Supplemental Digital Content 2

Module Use

**Table S2.** Use of intervention modules in application E-coach by treatment completers (*n* = 54).

|  |  |  |
| --- | --- | --- |
| Module | Description | Use |
| Your goals | Treatment goal setting | 38 |
| Your lifestyle: goal exploration | Motivation and self-efficacy for self-management behavior change | 41 |
| Your lifestyle: goals in action | Planning and carrying out self-management behavior change | 27 |
| Your lifestyle: goal persistence | Evaluation and maintenance of self-management behavior change | 20 |
| Your mood | Negative mood and depressive symptoms | 23 |
| Your thoughts | Maladaptive cognitions and worry | 28 |
| Your relaxation | Anxiety and stress symptoms | 9 |
| Your relaxation exercises | Stress-reducing mediations and visualizations | 28 |
| Your activities | Activity planning and balance in daily life | 25 |
| Your environment | Social environment and functioning | 8 |
| Your complaints: fatigue and sleep | Physical symptoms and limitations (fatigue) | 18 |
| Your complaints: pain | Physical symptoms and limitations (pain) | 3 |
| Your complaints: itch | Physical symptoms and limitations (itch) | 1 |
| Your long-term goals | Evaluation with relapse prevention | 40 |