

Appendix A

Intervention Adherence Guidelines

Enhancing Positive Emotion Module Adherence Rating Scale

Session 1 – 90 minutes

I. Introduction to Treatment

Did the therapist do the following (indicate only presence or absence):

- Yes No Explain the rationale for treatment
- Yes No Describe the treatment procedures

II. Psychoeducation:

Did the therapist do the following (indicate only presence or absence)

- Yes No Describe the nature and adaptive function of different positive emotions.
- Yes No Explain the role of positive emotions in anxiety, depression, and overall mental health
- Yes No Introduce the concept of emotion regulation and describe briefly describe ways of regulating positive emotions
- Yes No Explain maladaptive ways individuals with anxiety and depression tend to regulate their positive emotions

III. Functional Assessment:

Did the therapist do the following (indicate only presence or absence)

- Yes No Identify which positive emotions the patient experiences most often/least often
- Yes No Identify key sources (idiographic) of positive emotion for patient at times when patient has felt best
- Yes No Identify obstacles to patient pursuing positive emotional experiences

IV. Behavioral Modification:

Did the therapist do the following (indicate only presence or absence)

Yes No Discuss behavioral strategies for increasing positive emotions (situation selection, situation modification, and response modulation)

Yes No Identify new behaviors for patient to implement

V. Homework Assignment:

Did the therapist do the following (indicate only presence or absence)

Yes No Assign 3 positive emotion-generating activities for patient

Yes No Assign Behavioral Strategies Form for patient to track use of new behaviors

VI. Session Length:

Yes No Was the session length approximately 90 minutes (within 75-105 minutes)?

Total "Yes" _____ ÷ Total "Yes" _____ + Total "No" _____ = **Total Adherence Score**

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Session 2 – 60 minutes

I. Homework Review:

Did the therapist do the following (indicate only presence or absence):

- Yes No Review homework assigned and assess for any difficulty with completing the homework forms

II. Attentional and Cognitive Strategies:

Did the therapist do the following (indicate only presence or absence)

- Yes No Describe attentional and cognitive strategies of regulating positive emotions
- Yes No Identify beliefs related to dampening of positive emotions
- Yes No Help patient generate more adaptive appraisals
- Yes No Complete an in-session savoring exercise during which the patient is instructed to experience their positive emotions and observe any attempts distract or dampen

III. Homework Assignment:

Did the therapist do the following (indicate only presence or absence):

- Yes No Assign daily savoring exercises for patient to complete and record responses on the Cognitive Strategies Form
- Yes No Instruct the patient to continue implementing new behaviors and recording responses on the Behavioral Strategies Form

IV. Session Length:

- Yes No Was the session length approximately 60 minutes (within 45-75 minutes)?

Total “Yes” _____ ÷ Total “Yes” _____ + Total “No” _____ = **Total Adherence Score**

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Session 3 – 60 minutes

I. Homework Review:

Did the therapist do the following (indicate only presence or absence):

- Yes No Review homework assigned and assess for any difficulty with completing the homework forms

II. Integrating Behavioral and Cognitive Strategies:

Did the therapist do the following (indicate only presence or absence)

- Yes No Help patient advance their understanding of behavioral and/or cognitive strategies of positive emotion regulation and how they can be adaptively applied in the patient's life context
- Yes No Complete an in-session imaginal or *in vivo exposure* exercise that elicits personally relevant positive emotions

III. Homework Assignment:

Did the therapist do the following (indicate only presence or absence):

- Yes No Assign 3 homework exposure exercises and have patient record responses on Exposure Form
- Yes No Assign patient to complete the Integrated Positive Emotion Regulation Form for 3-5 positive emotional experiences during the week
- Yes No N/A Continue to assign previous exercises/forms, as appropriate

IV. Session Length:

- Yes No Was the session length approximately 60 minutes (within 45-75 minutes)?

Total "Yes" ____ ÷ Total "Yes" ____ + Total "No" ____ = **Total Adherence Score**

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Session 4 – 60 minutes

I. Homework Review:

Did the therapist do the following (indicate only presence or absence):

- Yes No Review homework assigned and assess for any difficulty with completing the homework forms

II. Integrating Behavioral and Cognitive Strategies:

Did the therapist do the following (indicate only presence or absence)

- Yes No Help patient advance their understanding of behavioral and/or cognitive strategies of positive emotion regulation and how they can be adaptively applied in the patient's life context
- Yes No N/A Complete an in-session imaginal or *in vivo exposure* exercise that elicits personally relevant positive emotions, as needed

III. Discuss Progress, Goals, and Termination:

Did the therapist do the following (indicate only presence or absence)

- Yes No Review patient's progress and any areas to continue working on
- Yes No Discuss patient's long-term positive emotional goals, and how to apply strategies learned toward achievement of these goals
- Yes No Find out what patient found most/least helpful
- Yes No Discuss termination and follow-up process

IV. Session Length:

- Yes No Was the session length approximately 60 minutes (within 45-75 minutes)?

Total "Yes" _____ ÷ Total "Yes" _____ + Total "No" _____ = **Total Adherence Score**

Appendix B

Homework Forms

Positive Emotions Identification Exercise

Below is a list of the top ten most frequently experienced positive emotions. Please read through the definitions and note an example from your own life when you experienced each of these positive emotions.

Joy

Joy happens in an instant -- a perfect moment captured when all is just exactly as it should be. Think of a wonderful holiday morning with the family, an unexpected present that delights you, or seeing the first smile on your infant's face.

My example: _____

Gratitude

Gratitude is a moment of realizing someone has gone out of their way for you, or simply feeling overwhelmed with your heart opening, after being moved in some way. With gratitude comes a desire to give in return or 'pay it forward' in some way.

My example: _____

Serenity

Serenity is like a mellow, relaxed, or sustained version of Joy. Serenity is a peacefulness that comes on a cloudless day, when you realize there's nothing you have to do. Serenity is indulging in a favorite luxury, and being mindful enough to take it in. Serenity is the moment on vacation when you finally let go.

My example: _____

Interest

Interest is a heightened state that calls your attention to something new that inspires fascination, and curiosity. Like a shiny new toy to capture your imagination, interest is alive and invigorating. Interest wakes you up, and leaves you wanting more.

My example: _____

Hope

Unlike other emotions that arise out of comfort and safety, hope springs out of dire circumstances, as a beacon of light. Deep within the core of hope is the belief that things can change, turn out better. Possibilities exist. Hope sustains you and motivates you to turn things around.

My example: _____

Pride

Ever done something really well that took a little time and effort? Maybe you reached a goal you never thought was attainable? Then pat yourself on the back with unadulterated pride. Stand back, take that deep breath and let it in -- you earned it.

My example: _____

Amusement

Think of amusement as those delightful surprises that make you laugh. It's those unexpected moments that interrupt your focus and crack you up. It's a great feeling to have amusement sparkle out of the doldrums and instantly change your perspective.

My example: _____

Inspiration

Inspiration is a moment that touches your heart and nearly takes your breath away - - or takes in your breath, as the word literally translates. Inspiration whispers between the strands of your hair, as you watch a perfect sunset, witness academic or athletic excellence, or observe unexpected triumphs over adversity.

My example: _____

Awe

Awe happens when you come across goodness on a grand scale, and you feel overwhelmed by greatness. Awe is triggered when we are faced with the vastness of nature, or the cosmos. Gazing at the Milky Way and counting the stars, or standing at the top of the Grand Canyon triggers awe.

My example: _____

Love

Love encompasses all of the above: joy, gratitude, serenity, interest, hope, pride, amusement, inspiration and even awe. Love is all that and more. When we experience love, our bodies are flooded with the "feel good" hormones that reduce stress and even lengthen our lives.

My example: _____

Source: Adapted from Kari Henley and Barbara Fredrickson (2009).

Behavioral Strategies Form

Date	Positive Activity	Behavioral Strategies			Consequences (How did you feel? How did it work?)
		<i>Before</i>	<i>During</i>	<i>After</i>	
4/3/13	Go to dinner with a friend.	<p><i>Emailed my friend to invite her to dinner Thursday night.</i></p> <p><i>Made a reservation at a new restaurant I have wanted to try.</i></p>	<p><i>Initiated conversation on a topic of mutual interest.</i></p> <p><i>Did not check my email or watch during dinner.</i></p>	<p><i>Walked home because it was a nice evening.</i></p>	<p><i>Had a better time than usual. Felt like I had accomplished my goals.</i></p>

Cognitive Strategies Form

Date	"Daily Vacation" Savoring Activity (20 minutes)	Observations of Your Experience	Dampening Thoughts	Reappraisal of Dampening Thoughts
4/11/13	<i>Having a cappuccino at favorite coffee shop</i>	<i>Felt satisfied and treated. Noticed the aromas, flavors, and textures of the drink. Noticed I liked the music playing.</i>	<i>Thought I should do this more often, but I don't have the time. Wanted to relax more, but was thinking of how many other tasks I need to get done today.</i>	<i>It is important to take time for fun and relaxing activities, and it may make me healthier and more productive in the long-run. I can spare twenty minutes to do something enjoyable and relaxing.</i>

Integrated Positive Emotion Regulation Strategies Form

Date	Positive Activity	Cognitive Strategies	Behavioral Strategies	Consequences (How did you feel? How did it work?)
4/18/13	<i>Musical concert</i>	<p><i>Present-focused attention and savoring of the sounds and sensations.</i></p> <p><i>Reappraisal of thought that I don't have time to spend going to concerts.</i></p>	<p><i>Went to the concert even though I was anxious.</i></p> <p><i>Bought a CD at the show and listened to it on the way home.</i></p> <p><i>Called my friend and told them about the concert afterwards.</i></p>	<p><i>Enjoyed myself overall.</i></p> <p><i>Felt more relaxed the next day.</i></p> <p><i>Was able to remind myself I can have a good time even when I am stressed.</i></p>

Exposure Form

Before Exposure:

Positive Exposure Goal:

Dampening thoughts or beliefs:

Avoidance behaviors:

Feelings/emotions:

Adaptive cognitive and behavioral regulatory strategies to implement:

After Exposure:

Goal completed? *Yes No Partially* (Circle one)

What were your thoughts, feelings/emotions, and behaviors during the exposure?:

What worked? What didn't work?

What did you learn?
