

**Trauma-Informed ACT with Peer Coaching for College Students: A Pilot Randomized
Controlled Trial**

Online Supplemental Materials

Table S1*Session Outlines*

Intervention	Session	Description	Experiential Activities	Homework
Pre-Intervention	0. Introduction	Participants met with their peer coach, filled out an informed consent form, and received an orientation to the training. They then completed the baseline assessments.	None	None
<i>Present and Open for Values Training (POV; Primary Intervention)</i>				
	1. Being Present	Dropping anchor, a core TFACT technique, was introduced to help participants detach from particularly distressing negative cognitions. This session covered the drawbacks of rigidly clinging to thoughts and feelings (i.e., cognitive fusion) and introduced strategies for creating distance between oneself and one's thoughts to improve emotional regulation (i.e., cognitive defusion strategies).	5 Senses Grounding (guided mindfulness exercise), Dropping Anchor (metaphor narration), Evolution of the Mind (video), Bix Six (worksheet), Rules of the Game (worksheet), Hands as Thoughts (guided mindfulness/defusion exercise)	Mindful Walking (worksheet), Dropping Anchor (audio guided meditation), informal mindfulness practices (worksheet), Dandelion Metaphor (video), "I'm having the thought that..." (defusion worksheet)
	2. Opening Up	This session focused on distinguishing between emotional control and emotion regulation, emphasizing that the goal was not to eliminate unpleasant thoughts or feelings but to respond more flexibly. The	Body Scan (guided mindfulness exercise), Struggle Switch (video), Pushing Away Paper (experiential exercise), Choice Point diagram (worksheet), Life	Bull's Eye (values worksheet), Physicalizing (acceptance worksheet), NAME your feelings (compassion worksheet), Kind Words (acceptance/compassion worksheet),

	Choice Point concept was introduced to teach participants that they had a choice in how they responded to their emotions: they could either engage in behaviors that moved them towards or away from their values.	Compass (values worksheet), DOTS (functional analysis worksheet), Leaves on a Stream (guided mindfulness/defusion exercise)	Documentary of You (self-as-context worksheet), Relationship Roadblocks (fusion worksheet)
3. Doing What Matters	This session focused on stress, trauma, and exposure, introducing the noticing/observing self as a method for responding more flexibly to “repertoire-narrowing stimuli” (i.e., experiences, situations, or internal states such as thoughts, memories, or emotions that are typically avoided). Participants identified internal and external barriers to living a value-driven life.	Kind Hands (guided self-compassion/mindfulness exercise), Stageshow metaphor (video), HARD Barriers (worksheet), Challenge Formula (worksheet), Memory Exposure (guided experiential exercise), Advanced Choice Point (worksheet), Thoughts on a Highway (self-as-context guided meditation)	Brief SMART Goal Setting (committed action worksheet), Seven R’s for Lasting Change (committed action worksheet), Compassion for younger self exercise (guided meditation), Transcendent Self exercise (self-as-context, guided meditation), Unwelcome Party Guest (video), Chessboard metaphor (video), Weather in the sky (metaphor), Emergency Choice Point (worksheet), Exposure Record (exercise)

Crash Course Training (CC; Active Control)

1-3	Participants watched Videos Part 1, 2, or 3 in one of the following subjects: astronomy, literature, business, entrepreneurship, computer science, or world history.	What did you learn? (worksheet) What did you find most interesting? (worksheet)	None
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Table S2*Descriptive Statistics for Main Outcomes*

Variable	Group	Baseline			End-of-Intervention			Follow-up		
		<i>M (SD)</i>	Skew	Kurt	<i>M (SD)</i>	Skew	Kurt	<i>M (SD)</i>	Skew	Kurt
Distress										
	POV	0.94 (0.60)	0.72	0.18	0.74 (0.43)	0.84	1.32	0.69 (0.52)	1.37	1.82
	CC	0.91 (0.62)	0.55	-0.43	0.88 (0.53)	0.61	0.30	0.82 (0.53)	0.85	0.32
Satisfaction										
	POV	3.88 (1.37)	-0.34	0.42	4.04 (1.30)	0.22	0.02	3.98 (1.16)	-0.05	0.10
	CC	4.01 (1.53)	0.39	-0.74	4.04 (1.44)	0.12	-0.99	4.22 (1.23)	0.45	-1.18

Note. *N* = 78. POV = Present and Open for Values Training; CC = Crash Course Training

Figure S1

Fitted psychological distress scores with 95% confidence intervals at baseline, end of intervention, and 3-month follow-up. Note that the estimates are conditional means at each point in time, different from the observed means in Table S2.

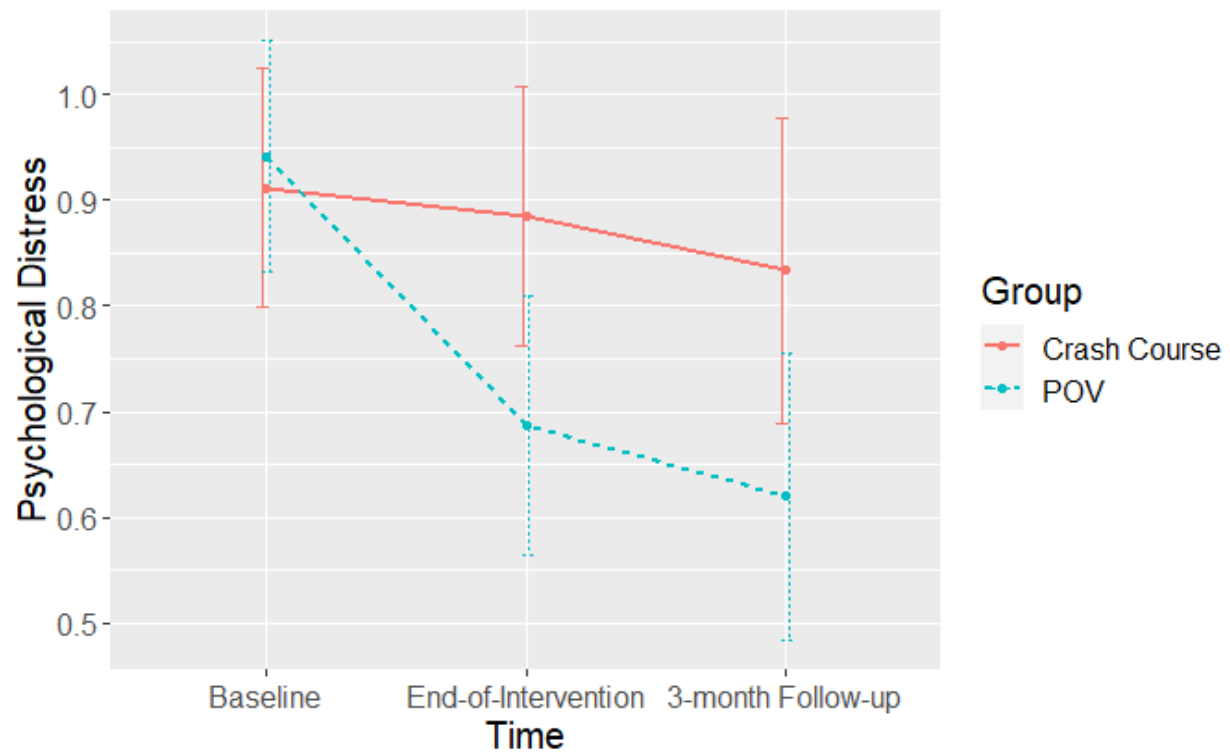


Figure S2

Fitted satisfaction with life scores with 95% confidence intervals at the baseline, end of intervention, and 3-month follow-up. Note that the estimates are conditional means at each point in time, different from the observed means in Table S2.

