

Multimedia Appendix 1. Outline of the larger study

Introduction Session

- Information regarding study procedures and tools
- Informed consent
- Installation and trial of ohmage app/EFS Survey on own smartphone
- Check inclusion/exclusion criteria
- Assess sociodemographic and additional information
- Randomly allocate to four expectancy conditions incl. control group



Smartphone intervention days 1-14: "Regular"

- Regular participation once per day
- Complete questionnaires in ohmage app before placebo intervention
- Exposure to placebo intervention: green color or mock sound, in alternating order on EFS Survey
- IAPS pictures rating on EFS Survey
- Complete questionnaires in ohmage app after placebo intervention



Smartphone intervention days 15-20: "Feeling stressed"

- Participants are asked to complete intervention when feeling stressed
- Complete questionnaires in ohmage app before placebo intervention
- Exposure to placebo intervention: green color or mock sound, in alternating order on EFS Survey
- IAPS pictures rating on EFS Survey
- Complete questionnaires in ohmage app after placebo intervention



Abbreviations: IAPS - International Affective Picture System