

#	Title	Content
1	Introduction	In this module, the possible psychological consequences of the COVID-19 will be first discussed. Then, participants will be provided with information about the program. Also, a brief introduction about the principles and techniques of CBT will follow. Lastly, participants will be asked to start focusing on their life values and to start thinking about how these might influence their psychological wellbeing.
2	Behavioral activation	This module aims to increase the persons' understanding of the connection between the individuals' feelings and behaviors. Both enjoyable and unpleasant life activities will be also identified, to increase the frequency, duration, and quality of the pleasant ones.
3	Dysfunctional beliefs	This module explains how negative thoughts can influence mood, and how to manage the cognitive traps using alternative thinking strategies.
4	Acceptance	In this module, the "disease paradox" will be introduced, followed by the cognitive-behavioral concept of acceptance – that is having more time for oneself. Then, the life values of the person will be identified and aligned to the therapeutic aim(s).
5	Emotional school	This module will provide the person with a comprehensive understanding of how emotions work and from where they originate. Then, participants will be taught how to manage negative emotions.
6	Anxiety and exposition	This module explains what anxiety is, how it manifests itself, and how to deal with it. Then, the person will be asked to create a list of situations triggering anxiety, then to try to progressively exposed to these conditions.
7	Constant anxiety	This module explains what anxiety is, how it manifests itself, and how to deal with it. Then, what is meant for worries and how to exert control over them will be further discussed.
8	Social anxiety	This module explains what anxiety is, how it manifests itself, and how to deal with it. Then, the person will be asked to create a list of social situations triggering anxiety, then to try to progressively exposed to these conditions.
9	Panic attack	This module explains what anxiety is, how it manifests itself, and how to deal with it. Then, the person will learn to use hyperventilation and diaphragmatic breathing strategies when exposed to triggering stimuli.
10	Sleep quality	In this module, factors influencing the individuals' sleep quality will be discussed, together with strategies aimed to modify dysfunctional habits for better sleep quality.
11	Perfectionism	This module explains what useless perfectionism is, and what are common beliefs and behavioral perfectionist models. Then, different strategies (cost

		of perfectionism and self-compassion) to manage useless perfectionism will be explained to the persons.
12	Stress management	This module explains what stress is and teaches the person two strategies (give themselves time to recover, and strategic event planning) to cope with stressful situations. Then the person will be asked to choose and to use one of these two strategies.
13	Relaxation	This module explains what the “general tension” is and how to use diaphragmatic breathing. The module also describes how to reach relaxation through muscle control.
14	Problem resolution	This module aims to identify the problems in a person's daily life. Different personalized solutions will be found for each problem and the person will be asked to choose and to use one of them.
15	Management of difficult memories	This module describes what happens in the brain during stressful events and provides participants with two strategies (write down difficult memories, and “stay in the memories” even if it seems overwhelming) to cope with difficult memories. Then, participants will be asked to choose and use one of these two strategies.
16	Plan of completion and maintenance	This concluding module explains how to maintain the achieved progress and cope with possible relapses.