

Additional File 5 - Description of the app outline & content

Chapters of the Self-Help App for grieving Syrian refugees in Switzerland

Chapter	Content
Chapter 0: Introduction	Overview and introduction, explanations of main app functions
Chapter 1: Introduction, grief reactions and dealing with emotions	Psychoeducation about how people can react to the death of a loved one and how different these reactions may be (Testimonials) Awareness of own emotions and reaction and why they are important Introducing the purpose of the app and setting own goal Two mindfulness exercises to deal with overwhelming emotions
Chapter 2: Resources, Strengths & Activities	What are resources and why are they important for our wellbeing; Culturally relevant resources Resource Lifeline Exercise Suggestions for small positive activities (linking to other exercises in Sui App, e.g., breathing exercises) Exercises to cope with difficult emotions (e.g. mindful observing)
Chapter 3: Space for grief and the loved one (3.1) & social activities (3.2)	Providing space for grief Exercise: Tree of life exercise (I&II); Introduce the deceased person/ Positive memories shared with the deceased person Psychoeducation about the importance of rituals Giving space to grief in everyday life: Altar/ Pinboard – memorial for deceased Choosing and planning a ritual; Culturally relevant ideas for rituals Importance of social network Psychoeducation & exercise about secondary losses and role in social network (emotional & practical losses/new roles); Gathering ideas on how to balance this Importance of social support & spending time with other people Planning social activities
Chapter 4: Negative thoughts and being a good friend to yourself	Psychoeducation about the impact of negative thoughts; “carousel of thoughts” Thinking about own negative thoughts and impact on feelings & body Strategies to deal with negative thoughts; “What would you say to a friend”, “Leaves in a stream” Psychoeducation about self-compassion Exercise for self-compassion; “Being a good friend to oneself”
Chapter 5: Future & Growth	Psychoeducation about continuing bonds and future perspectives Reshaping relationship to deceased: Imaginal dialogue with the deceased Tree of legacy exercise (III & IV): Continuing bonds Imagining your future; Goal setting Exercise to visualize future Planning for difficult dates Review/Evaluation of what was learned in the app: Letter to a friend or to the deceased loved one
Library	All completed exercises are saved here and always accessible to users
Planner	Users can plan activities and exercises using the planner function
Technical Help	Explanations and screenshots regarding navigation, the library, the planner function and detailed instruction for certain exercises
Addresses and Contacts	Contacts, telephone number and addresses for crisis intervention, psychologists and counselling services