**Table S1.** Treatment content in the Single Session Treatment and Multi Session Treatment.

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| **Lesson** | ***Single Session Treatment*** | ***Multi Session Treatment*** |
| 1 | **Psychoeducation** about depression and anxiety symptoms; identifying relationship between thoughts, physical symptoms, and behaviours; brief overview of **key skills**, including cognitive strategies, managing physical sensations, activity pacing, and reducing avoidance. | **Psychoeducation** about depression and anxiety symptoms; identifying relationship between thoughts, physical symptoms, and behaviours. |
| 2 |  | Impact of **thinking styles** on emotions and behaviours; strategies for managing **unhelpful thoughts**. |
| 3 |  | Physical symptoms of depression and anxiety; **strategies for managing physical sensations**. |
| 4 |  | Behavioural symptoms of depression and anxiety; strategies for **reducing avoidance** of feared activities. |
| 5 |  | Course summary; how to identify and manage setbacks; planning for high-risk situations. |