**Online supplement**

**eTable 1:** Detailed information about the study sample from the CRISIS questionnaire at baseline (N=670).

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| --- | --- | --- | --- | --- | --- |
| Variable | | | Intervention (n=335) | | Waiting list (n=335) |
| **Have you been exposed to someone likely to have Coronavirus/COVID-19? \*** | Yes, someone with positive test | 37 (11%) | | 39 (12%) | |
| Yes, someone with medical diagnosis, but no test | 17 (5%) | | 18 (5%) | |
| Yes, someone with possible symptoms, but no diagnosis by a doctor | 57 (17 %) | | 66 (20%) | |
| No, not to my knowledge | 236 (70 %) | | 222 (66 %) | |
| **COVID-19 diagnosis** | Yes, positive test | | 3 (1%) | | 4 (1%) |
| Yes, medical diagnosis,  but no test | | 12 (4%) | | 8 (2%) |
| Yes, have had some possible symptoms, but no diagnosis | | 152 (45 %) | | 150 (45%) |
| No symptoms or signs | | 168 (50%) | | 173 (52%) |
| **Symptoms (experienced during the last two weeks)\*** | Fever | | 50 (15%) | | 61 (18%) |
| Cough | | 69 (21%) | | 74 (22%) |
| Shortness of breath | | 56 (17%) | | 50 (15%) |
| Sour throat | | 105 (31%) | | 102 (30%) |
| Fatigue | | 121 (36%) | | 112 (33%) |
| Loss of taste or smell | | 27 (8%) | | 24 (7%) |
| Eye infection | | 20 (6%) | | 20 (6%) |
| Other (Yes) | | 77 (23%) | | 83 (25%) |
| **Family member diagnosed with COVID-19** | Yes | | 39 (12%) | | 38 (11%) |
| No | | 296 (88%) | | 297 (89%) |
| **Have any of the following happened to your family members because of Coronavirus/COVID-19? (check all that apply)\*** | Fallen ill physically | | 60 (18%) | 49 (15%) | |
| Hospitalized | | 11 (3%) | 9 (3%) | |
| Put into self-quarantine with symptoms | | 80 (24%) | 80 (24%) | |
| Put into self-quarantine without symptoms (e.g., due to possible exposure) | | 80 (24%) | 74 (22%) | |
| Lost or been laid off from job | | 23 (7%) | 26 (8%) | |
| Reduced ability to earn money | | 65 (19%) | 78 (23%) | |
| Passed away | | 7 (2%) | 3 (1%) | |
| None of the above | | 151 (45%) | 144 (43%) | |
| **How worried have you been about being infected?** | Not at all | | 8 (2%) | | 5 (1%) |
| Slightly | | 17 (5%) | | 16 (5%) |
| Moderately | | 69 (21%) | | 60 (18%) |
| Very | | 147 (44%) | | 156 (47%) |
| Extremely | | 94 (28%) | | 98 (29%) |
| **How worried have you been about friends or family being infected?** | Not at all | | 2 (1%) | | 2 (1%) |
| Slightly | | 7 (2%) | | 13 (4%) |
| Moderately | | 48 (14%) | | 59 (17%) |
| Very | | 148 (44%) | | 140 (42%) |
| Extremely | | 130 (39%) | | 121 (36%) |
| **How worried have you been about your physical healthbeing inﬂuenced by Coronavirus/COVID-19** | Not at all | | 8 (2%) | | 10 (3%) |
| Slightly | | 25 (8%) | | 30 (9%) |
| Moderately | | 71 (21%) | | 62 (19%) |
| Very | | 142 (42%) | | 148 (44%) |
| Extremely | | 89 (27%) | | 85 (25%) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | | Intervention (n=335) | | Waiting list (n=335) |
| **How worried have you been about your mental/emotional health being inﬂuenced by Coronavirus/COVID-19?** | Not at all | 3 (1%) | 9 (3%) | |
| Slightly | 21 (7%) | 19 (6%) | |
| Moderately | 69 (20%) | 80 (24%) | |
| Very | 168 (50%) | 162 (48%) | |
| Extremely | 74 (22%) | 65 (19%) | |
| **How much are you reading or talking about Coronavirus/ COVID -19?** | Never | 0 (0%) | 0 (0%) | |
| Rarely | 10 (3%) | 7 (2%) | |
| Occasionally | 52 (16%) | 35 (10%) | |
| Often | 212 (63%) | 216 (64%) | |
| Most of the time | 61 (18%) | 77 (24%) | |
| **How much have your contacts with people outside of your home changed during the Coronavirus/ COVID -19 crisis?** | A lot less social activity | 297 (89 %) | 298 (89%) | |
| Less social activity | 38 (11 %) | 32 (10%) | |
| Same as before | 0 (0 %) | 3 (1%) | |
| More social activity | 0 (0 %) | 0 (0%) | |
| A lot more social activity | 0 (0 %) | 2 (1%) | |
| **To what degree have changes related to the Coronavirus/ COVID -19 crisis in your area created financial problems for you and/or your family?** | Not at all | 171 (51%) | 169 (51%) | |
| Slightly | 73 (22%) | 78 (23% ) | |
| Moderately | 61 (18%) | 56 (17%) | |
| Very | 24 (7%) | 25 (7%) | |
| Extremely | 6 (2%) | 7 (2%) | |
| **How many days per week did you exercise (e.g., increased heart rate, breathing) for at least 30 minutes?** | None | 106 (32%) | 105 (31%) | |
| 1-2 days | 101 (30%) | 118 (35%) | |
| 3-4 days | 62 (18%) | 54 (16%) | |
| 5-6 days | 37 (11%) | 32 (10%) | |
| Daily | 29 (9%) | 26 (8%) | |
| **How much time did you spent watching TV or digital media (e.g., Netflix, YouTube, web surfing)?** | None | 1 (1%) | 3 (1%) | |
| Less than 1 h | 11 (3%) | 18 (5%) | |
| 1-3 h | 147 (44%) | 147 (44%) | |
| 4-6 h | 103 (31%) | 112 (33%) | |
| More than 6 h | 73 (22%) | 55 (16%) | |
| **How much time did you spent using social media (e.g., Facetime, Facebook, Instagram, Snapchat, Twitter, TikTok)?** | None | 18 (5%) | 19 (6%) | |
| Less than 1 h | 57 (17%) | 38 (11%) | |
| 1-3 h | 159 (48%) | 181 (54%) | |
| 4-6 h | 56 (17%) | 56 (17%) | |
| More than 6 h | 45 (13%) | 41 (12%) | |
| **How much time did you spent playing video games?** | None | 262 (78%) | 237 (71 %) | |
| Less than 1 h | 24 (7%) | 51 (15 %) | |
| 1-3 h | 34 (10%) | 31 (9 %) | |
| 4-6 h | 10 (3%) | 6 (2%) | |
| More than 6 h | 5 (2%) | 10 (3 %) | |
| **How frequently did you use alcohol?** | Not at all | 147 (44%) | 131 (39%) | |
| Rarely | 41 (12%) | 42 (13%) | |
| Once a month | 18 (5%) | 19 (5%) | |
| Several times a month | 8 (2%) | 17 (5%) | |
| Once a week | 47 (14%) | 40 (12%) | |
| Several times a week | 67 (20%) | 79 (24%) | |
| Once a day | 7 (2%) | 7 (2%) | |
| More than once a day | 0 (0%) | 0 (0%) | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | | Intervention (n=335) | | Waiting list (n=335) |
| **How frequently did you use nicotine (e.g. vaping, cigarettes, other tobacco products)?** | Not at all | 264 (78%) | 262 (77%) | |
| Rarely | 5 (1%) | 2 (1%) | |
| Once a month | 0 (0%) | 2 (1%) | |
| Several times a month | 0 (0%) | 1 (1%) | |
| Once a week | 1 (1%) | 3 (1%) | |
| Several times a week | 1 (1%) | 8 (2%) | |
| Once a day | 62 (18%) | 56 (17%) | |
| More than once a day | 2 (1%) | 1 (1%) | |
| **How frequently did you use narcotics (e.g. marujiana, opiats, cocain)?** | Not at all | 331 (98%) | 330 (96%) | |
| Rarely | 2 (1%) | 1 (1%) | |
| Once a month | 0 (0%) | 0 (0%) | |
| Several times a month | 0 (0%) | 1 (1%) | |
| Once a week | 0 (0%) | 0 (0%) | |
| Several times a week | 0 (0%) | 1 (1%) | |
| Once a day | 2 (1%) | 0 (0%) | |
| More than once a day | 0 (0%) | 2 (1%) | |

Note:The CoRonavIruS Health Impact Survey (CRISIS). All questions regard the two weeks before baseline.

\*Multiple answers possible

**eTable 2:** Adverse events.

|  |  |  |
| --- | --- | --- |
| Adverse event | Intervention (n=335) | Waiting-list (n=335) |
| Stress | 17 (5%) |  |
| Increased worry | 16 (5%) | 4 (1%) |
| Feeling tired | 1 (0%) |  |
| Sleep problems | 1 (0%) |  |
| Irritability |  | 3 (1%) |

Note. One participant in the treatment group reported three adverse events (i.e. stress, increased worry, and sleep problems), four participants experienced two adverse events each. All other participants reported one adverse event each.

**eTable 3:** Client Satisfaction Questionnaire (adapted version for the study), n=268a.

|  |  |  |
| --- | --- | --- |
| Question | Rating | Response |
| How would you rate the quality of the intervention you have received? | Excellent | 53 (20%) |
| Good | 156 (58%) |
| Fair | 54 (20%) |
| Poor | 5 (2%) |
| Did you get the kind of treatment you wanted? | Yes, definitely | 25 (9%) |
| Yes, generally | 138 (51%) |
| No, not really | 98 (37%) |
| No, definitely not | 7 (3%) |
| Do you think the intervention has met your needs? | Yes, definitely | 28 (10%) |
| Yes, to a large extent | 133 (50%) |
| To some extent | 82 (31%) |
| No, not at all | 25 (9%) |
| If a friend were in need of similar help, would you recommend our program to him or her? | Yes, definitely | 77 (29%) |
| Yes, I think so | 137 (51%) |
| No, I don´t think so | 49 (18%) |
| No, definitely not | 5 (2%) |
| Did the interventions you received help you deal more effectively with your problems (worry)? | Yes, they helped a great deal | 55 (21%) |
| Yes, they helped | 142 (53%) |
| No, they really didn´t help | 69 (26%) |
| No, they seemed to make things worse | 2 (1%) |
| In an overall, general sense, how satisfied are you with the service you have received? | Very satisfied | 65 (24%) |
| Mostly satisfied | 140 (52%) |
| Indifferent or mildly dissatisfied | 56 (21%) |
| Quite dissatisfied | 7 (3%) |
| If you were to seek help again, would you come back to our program? | Yes, definitely | 103 (38%) |
| Yes, I think so | 123 (46%) |
| No, I don´t think so | 39 (15%) |
| No, definitely not | 3 (1%) |

aNote. Seventeen ratings were lost due to an administrative error

**eTable 4:** Module completion rates for the intervention group (n=335).

|  |  |
| --- | --- |
| Number of completed modules | Number of participants (%) |
| 0 | 11 (3%) |
| 1 | 69 (21%) |
| 2 | 54 (16%) |
| 3 | 47 (14%) |
| 4 | 31 (9%) |
| 5 | 123 (37%) |

**eTable 5:** Worksheet completion rates for the intervention group (n=335).

|  |  |
| --- | --- |
| Number of completed worksheets | Number of participants (%) |
| 0 | 73 (22%) |
| 1-5 | 153 (46%) |
| 6- | 109 (33%) |