What language would you like to use?

User selects language

Information about the app; asks if the user has been recruited for trial

No — **Yes**

User inputs trial code and asked to complete baseline survey. User asked to complete mid-point and end-point surveys.

[...] Would you like to watch it? (video)

Not now — **Yes let's watch it (video will play)**

Introduction to the PERMAH-model

Information about funding and consent

I consent — **I do not consent** — You cannot use the app unless you consent

Push-notifications

Questions about age, preferred name, gender and nationality

About behaviour change

How do you feel right now?

😢 🙁 😐 🙂 😁

Text based on user's response

Would you like to try some activities to strengthen your mood?

Why not?
- **Relax**
- **Mindful sounds**
- **Treat yourself like a friend**
- **Soothing touch**
- **Mindful steps**
- **Go back**

No

What would you like to learn about next? (Main menu)

Need to go, chat soon!

My exercises →
Exercises available:
- **Positive emotion**
- **Self reflection journal**
- **Soothing touch**
- **Mindful steps**
- **Treat yourself like a friend**
- **Thoughts diary**
- **Gratitude journal**
- **Engagement**
- **Positive activity goal**
- **Values**
- **Mindful sounds**
- **Relax**
- **Mood logging**
- **Meaning**

To main menu

Positive steps for change
- **Positive emotion** → Gratitude
- **Engagement** → "Flow", career strengths, attention
- **Relationships** → Belonging, kind actions, conflicts, STOP-model
- **Meaning** → "The three men breaking rocks"; "I am passionate about ___". Type an answer.
- **Accomplishment** → "Your best self"-exercise; "small victories"; set up a small goal
- **Health**
  - **Sleep** → Tips and advice
  - **Physical activity** → Advice about exercise
  - **Nutrition** → Advice about healthy habits
- **Let's go to main menu**

Activities for a better you

Thoughts diary
- **Add a thought** → Written exercise saved
- **My thoughts**
- **Show the menu**
- **Options based on previous interactions**

Let's go to main menu

Peaceful mind
- **Treat yourself like a friend** → Message for a friend → Written exercise saved
- **Soothing touch** → Physical exercise (self-compassion; acceptance)
- **Relax**
  - **Body scanning** → Physical exercise
  - **Breathing** → Physical exercise (video)
  - **Guided imagery** → Exercise visualization
  - **Muscle relaxation exercise** → Physical exercise; muscle tension
- **Mindful sound** → Physical exercise, listening awareness
- **Mindful steps** → Physical exercise, mindfulness
- **Let's go to main menu**

Learning and achieving goals
- **Growth mindset** → Fixed vs. Growth mindset
- **Goal setting** → SMART-model
- **Positive activity goal** → Meaning, positive emotions, choose an activity
- **Goal Quality Check** → Continuation of SMART
- **Go back**

New perspectives
- **Values** → Written exercise; what is important to you?
- **The sailboat metaphor** → Dreams/goals; challenges
- **Self reflection journal** → Self-esteem and positive emotions; written exercise (saved)
- **Gratitude journal** → Gratitude; written exercise (saved)
- **Go back**

Information about mental health
- **WHO wellbeing scale**
  - **Complete WHO wellbeing scale** → Scale measuring wellbeing; score
  - **Tell me more (information)**
- **Mood logging** → "See changes over time; exercise suggestions"
- **How to help someone** → Information about mental health; signs of mental illness; tips about giving support
- **Tips to manage lonliness** → Causes of lonliness; tips
  - Improve existing relationships
  - Try to open up → Information about talk-therapy and how to get help
  - Spend time with animals → Information about how animals can help
  - Join a group with similar interests → Meet new people, learn something new
  - Volunteer → Meaning and meeting new people
  - Find support online/on social media → Create contact networks online
  - Look after yourself → Advice on how to improve wellbeing
- **Local support** → helplines, resources, organizations
- **Five ways to wellbeing**
  - **Connect**
  - **Be active**
  - **Keep learning**
  - **Give**
  - **Take notice**
  → Tips based on option chosen
- **Go back**

Replace negative thoughts with positive ones / Build your own confidence and self-esteem
→ To journaling / To gratitude journal / To thoughts diary

Legend:
- 🟦 = Options in the app
- 🟩 (teal) = Options based on previous interactions
- ⬡ = Description of content
- 🟩 (green) = Something that's being said by ChatPal