## Supplementary Material

### Supplementary Table 2. Overview of the module contents

| Module | Topic | Skills | Mindfulness |
|--------|-------|--------|-------------|
|        |       | Psychoeducation | Video(s) | Skills-Exercise(s) | Topic | Audio-guided Practice |
| 1      | Technical Introduction | A quick introduction to the app | / | Technical Introduction Video (How to use the Make It Training)¹ | / | / |
| 2      | Welcome to your Path | Introduction to the structure of the Make It Training and to Mindfulness | Introducing: - The Make It Training: What can participants expect - The gratitude Journal - Mindfulness practice and its benefits | 1. Introducing the Make It Training (Prof. Dr. Martin Teufel, Dr. Alexander Bäuerle)¹ 2. Introducing Margit K.¹ 3. What is mindfulness?² 4. Practicing Mindfulness² | 1: My goal(s) for the Make It Training | Observing the Breath to anchor in the moment | Body Scan II – Mindful Body Awareness |
| 3      | Health-related Behavior | Different aspects of promoting physical and mental health during cancer illness | - creating a daily structure - a healthy diet - dealing with online health information | 1: A healthy diet in the context of cancer (Kristine Schweins)¹ | 1: Planning my day | Anchoring in the moment by paying attention to our senses non-judgmentally - smelling | Mindful Smelling |
| 4      | Emotions | Accepting and dealing with emotions as a part of processing the cancer illness. | - The four stages of dealing with cancer - Making room for emotions | 1: The four stages of dealing with cancer (Prof. Dr. Yesim Erim)³ 2: The four stages of dealing with cancer (Summary)² | Exercise 1: My phases of dealing with cancer Exercise 2: The Room of emotions | Mindfully experiencing thoughts and emotions to distance from them | Mindful Experiencing |
| Module | Topic | Psychoeducation | Video(s) | Skills-Exercise(s) | Mindfulness |
|--------|-------|----------------|----------|--------------------|-------------|
| 5      | Fear  | Dealing with cancer-related fears including fear of progression. | - Why we experience Fear  - Fear of Progression | 1: Why we experience fear and the role of our thoughts 2: Meeting today's expert: Dr. Monika Schmid 3: Coping with fear of progression (Dr. Monika Schmid) 4: Using Mindfulness to cope with fear (Dr. Monika Schmid) | 1: My experience of fear of Progression 2: Where do I feel fear? (And when) 3: My emergency case |
| 6      | Pain  | Understanding and dealing with cancer-illness- and treatment-related pain. | - Pain and cancer  - The function of pain - Coping strategies  - Thought stopping  - Guiding attention | 1: How pain emerges (Dr. Caroline Rometsch) 2: Acute vs recurring pain 3: Coping with pain (Dr. Caroline Rometsch) 4: Thought stopping | 1: Pain Journal 2: Thought-stopping technique |
| 7      | Sleep | Foundations of restful sleep: Strategies and the role of thoughts and emotions that arise | - How cancer can affect sleep  - What makes sleep restful  - Strategies for restful sleep  - Thought stopping  - Creating a designated place for worrying  - Adopting an evening routine to set the stage for restful sleep | 1: How thoughts can impact our sleep 2: Thought stopping (repetition) 3: Creating a place for worrying 4: More Tips for falling and staying asleep (Dr. Christoph Schöbel) | 1: Collection of distressing thoughts 2: Thought stopping (repetition) 3: Bedtime routine |
| 8      | Activating Resources | Discovering and consciously using personal resources of strength to cope with cancer | The vicious circle of thoughts | 1: The circle of thoughts 2: Using personal resources (Martina Madl) 3: Quitting the thought circle | 1: My Circle of Thoughts 2: Quitting the thought circle - Seeking consolation/support - Accepting emotions - Planning social activities | Anchoring in the moment by paying attention to our senses non-judgmentally - **hearing** |

**Audio-guided Practice**

- 5 Fear: Thoughts to Feathers
- 6 Pain: Observing bodily sensations non-judgmentally
- 7 Sleep: Body Scan I- Mindful Body experience
- 8 Activating Resources: Mindfully Letting Go
| Module | Topic | Skills | Mindfulness |
|--------|-------|--------|-------------|
| 9      | Positivity | Planning joyful activities | - Making room for positive experiences; noticing accomplishments and step-by-step planning. |
|        | - Room for positivity | - What positivity means (and what it doesn’t mean) | - Becoming aware and fully experiencing beautiful moments |
|        | Video(s) | 1: Step by Step⁴ | - Mindful Moment |
|        | Topic | Mindfulness | - Planning joyful activities |
| 10     | Body Awareness | Dealing with cancer-related bodily changes | - How cancer can affect the body (and body perception) | - Dealing with bodily changes |
|        | - How did my body change? | - The weighing pan | - Body Scan II – Mindful Body Awareness |
|        | - The ABC Model of Experiencing stress | - Using alternative/affirmative thoughts | - Mindful Breathing II – Triangle Breath |
| 11     | Exercise and Relaxation | Finding a healthy balance between exercise and relaxation as part of recovery from cancer. | - Exercise in the context of cancer: Benefits and things to consider | - Balancing exercise and relaxation |
|        | - Small changes with big impact | - Mindful Breathing II – Triangle Breath |
| 12     | Stress Management | Mastering stressful cancer-related situations | - The significance of thoughts for subjective experience and feelings of distress (ABC Model) | - Managing stress based on affirmative thoughts |
|        | 1: My Stress situation (ABC Model) | 1: The physical stress reaction (Prof. Dr. Andreas Stengel)⁵ | - Anchoring in the moment by paying attention to our senses non-judgmentally - vision |
|        | 2: Using alternative/affirmative thoughts | 2: The ABC Model of Experiencing stress | - Mindful Vision |
|        | Topic | Video(s) | 1: Which steps have I mastered? (Reflecting on successes) | - Mindful Vision |
|        | 2: Focusing on the next step | 2: Dealing with bodily changes (Dr. Kaya)⁶ | - 3: Using affirmative sentences |
|        | 3: Using affirmative sentences | Topic | - Noticing sensations and needs of my body non-judgmentally |
|        | Audio-guided Practice | - Becoming aware and fully experiencing beautiful moments |

**Notes:**
- ⁴: Video(s) and audio-guided practice details not provided.
- ⁵: Video(s) and audio-guided practice details not provided.
- ⁶: Video(s) and audio-guided practice details not provided.
| Module | Topic | Psychoeducation | Video(s) | Skills-Exercise(s) | Mindfulness | Topic | Audio-guided Practice |
|--------|-------|----------------|----------|--------------------|-------------|-------|----------------------|
| 13     | Creativity | Exploring creativity as a resource of strength during cancer illness. | - Introducing Art Therapy and its benefits | 1: Insights into art therapy (Edith Stosiek)¹ 2: Instruction: Mindful Doodling (Edith Stosiek)¹ | 1: When was the last time I engaged in creativity? | Using the power of doodling without focusing on the result to anchor in the moment and relax | Mindful Doodling |
| 14     | Self-care | Self-appreciation and self-care and their importance in the context of cancer | - The pillars of self-esteem. | 1: The pillars of self-esteem² 2: The foundations of self-esteem (Dr. Johanna Graf)¹ | 1: My pillars of self-esteem 2: Strengthening our foundation of self-esteem - Self-care - Self-Love/Kindness - Mindfulness | Fostering self-compassion through mindfulness | Mindful Self-Compassion |
| 15     | Relationships | Personal relationships as a resource and communication of health information and need toward family and friends in the context of the cancer illness | 1. The Partner 2. Children 3. Peers/Social Network | 1: Introducing today's expert: Family and Couples therapist Mette Barslev¹ 2: The relationship to our partner (Mette Barslev)¹ 3: How the cancer illness of a parent can impact children (Mette Barslev)¹ 4: How can I lean on my peers? (Mette Barslev)¹ | 1: Partner Exercise (Communicating needs and boundaries, exploring shared values and resources) 2: Communicating with peers | Fostering the connection to oneself and others with loving kindness | Loving-Kindness |
| 16     | Looking back | Review of the Make It Training and looking ahead | - Reflecting on helpful skills - Looking ahead: Using skills beyond the training (Skillsbox) | 1: Using the skills box beyond the Make It Training (Prof Dr. Stephan Zipfel)¹ 2: Practicing Mindfulness on the road ahead (Dr. Johanna Graf)¹ | Choosing Take Home messages | Choosing a favorite exercise as part of the reflection OR BONUS exercise: Mindful walk | Favorite Mindfulness Practice OR Mindful Walk |

*Note. Mandatory Module, Optional Module; ¹ Camera recorded expert Videos, ² explanatory cartoon videos created with the software Powtoon*