

Control Condition (N = 100)		MindBlooming Intervention (N = 100)	
T0	<ul style="list-style-type: none"> - Written introduction - Global screening - Screening results: assignment of two areas of distress XY <ul style="list-style-type: none"> X = area of distress 1 Y = area of distress 2 <p><i>After three days (max):</i></p>	T0	<ul style="list-style-type: none"> - Written and video introduction - Global screening - Screening results: assignment of two modules XY <ul style="list-style-type: none"> X = module 1 Y = module 2 <p><i>After three days (max):</i></p>
WEEK 1	<p>Educational material and resources on Qualtrics</p> <p>- Weekly screening about two areas of distress XY</p>	WEEK 1	<p>Psychoeducation XY</p> <p>Exercises WEEK1 X</p> <p>Exercises WEEK1 Y</p> <ul style="list-style-type: none"> • Day 1 – Daily screening • Day 2 – Daily screening • Day 3 – Daily screening • Day 4 – Daily screening • Day 5 – Daily screening • Day 6 – Daily screening • Day 7 – Daily screening <p>- Weekly screening about two modules XY</p>
WEEK 2	<p>- Weekly screening about two areas of distress XY</p>	WEEK 2	<p>Psychoeducation XY</p> <p>Exercises WEEK2 X</p> <p>Exercises WEEK2 Y</p> <ul style="list-style-type: none"> • Day 8 – Daily screening • Day 9 – Daily screening • Day 10 – Daily screening • Day 11 – Daily screening • Day 12 – Daily screening • Day 13 – Daily screening • Day 14 – Daily screening <p>- Weekly screening about two modules XY</p>
WEEK 3	<p>- Weekly screening about two areas of distress XY</p>	WEEK 3	<p>Psychoeducation XY</p> <p>Exercises WEEK3 X</p> <p>Exercises WEEK3 Y</p> <ul style="list-style-type: none"> • Day 15 – Daily screening • Day 16 – Daily screening • Day 17 – Daily screening • Day 18 – Daily screening • Day 19 – Daily screening • Day 20 – Daily screening • Day 21 – Daily screening <p>- Weekly screening about two modules XY</p>
WEEK 4	<p>- Weekly screening about two areas of distress XY</p>	WEEK 4	<p>Psychoeducation XY</p> <p>Exercises WEEK4 X</p> <p>Exercises WEEK4 Y</p> <ul style="list-style-type: none"> • Day 22 – Daily screening • Day 23 – Daily screening • Day 24 – Daily screening • Day 25 – Daily screening • Day 26 – Daily screening • Day 27 – Daily screening • Day 28 – Daily screening <p>- Weekly screening about two modules XY</p>

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WEEK 5			WEEK 5	Psychoeducation XY Exercises WEEK5 X Exercises WEEK5 Y <ul style="list-style-type: none"> Day 29 – Daily screening Day 30 – Daily screening Day 31 – Daily screening Day 32 – Daily screening Day 33 – Daily screening Day 34 – Daily screening Day 35 – Daily screening 	
	– Weekly screening about two areas of distress XY			– Weekly screening about two modules XY	
WEEK 6			WEEK 6	Psychoeducation about the relational problem module (for everyone) Exercises WEEK6 <ul style="list-style-type: none"> Day 36 – Daily screening Day 37 – Daily screening Day 38 – Daily screening Day 39 – Daily screening Day 40 – Daily screening Day 41 – Daily screening Day 42 – Daily screening 	
	– Weekly screening about two areas of distress XY and relational issues			– Weekly screening about two modules XY and relational problems	
WEEK 7			WEEK 7	Psychoeducation XY Exercises WEEK7 XY (recap and maintenance) <ul style="list-style-type: none"> Day 43 – Daily screening Day 44 – Daily screening Day 45 – Daily screening Day 46 – Daily screening Day 47 – Daily screening Day 48 – Daily screening Day 49 – Daily screening 	
	– Weekly screening about two areas of distress XY			– Weekly screening about two modules XY	
T1	– Global screening* + CSQ-8 and SUS	POST TREATMENT	T1	– Global screening* + CSQ-8 and SUS	
T2	– Global screening*	12 WEEKS AFTER	T2	– Global screening*	
T3	– Global screening*	24 WEEKS AFTER	T3	– Global screening*	

Global screening* = except inclusion/exclusion criteria and socio-demographic questions