

Appendix 1 - Agoraphobia Free session outline

Session 1

- Diaphragmatic breathing training
- Explanation of exposure therapy
- Explanation of using diaphragmatic breathing when encountering anxiety as part of exposure
- Creation of hierarchy
- Once the hierarchy is established the user is able to track progress against it. The user is prompted to tackle each stage of the hierarchy at his/her own pace throughout all the following sessions.

Session 2

- Explanation of common cognitive distortions
- Introduction to journaling
- Explanation of automatic negative thoughts with interactive example
- Introduction of the concept of formulation

Session 3

- Explanation of the concept of distraction or shifting attention from anxiety-inducing thoughts
- Practice identifying automatic negative thoughts and cognitive distortions
- Practice identifying physical responses to negative thoughts
- Practice diaphragmatic breathing
- Practice a distraction technique
- Practice completing a journal entry

Session 4

- Training in progressive deep muscle relaxation
- Practice identifying negative thoughts and cognitive distortions, physical sensations and resulting actions
- Practice distraction techniques
- Practice completing a journal entry
- Practice diaphragmatic breathing

Session 5

- Training using music as a distraction

- Practice identifying negative thoughts and cognitive distortions, sensations and actions
- Practice completing a journal entry
- Practice with sample formulations using a case study

Session 6

- Training to use self-suggestion/visualisation as an acute anxiety management technique
- Explanation of challenging cognitive distortions and automatic negative thoughts with practical exercise
- Practice completing a journal entry
- Training on how to start completing a self-formulation based on previous practice

Session 7

- Training on meditation
- Practice formulation with a case vignette
- Practice completing a journal entry including challenging negative thoughts

Session 8

- Practice formulation with a case vignette
- Progress on self-formulation if not completed
- Practice completing a journal entry
- Practice one relaxation technique

Session 9

- Practice one relaxation technique
- Progress on self-formulation if not completed
- Complete a journal entry

Session 10

- Full review of all content
- Full recap on progress to date
- Goal is to complete the hierarchy if not done already
- Relapse prevention plan

The app can then be used as a CBT journal and all relaxation and distraction techniques are available for the user to choose freely.