

Appendix 1
Screenshots from the RegnaTales Mobile Applications



The player has to identify the feeling of the villager



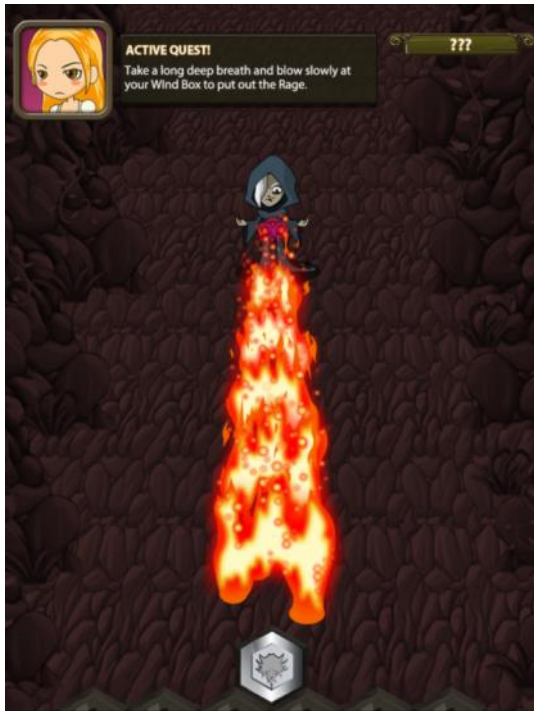
The player has to drag talismans containing positive and/or helpful thoughts to the villager's mind



The player has to correctly identify the symptoms of anger



The villager has to replace the negative and/or unhelpful thought with a positive and/or helpful one



The player has to take deep breaths in order to extinguish the flame



The player has to help the villager gain perspective taking



The player helps the villager deal with anger by engaging in pleasurable activities such as cycling



The player helps the villager deal with anger by engaging in pleasurable activities such as fishing



The player helps the villager deal with anger by engaging in pleasurable activities such as skating



The player helps the villager deal with anger by engaging in pleasurable activities such as completing a jigsaw puzzle



The player helps the villager deal with anger by engaging in pleasurable activities such as painting



The player engages in guided imagery with visuals, sound effects, music and voice narration



The player learns about Fighting Fair



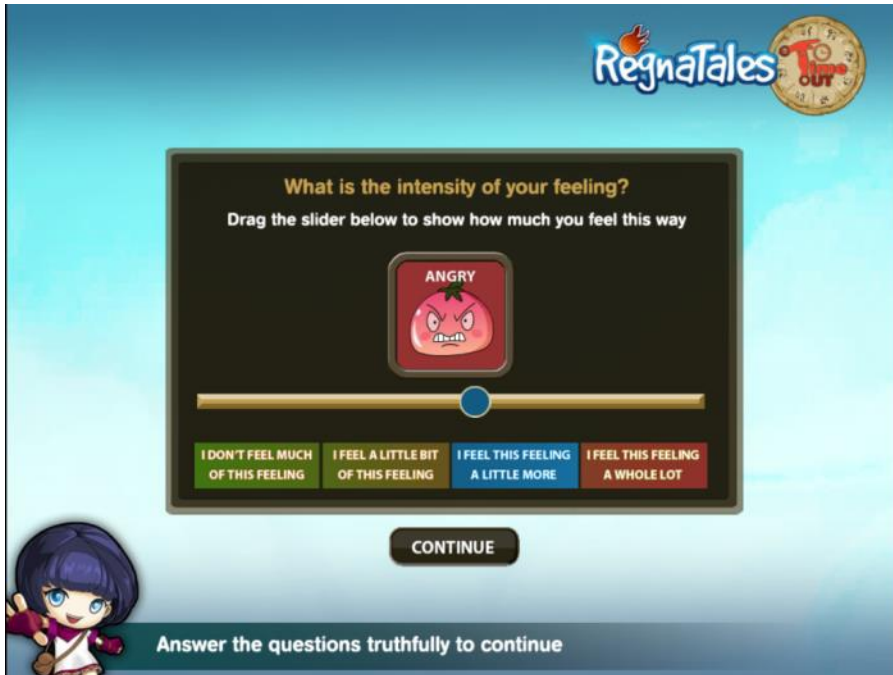
The player can choose to use a variety of anger coping activities in RegnaTools



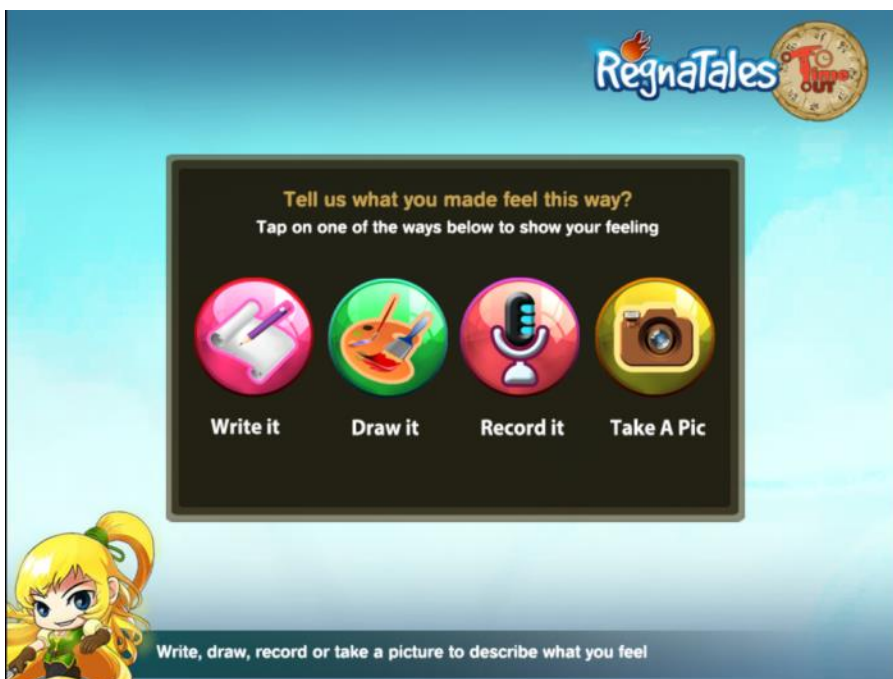
Player has to select his feeling on a daily basis in Timeout!



Player has to select his symptoms of anger in Timeout!



Player has to rate the intensity of his chosen feeling in Timeout!



Player has to choose from a variety of methods to describe the trigger for the feeling in Timeout!

The screenshot shows the 'RegnaTales Timeout' interface. On the left, there is a list of coping strategies, each with a description and a usage meter (0/0%).

Strategy	Usage
VISUALISATION Stress and anger happens to everyone. Take a break away from the stress using your creative imagination.	0 / 0%
DEEP BREATHING Our breathing tells us a lot about how we feel. Rage and anger changes our breathing. Practice this strategy to gain control over your breathing.	0 / 0%
LEISURE ACTIVITIES It is alright to take a break when anger makes you feel like you are not yourself. Come join in a little adventure.	0 / 0%
PMR When we feel angry, our bodies often become stiff and hardened by anger. The tension is so uncomfortable and it tires us out.	0 / 0%
HAPPY SPACE Happy space is a collection of audio and visual pieces that you have collected over time in this mobile application.	0 / 0%
ACTIVATING MY CIRCLE OF SUPPORT We all need to be around people who show us support, especially when we are having a bad day.	0 / 0%

On the right, the 'HOW I'M FEELING TODAY' section shows a 'ANGRY' mood with a 'I FEEL THIS FEELING A LITTLE MORE' button. Below it, the 'HOW I'VE BEEN FEELING IN THE PAST 1 WEEK' section features a bar chart with a single red bar at 100% for 'ANGRY'. A legend at the bottom identifies the colors: HAPPY (yellow), SAD (blue), ANGRY (red), and SCARED (teal). At the bottom of the interface, there are buttons for 'Time Out', a question mark, and 'LOG OUT'.

Player has to choose from a variety of strategies to cope with the negative feeling in Timeout!

The screenshot shows the 'RegnaTales Timeout' interface with a monthly status overview. On the left, a vertical list of months from JANUARY to DECEMBER is shown. The 'MONTHLY STATUS' section features a bar chart with two bars: a red bar for 'ANGRY' at 50% and a teal bar for 'SCARED' at 50%. To the right of the chart, the same list of coping strategies from the previous screenshot is shown, each with a usage meter (0/0%). A legend at the bottom identifies the colors: HAPPY (yellow), SAD (blue), ANGRY (red), and SCARED (teal). A 'Time Out' button is visible at the bottom right.

Player can view a chart on the frequency feelings and the usage of each anger coping strategy in Timeout!