

Supplementary Table 1. Participant’s adherence to the intervention for each session of the iSMI.

Session	Session Topic	n (%)
1	Psycho-education	113 (82.26)
2	PS I – Learning phase	97 (74.05)
3	PS II – Maintenance phase	87 (66.41)
4	ER I – Muscle- & breathing relaxation	80 (61.07)
5	ER II – Acceptance and tolerance of emotions	74 (56.49)
6	ER III – Effective self-support in difficult situations	65 (49.62)
7	Plan for the future	55 (41.98)
8	Booster session	37 (28.24)

Note: The total number of participants was n = 131.

PS: Problem Solving; ER: Emotion Regulation.