

Supplementary Material

Supplementary Table 2. Overview of the module contents

	Module	Topic	Skills			Mindfulness	
			Psychoeducation	Video(s)	Skills-Exercise(s)	Topic	Audio-guided Practice
1	Technical Introduction	A quick introduction to the app	/	Technical Introduction Video (How to use the Make It Training) ²	/	/	/
2	Welcome to your Path	Introduction to the structure of the Make It Training and to Mindfulness	Introducing: <ul style="list-style-type: none"> - The Make It Training: What can participants expect - The gratitude Journal - Mindfulness practice and its benefits 	<ol style="list-style-type: none"> 1. Introducing the Make It Training (Prof. Dr. Martin Teufel, Dr. Alexander Bäuerle)¹ 2. Introducing Margit K.¹ 3. What is mindfulness?² 4. Practicing Mindfulness² 	1: My goal(s) for the Make It Training	Observing the Breath to anchor in the moment	Body Scan II – Mindful Body Awareness
3	Health-related Behavior	Different aspects of promoting physical and mental health during cancer illness	<ul style="list-style-type: none"> - creating a daily structure - a healthy diet - dealing with online health information 	1: A healthy diet in the context of cancer (Kristine Schweins) ¹	1: Planning my day	Anchoring in the moment by paying attention to our senses non-judgmentally - smelling	Mindful Smelling
4	Emotions	Accepting and dealing with emotions as a part of processing the cancer illness.	<ul style="list-style-type: none"> - The four stages of dealing with cancer - Making room for emotions 	<ol style="list-style-type: none"> 1: The four stages of dealing with cancer (Prof. Dr. Yesim Erim)¹ 2: The four stages of dealing with cancer (Summary)² 	Exercise 1: My phases of dealing with cancer Exercise 2: The Room of emotions	Mindfully experiencing thoughts and emotions to distance from them	Mindful Experiencing

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5	Fear	Dealing with cancer-related fears including fear of progression.	<ul style="list-style-type: none"> - Why we experience Fear - Fear of Progression 	1: Why we experience fear and the role of our thoughts ² 2: Meeting today's expert: Dr. Monika Schmid ¹ 3: Coping with fear of progression (Dr. Monika Schmid) ¹ 4: Using Mindfulness to cope with fear (Dr. Monika Schmid) ¹	1: My experience of fear of Progression 2: Where do I feel fear? (And when) 3: My emergency case	Using a visualization to take the weight from distressing thoughts and emotions	Thoughts to Feathers
6	Pain	Understanding and dealing with cancer-illness- and treatment-related pain.	<ul style="list-style-type: none"> - Pain and cancer - The function of pain - Coping strategies • Thought stopping • Guiding attention 	1: How pain emerges (Dr. Caroline Rometsch) ¹ 2: Acute vs recurring pain ² 3: Coping with pain (Dr. Caroline Rometsch) ¹ 4: Thought stopping ²	1: Pain Journal 2: Thought-stopping technique	Observing bodily sensations non-judgmentally	Body Scan I- Mindful Body experience
7	Sleep	Foundations of restful sleep: Strategies and the role of thoughts and emotions that arise	<ul style="list-style-type: none"> - How cancer can affect sleep - What makes sleep restful - Strategies for restful sleep • Thought stopping • Creating a designated place for worrying • Adopting an evening routine to set the stage for restful sleep 	1: How thoughts can impact our sleep ² 2: Thought stopping (repetition) ² 3: Creating a place for worrying ² 4: More Tips for falling and staying asleep (Dr. Christoph Schöbel) ¹	1: Collection of distressing thoughts 2: Thought stopping (repetition) 3: Bedtime routine	Using a visualization to let go of thoughts and emotions	Mindfully Letting Go
8	Activating Resources	Discovering and consciously using personal resources of strength to cope with cancer	The vicious circle of thoughts	1: The circle of thoughts ² 2: Using personal resources (Martina Madl) ¹ 3: Quitting the thought circle ²	1: My Circle of Thoughts 2: Quitting the thought circle <ul style="list-style-type: none"> - Seeking consolation/support - Accepting emotions - Planning social activities 	Anchoring in the moment by paying attention to our senses non-judgmentally - <i>hearing</i>	Mindful hearing

					- Planning joyful activities		
			Skills			Mindfulness	
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9	Positivity	Making room for positive experiences; noticing accomplishments and step-by-step planning.	<ul style="list-style-type: none"> - Room for positivity - What positivity means (and what it doesn't mean) 	1: Step by Step ²	1: Which steps have I mastered? (Reflecting on successes) 2: Focusing on the next step 3: Using affirmative sentences	Becoming aware and fully experiencing beautiful moments	Mindful Moment
10	Body Awareness	Dealing with cancer-related bodily changes	<ul style="list-style-type: none"> - How cancer can affect the body (and body perception) - Dealing with bodily changes 	1: Body Perception ² 2: Dealing with bodily changes (Dr. Kaya) ¹	1: How did my body change? 2: The weighing pan 3: Bodily changes as a part of my cancer journey <ul style="list-style-type: none"> - What me and my body have accomplished - Taking care of my body - Paying attention to body signals 	Noticing sensations and needs of my body non-judgmentally	Body Scan II – Mindful Body Awareness
11	Exercise and Relaxation	Finding a healthy balance between exercise and relaxation as part of recovery from cancer.	<ul style="list-style-type: none"> - Exercise in the context of cancer: Benefits and things to consider - Balancing exercise and relaxation 		1: Small changes with big impact (Incorporating brief elements of exercise into everyday life) 2: My energy balance <ul style="list-style-type: none"> - Energy takers - Energy gainers 	Using the power of the Breath to relax	Mindful Breathing II – Triangle Breath
12	Stress Management	Mastering stressful cancer-related situations	<ul style="list-style-type: none"> - The significance of thoughts for subjective experience and feelings of distress (ABC Model) - Managing stress based on affirmative thoughts 	1: The physical stress reaction (Prof. Dr. Andreas Stengel) ¹ 2: The ABC Model of Experiencing stress ² 3: Dealing with stress ²	1: My Stress situation (ABC Model) 2: Using alternative/affirmative thoughts	Anchoring in the moment by paying attention to our senses non-judgmentally - <i>vision</i>	Mindful Vision

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13	Creativity	Exploring creativity as a resource of strength during cancer illness.	- Introducing Art Therapy and its benefits	1: Insights into art therapy (Edith Stosiek) ¹ 2: Instruction: Mindful Doodling (Edith Stosiek) ¹	1: When was the last time I engaged in creativity?	Using the power of doodling without focusing on the result to anchor in the moment and relax	Mindful Doodling
14	Self-care	Self-appreciation and self-care and their importance in the context of cancer	- The pillars of self-esteem.	1: The pillars of self-esteem ² 2: The foundations of self-esteem (Dr. Johanna Graf) ¹	1: My pillars of self-esteem 2: Strengthening our foundation of self-esteem - Self-care - Self-Love/Kindness - Mindfulness	Fostering self-compassion through mindfulness	Mindful Self-Compassion
15	Relationships	Personal relationships as a resource and communication of health information and need toward family and friends in the context of the cancer illness	1. The Partner 2. Children 3. Peers/Social Network	1: Introducing today's expert: Family and Couples therapist Mette Barslev ¹ 2: The relationship to our partner (Mette Barslev) ¹ 3: How the cancer illness of a parent can impact children (Mette Barslev) ¹ 4: How can I lean on my peers? (Mette Barslev) ¹	1: Partner Exercise (Communicating needs and boundaries, exploring shared values and resources) 2: Communicating with peers	Fostering the connection to oneself and others with loving kindness	Loving-Kindness
16	Looking back	Review of the Make It Training and looking ahead	- Reflecting on helpful skills - Looking ahead: Using skills beyond the training (Skillsbox)	1: Using the skills box beyond the Make It Training (Prof Dr. Stephan Zipfel) ¹ 2: Practicing Mindfulness on the road ahead (Dr. Johanna Graf) ¹	Choosing Take Home messages	Choosing a favorite exercise as part of the reflection OR BONUS exercise: Mindful walk	Favorite Mindfulness Practice OR Mindful Walk

Note. **Mandatory Module**, Optional Module; ¹ Camera recorded expert Videos, ² explanatory cartoon videos created with the software *Powtoon*