**Supplementary File 2.** Full eligibility criteria

Inclusion criteria are (1) having sustained any type of stroke or TBI, which is objectified by a neurologist; (2) scoring >7 on the depression and/or anxiety subscale of the Hospital Anxiety and Depression Scale (HADS); (3) being 18 years or older; (4) having a stable use of psychotropic medication (such as antidepressants) for the duration of the study and stable use of antidepressants during 4 weeks prior to the start of the study; (5) being able to access the Internet and a computer because treatment materials such as patient videos are shown via the Internet; (6) mastering the Dutch language sufficiently to benefit from treatment; and (7) giving informed consent.

Exclusion criteria are (1) history of brain injury or any neurological disorder other than a stroke and TBI; (2) pre-morbid disability as assessed by the Barthel Index (score < 19/20); (3) severe co-morbidity, for which treatment is given at the moment of inclusion, that might affect the outcome; (4) presence of a DSM 5-based mood and/or anxiety disorder for which pharmacological and/or psychological treatment was necessary during the onset of the brain injury; and (5) attendance in a previous ACT intervention for comparable problems in the year proceeding entry to the current study.

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