

Comprehensive overview of app modules, aims, user outcomes, key components and exercises.

Module	Aims	User outcomes	Key components and exercises
1. Introduction to the app and self-compassion	<ul style="list-style-type: none"> - Provide recognition for emotional aspects of cancer diagnosis and introduce app as a self-support tool - Introduce self-compassion and enable self-reflection about self-compassion 	<ul style="list-style-type: none"> - Feeling recognized in the emotional challenges that come with a cancer diagnosis - Having a clear picture of the app and what personal needs and motivations for use are - Having insight into current experience and extent of self-compassion 	<ul style="list-style-type: none"> - Psycho-education about self-compassion - Exercises in mindful awareness and soothing breathing rhythm - Exercise in recognizing (brief) positive experiences throughout the day
2. Emotions in the context of cancer	<ul style="list-style-type: none"> - De-shaming of emotions by explaining and practicing with three emotion systems - Strengthening soothing system by finding moments of calm and connection, practicing imagery - Balancing the drive system based on the example of searching for information - Balancing the threat system based on the example of anxiety and cancer-related fears 	<ul style="list-style-type: none"> - Increased understanding and recognition of emotional experiences - Tools to accept and self-regulate emotions (and anxiety in particular) by mindful awareness and self-soothing - Ability to find balance between gathering helpful resources (e.g. information about diagnosis) and not getting overwhelmed by them 	<ul style="list-style-type: none"> - Psycho-education about three emotion systems - Soothing breathing rhythm exercise with imagery - Compassionate information seeking; finding resources based on own needs - Psycho-education about anxiety and practicing to recognize and allow anxiety
3. Self-compassion and self-criticism	<ul style="list-style-type: none"> - Provide insights in the forms and roles of self-criticism and how this applies to the context of cancer - Getting familiar with inner critic, and what its functions are - Provide insights in the forms and roles of self-compassion and how it applies to the context of 	<ul style="list-style-type: none"> - Recognizing the words, tone of voice, triggers of self-criticism - Learn compassionate alternatives of self-relating - Having insight into the difference between self-criticism and self-compassion and having the tools to be more self-compassionate 	<ul style="list-style-type: none"> - Psycho-education about self-compassion and self-criticism - Imagery exercises about compassionate self and inner critic - Soothing breathing exercise with compassionate friend - Self-compassion expressive writing exercise

	cancer - Getting familiar with compassionate self, and how it is helpful		
4. Taking care of your body	<ul style="list-style-type: none"> - Learn to have compassion for (experiences related to) the body: including all (non)functional, ill, and (un)attractive parts - Learn to practice lifestyle behaviors with compassion and compassionate goal-setting - Provide recognition for (and stimulate communication about) the influence of cancer on sexuality and intimacy, and discuss how to meet needs with compassion 	<ul style="list-style-type: none"> - Increased connection and reduced alienation from body - Insight into compassionate vs. fear-based goals and increased self-care behaviors - Allowance and recognition of and compassion for sexual and intimacy experiences in the context of cancer (increased tools to care for needs/knowing where to find additional resources) 	<ul style="list-style-type: none"> - Soothing breathing rhythm-based compassionate body scan - Psycho-education and exercises about the difference between compassionate motivation and self-correction and self-critical motivation or attacking - Psycho-education about compassion for own needs in the context of sexuality and intimacy
5. The people around you	<ul style="list-style-type: none"> - Awareness and practice of giving and receiving compassion to/from others and related obstacles to compassion - Learn to set boundaries and to ask and accept for help - Provide recognition for loneliness and practicing (awareness of) connection with others 	<ul style="list-style-type: none"> - Being able to set boundaries in social contact based on own needs (and needs of others) - Being able to ask for and receive help based on own needs - Recognizing and allowing loneliness, feeling more connection with others 	<ul style="list-style-type: none"> - Psycho-education about the three flows of compassion - Soothing breathing rhythm-based loving-kindness meditation - Setting boundaries and asking for help based on compassion for own needs
6. Continuing with resilience	<ul style="list-style-type: none"> - Cultivate resources for well-being and resilience by practicing gratitude, savoring, recognizing strengths, recognizing values - Reflect on the past 6 weeks: what has been learned, what was the most beneficial, what was not - Build on personal strengths to maintain 	<ul style="list-style-type: none"> - Increased experience and practice of gratitude - Ability to sense and savor pleasant experiences - Awareness and appreciation of personal strengths - Ability to build on strengths to maintain self-compassion practice 	<ul style="list-style-type: none"> - Psycho-education and exercises about positive psychology: gratitude, wellbeing, savoring, personal strengths - Reflection on self-compassion practice and how to continue - Soothing breathing rhythm meditation (with focus on tone of voice,

	practices (as desired) post-intervention		posture etc.)
Supportive functionalities	Aims	Outcome user	Key element
Visual overview of modules	<ul style="list-style-type: none"> - Provide overview of which modules are available, user progress and completion of modules 	<ul style="list-style-type: none"> - Insight into own progress and available modules 	Visual element central to the homepage (compass) that depicts the 6 modules
Mood tracker	<ul style="list-style-type: none"> - Increased awareness of emotional experiences based on self-monitoring as a basis for self-soothing and compassionate actions - Linking the supportive functionalities of the app with the module content 	<ul style="list-style-type: none"> - Increased awareness of emotional experiences and how they relate to day-to-day experiences - Recognition of and suggestions for practicing with emotions 	<ul style="list-style-type: none"> - Mood tracking with automated feedback based on three emotion systems
Favorite exercises	<ul style="list-style-type: none"> - Provide a personalized experience for the user where they can easily access the parts of the app that they prefer, which in turn would lead to increased engagement 	<ul style="list-style-type: none"> - An app that is tailored to own needs and preferences, thereby creating a more relevant intervention 	<ul style="list-style-type: none"> - Marking exercises as favorite within the modules, which then appear in the users' personal list of favorites
Light of the day	<ul style="list-style-type: none"> - Increased attention for (brief) positive experiences throughout the day, which contributes to wellbeing 	<ul style="list-style-type: none"> - Experiencing that there is "more to life than cancer", that hardship and positivity can co-exist: finding (brief) positive experiences throughout the day 	<ul style="list-style-type: none"> - Exercise where user inputs a positive experience of their day, supported by examples
Practical information	<ul style="list-style-type: none"> - Providing reliable links where users can find more information about different aspects of living with cancer, as well as additional self-compassion resources - Providing background information about how, by whom and based on what the app was developed - Providing information about privacy - Providing contact information for technical and content-related questions 	<ul style="list-style-type: none"> - Having a reliable, pre-sorted and structured list with information sources, reducing the need and effort to (over)use a search engine to find suitable information - Having transparent background information about the app, personal data and what to do in case of questions 	<ul style="list-style-type: none"> - List with weblinks, each with descriptions
Push notifications	<ul style="list-style-type: none"> - Provide daily inspiration and brief exercises that aid with the integration of self- 	<ul style="list-style-type: none"> - Integration of moments of inspiration, mindful 	<ul style="list-style-type: none"> - Daily messages, with an option to reduce the

compassion practices
throughout the day
- Remind the user of the
possibility to use the app in
an indirect, inspirational
manner

awareness and gratitude
into daily life
- Being reminded of the
possibility to use the app
(also helpful in case of
symptoms of forgetfulness
and reduced focus)

frequency or turn
messages off
