Table 2. *Group B*

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| **Sessions**  | **Activities**  |
| Session 1: Thoughts and mood  | At the beginning of the session, it is shown how thoughts affect our mood. Then, the instructor addressed the topic of how to learn to identify types of thoughts and common thoughts errors. At the end of the session, they were instructed to identify how they feel during the day and record it on a scale from one to nine (during the entire program). Furthermore, for the week they were assigned to record significant thoughts during the day and write them down. |
| Session 2: Identify thoughts  | Participants worked with the thoughts that they had during the last week. They worked on increasing thoughts that make them feel good, and then on reducing those that make them feel bad. For the task at home, they had to write the thoughts down that they had during the day, and at the end of each thought label as a positive or negative one.  |
| Session 3: ABC method | ABC method was presented at the beginning of the session, which is described as the process that takes into consideration the activation of beliefs and behavior. Also, it was explained how an internal discussion about what happened in the form of feedback can be very useful. Exercises on this technique were made in order to consolidate the method. The weekly task was to make a list of thoughts that occurred during the day, with the application of the ABC method.  |
| Session 4: Enjoyable activities | During the session it was explained how the activities affect the mood. After that, the definition of enjoyable activities was introduced. Besides, participants made a list of their favorite activities. It follows that they used the list they made to work at home; each day make they were supposed to tick the activities that they had made that day in order create awareness about how many activities they had done and what they were.  |
| Session 5: Goals  | Next in the program was the explanation of the importance of goals. Also deepened on how changes may occur over time in personal goals, according to different time classifications; short-term goals, long-term goals and life goals. The homework was to make a list of goals for the week, and they had to perform an action each day bringing them closer to their goal.  |
| Session 6: Objective and subjective world | In this session, duality between the objective world and the subjective world was distinguished. The participants reflected and expressed how there can be a healthy point of view on both worlds. That week, participants had to choose five activities at the beginning of the day realize those and reflect about how they feel having made those activities at the end of the day.  |
| Session 7: Social interactions I | In this session, participants were exposed to concepts of thoughts and expectations that people generated in daily interactions. Furthermore, assertiveness was explained. The task at home was to write drown significant interactions all day long and label them as positive or negative. |
| Session 8: Social interactions II | At the beginning of these session, it was discussed how thoughts and behaviors are affected by positive and negative contact with other people. The last task was to write down each day the contacts they had with others. After writing down negative contacts, participants were supposed to think of how this negative contact could be seen as a positive one.  |