

An appendix table

Details of sessions in smartphone problem-solving and behavioral activation therapies

Smartphone app	Details of each session
Problem-solving therapy (9 sessions)	<ol style="list-style-type: none">1. Outline of problem-solving therapy2. Introduction of 5 step of problem-solving3. Example of problem-solving4. First step (identification, definition, and breakdown of the problem)5. Second step (establishing achievable goals)6. Third step (generating solutions)7. Fourth (evaluating and choosing the solution) and fifth step (implementing the chosen solution and evaluating the outcome after implementation)8. Actual training9. Concluding session
Behavioral activation therapy (2 sessions)	<ol style="list-style-type: none">1. Outline and introduction of behavioral activation therapy including two types of activation (e.g., do pleasurable activity again and challenge new activity) and their actual training2. Review of the session, learning knack of behavioral activation and concluding session