

Supplementary Table 1. Seven modules of a behavioral activation program incorporated into DangDang Care

Steps	Modules ^a	Weeks	Contents
1	Introduction to behavioral activation	1	This module provides an overview of DangDang Care and the behavioral activation program and its importance in promoting mental health. Participants learn about the principles of behavioral activation and how it can positively impact their mood and daily life.
2	Identifying daily activities and mood	2	In this module, individuals are encouraged to record and examine their daily activities and the associated changes in their mood. This helps them recognize patterns and understand how certain activities influence their emotional state.
3	Values and activity planning	3	Participants are guided to identify their core life values and create activity plans aligned with those values. Engaging in activities that are meaningful and connected to one's values can lead to a sense of fulfillment and satisfaction.
4	Implementing goal activities	4–5	This module focuses on putting the activity plans into action. Participants learn how to execute their planned goal activities and monitor their progress along the way.
5	Problem-solving and overcoming barriers	6	Participants are taught problem-solving skills to address any obstacles or challenges they may encounter while implementing their activity plans. This module also helps individuals overcome barriers such as avoidance and rumination.
6	Repetition and habituation	7–11	Behavioral activation becomes more effective with repetition. This module encourages individuals to continue engaging in planned activities, allowing them to habituate to positive experiences and emotions.
7	Relapse prevention and program conclusion	12	In the final module, participants review their progress throughout the program and learn strategies for preventing relapse. The program concludes with a focus on sustaining the positive changes made during the intervention.

^aAll modules in the DangDang Care program incorporate daily mood monitoring and rating.