

Appendix 3. Self-reported outcomes and timepoints.

Time of assessments	T1 ^a	Btw. ^b	T2 ^c
Screening			
Inclusion criteria	X		
Study information	X		
Informed consent (digital)	X		
Demographics			
Participant characteristics	X		
Primary outcome			
Perceived Stress Scale PSS-10	X		X
Secondary outcomes			
Depressive symptoms PHQ-9	X		X
Anxiety symptoms GAD-7	X		X
Psychosomatic symptoms PHQ-15	X		X
Active coping HAPA	X		X
Predictor			
Self-efficacy expectancy GSES	X		
Exploratory			
Working Alliance Inventory WAI			X
Goal achievement		X ^d	
Stress expertise		X ^e	
Engagement and Acceptance			
Conversational turns answered		X	
Number of completed sessions		X	
Number of reminders		X	
Minutes of played audios		X	
Feasibility and Acceptance uMars			X

^aBaseline.

^bBetween pre-treatment and post-treatment.

^cPrimary endpoint. Intervene: Between days 24 to 54. Wait: Day 40

^dMeasured in session 1, 6, and 11.

^eMeasured during session 2, 5, and 13.