the next visit.</p> <p>Assignment 1: Apply the method in your daily life and share your experience the next week.</p>
<p>Fifth week: make positive changes</p>	<p>1. Examine the assigned homework, determine the difficulties in completing it, and assess its completion.</p> <p>2. Provide reinforcement for the difficulties, encourage the elderly to persist in applying and changing their way of thinking and behaving, and apply the method to various emotional events.</p> <p>3. Assign new homework.</p> <p>4. Make an appointment for the next visit.</p>	<p>1. Show the homework and emphasize its difficulty.</p> <p>2. Explore the process of debating irrational beliefs in depth.</p> <p>3. Express the willingness to actively apply the method in everyday life.</p> <p>4. Understand and complete the new homework.</p> <p>5. Determine relevant details for the next visit.</p> <p>Assignment 2: Develop a behavioral plan for coping with irrational beliefs and consider what to show with interventionists.</p>
<p>Sixth week: reinforce positive changes and keep a pleasant parting</p>	<p>1. Examine the assigned homework and assess its completion.</p> <p>2. Ask the elderly about their difficulties and concerns and assist them in resolving them; assess the ability to identify and refute irrational beliefs through real-world cases.</p> <p>3. Explain some everyday healthcare techniques for physical illnesses.</p> <p>4. Encourage the elderly to use REBT in their daily lives.</p>	<p>1. Demonstrate and discuss the homework with the interventionists.</p> <p>2. Describe and address any application-related concerns.</p> <p>3. Acquire some healthcare techniques for physical illnesses.</p> <p>4. Express a willingness to apply the method in everyday life.</p> <p>5. Express the emotion of separation and deal with it positively.</p>

5. Express well wishes and address parting
feelings.
