

1 **Online supplementary material**

2 **Ambulatory Assessment**

3 The Ambulatory Assessment was carried out using Motorola Moto G 1st Generation  
4 smartphones with the software movisensXS, version 1.1.1 (movisens GmbH, Karlsruhe, Germany)  
5 and was performed on three consecutive weekdays each directly before and after the intervention  
6 period. Participants were instructed to turn on the smartphone before 8.00 a.m. on the first  
7 assessment day and to leave it on throughout the three-day assessment period. There were ten  
8 assessments each day, with the first assessment taking place at 8.00 a.m. and the remaining  
9 assessments taking place between 9:00 a.m. and 10:00 p.m. at random time points at least 30  
10 minutes apart. Each assessment was announced by an acoustic signal or vibration alert, and  
11 participants were asked to immediately respond to the questions, which took about three minutes to  
12 complete. If participants were unable to respond at the time of the signal, they could press a button  
13 to delay their response up to 15 minutes. If participants rejected the alarm or ultimately failed to  
14 respond to it, the assessment was saved as missing. Participants were provided with written  
15 instructions regarding the electronic diary procedure, and the smartphones could not be used for  
16 other purposes than responding to the assessments. Altogether, 3847 of 4680 possible assessments  
17 were recorded, corresponding to an overall response rate across participants of 82.2%. The  
18 Ambulatory Assessment items used in the study are described below.

19 **Momentary rumination (RUM) and self-acceptance (SA):**

20 Ruminative self-focus was captured with the item “At the moment, I am stuck on negative  
21 thoughts and cannot disengage from them” that captured the uncontrollability facet of rumination  
22 (cf. Raes et al., 2008), and momentary self-acceptance with the item “At the moment I accept myself  
23 how I am”. Both items were rated on Likert scales from 1 to 7 and were successfully used in previous  
24 Ambulatory Assessments (e.g., Kuehner et al., 2017).

25 **Momentary positive (PA) and negative (NA) affect:**

26 Momentary positive and negative affect were measured by 12 items derived from the Positive  
27 and Negative Affect Schedule (PANAS – Watson, Clark & Tellegen, 1988) and previous Ambulatory  
28 Assessment studies (e.g. Bylsma, Taylor-Clift & Rottenberg, 2011; Nezlek, 2005). These items were  
29 balanced in arousal. For positive affect, participants were asked to rate how cheerful, energetic,  
30 enthusiastic, satisfied, relaxed and calm they felt and for negative affect how upset, irritated,  
31 nervous, listless, down and bored they felt.

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35 **References**

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