OPaCT intervention design and layout - exemplary screenshots
Note: The OPaCT was developed in German and the screenshots are, therefore, in German. However, please find the translation of key points alongside the example screenshots below:

Screenshot 1: OPaCT introduction and general overview page

Module „OPaCT“
Captions: active (blue) - waiting for feedback (pink) - feedback available (orange) - completed (green) - pending (gray) - deleted (red) - feedback moment

Introductory lesson
Lesson 1: Dealing with cancer diagnosis
Lesson 2: Chemotherapy and its side effects
Lesson 3: Illness and stress
Lesson 4: Resources and own needs
Lesson 5: Physical activity during chemotherapy
Lesson 6: Dealing with negative feelings
Lesson 7: Communication with family members and friends
Lesson 8: Social issues
How does stress affect the body?

Stress is a normal and sometimes life-saving response to danger. The physical reactions associated with stress help ensure survival in dangerous situations. Our body is immediately able to attack or flee.

Stress triggers various biochemical processes in the brain which result in the release of stress hormones, such as adrenaline and noradrenaline. This leads to the following physical reactions:

- heartbeat increases,
- blood pressure increases,
- blood sugar level rises,
- breathing becomes faster,
- muscle tone increases,
- immune system is suppressed

! This leads to familiar stress symptoms including feeling like your mouth is dry, you have a lump in your throat, heart palpitations or sweating.

Luckily these days there are fewer and fewer situations where we really have to fight or flee. However, stress is the body’s warning signal in response to an (ostensibly) imminent danger. As a result, the body is equipped to cope with extraordinarily stressful situations.
So what are emotions good for exactly?

Emotions are an important part of our human nature. Without our emotions, life would be much more complicated and dangerous. Just think what could happen if we were no longer frightened by dangerous situations.

Emotions shape our everyday lives because we - usually unconsciously assess - every situation according to our current feelings.

Emotions...

- can be both a relief and a burden,
- can communicate something,
- specify needs,
- initiate actions and
- send signals to others.

What about you?

Which of the feelings mentioned above are you experiencing the most at the moment?

With which need is this feeling associated for you?

What kind of action does this feeling initiate in you?

What could this feeling cause in others?
Exercise: Your emotional emergency kit

A personal "emotional emergency kit" can be extremely helpful when coping with stressful feelings.

An emotional emergency kit is packed with all the things that might help you when you are feeling low or stressed. Your emotional emergency kit may also contain things that have helped you through difficult situations in the past (e.g. in childhood or adolescence).

Here are some of the things that you might want to include in your emotional emergency kit:

- Pictures of landscapes that you like,
- Music you enjoy listening to,
- Fragrances you like to smell.
- Things you like to touch (e.g. stones, chestnuts, shells, pillows, soft toys, ...)
- Things you like to eat or drink,
- A piece of clothing in which you feel comfortable
- Pictures and letters from loved ones,
- Anything else you can think of

Now take a moment and write down what you intend to put into your emotional emergency kit.
Now you have completed the third lesson. You have learned a lot about stress and its effects on our body, our thinking and our feelings.

When under stress, many people experience mindfulness and guided imagery exercises as helpful and relaxing. From now on, we would therefore like to offer you a mindfulness exercise at the end of every lesson. In this lesson, the exercise is called "the inner safe place" and uses guided imagery. Feel free to come back to this lesson and repeat the exercise at any time if you feel comfortable with it.