MULTIMEDIA APPENDIX 1. Questionnaire used to assess PsycovidApp

1- GENERAL CHARACTERISTICS OF PARTICIPANTS (Sociodemographic, occupational, and clinical data)

- Age (years)
- Gender
    - Male
    - Female
    - Others
- Professional category
    - Doctor/Resident doctor
    - Nurse/Resident nurse
    - Auxiliary Nurse Care Technician
    - Others
- Years of professional experience (including residency years)
- Medical specialty
- Workplace during the COVID-19 pandemic
- Hospital: outpatient clinics
    - Hospitalization: admitted patients
    - ICU
    - Primary care
    - Nursing homes
    - Home care
    - Operating rooms
    - Emergency rooms
    - Others [open-ended response]
- How often do you use mobile applications (Apps)?
    - Never
    - Once a year
    - Once a month
    - Once a week
    - Daily
- How many Apps do you usually use?
    - None
    - 1 or 2
    - Between 3 and 5
    - Between 6 and 10
    - More than 10

2- USE OF PSYCOVIDAPP (PsycovidApp-Clinicovery: use after the intervention and use during the intervention)

- 2.A: After completing the clinical trial, have you continued using the App? If yes, indicate the approximate time you have dedicated to it since then.
    - No
    - Yes, I have used it for less than a week
    - Yes, I have used it between 1 and 2 weeks

- o   Yes, I have used it between 2 and 4 weeks
- o   Yes, I have used it between 1 and 2 months
- o   Yes, I have used it for more than 2 months
- o   I don't know / I don't remember
- **2B:** Have you used PsycovidApp in the last fourteen days?
    - o   Yes
    - o   No
- **2C:** Did you experience any technological problems that prevented you from using the App correctly during the study?
    - o   Yes
    - o   No
    - o   I don't know / I don't remember
- **2D:** Did you access all the content/modules of the App?
    - o   Yes
    - o   No
    - o   I don't know / I don't remember
- **2E:** If you couldn't access all the content, do you remember why? Check all that apply:
    - o   Lack of time
    - o   Lack of interest
    - o   Problems accessing the App
    - o   Problems downloading content from any module
    - o   I already had prior knowledge of some modules and didn't consult them
    - o   Some content seemed irrelevant to me, so I didn't consult it
    - o   I don't know / I don't remember
    - o   Others [open-ended response]
- **2F:** During the FIRST week you had access to the App, do you remember how many days you accessed it?
    - o   All seven days of the week
    - o   4-6 days
    - o   2-3 days
    - o   1 day
    - o   I didn't access it at all
    - o   I don't know / I don't remember
- **2G:** During the SECOND week you had access to the App, do you remember how many days you accessed it?
    - o   All seven days of the week
    - o   4-6 days
    - o   2-3 days
    - o   1 day
    - o   I didn't access it at all
    - o   I don't know / I don't remember
- **2H:** Approximately, how much time (in MINUTES) do you think you spent on average PER DAY consulting the App during the clinical trial? For example: 5, 30, 120, …
- **2I:** Approximately, how much time (in HOURS) do you think you spent in TOTAL consulting the App during the 14 days of the clinical trial?

3. IMPACT MECHANISM (PsycovidApp-Clinicovery: intervention content).

- MODULE 1. EMOTIONAL TRAINING [Why are emotions good? For example: excessive worry, irritability, stress, anxiety, etc.]
- MODULE 1. EMOTIONAL TRAINING [Awareness and mindfulness]
- MODULE 1. EMOTIONAL TRAINING [Practical breathing exercises]
- MODULE 1. EMOTIONAL TRAINING [Progressive relaxation exercises by Jacobson]
- MODULE 1. EMOTIONAL TRAINING [Practical imagination-based relaxation exercises]
- MODULE 1. EMOTIONAL TRAINING [Emotional regulation skills: excessive worry, controlling irritability, recommendations for addressing stress or anxiety, guidelines for dealing with fear and improving mood.]
- MODULE 1. EMOTIONAL TRAINING [Skills for surviving emotional crises (distracting oneself with different strategies, providing oneself with positive stimuli and relaxing senses, improving the current moment through our mind, weighing pros and cons)]
- MODULE 2. HEALTHY LIFESTYLES [Physical activity. Practical ideas for exercising]
- MODULE 2. HEALTHY LIFESTYLES [Sun exposure]
- MODULE 2. HEALTHY LIFESTYLES [Proper nutrition. Practical ideas for maintaining a healthy diet]
- MODULE 2. HEALTHY LIFESTYLES [Alcohol and tobacco consumption. Practical ideas for avoiding consumption]
- MODULE 2. HEALTHY LIFESTYLES [Sleep. Practical ideas for good sleep]
- MODULE 3. WORK [Job stress and Burnout. Training and skills for management]
- MODULE 4. SOCIAL SUPPORT [Social support. Resources and skills]
- TEMPORARY MESSAGES
  - Did you consult them? (YES or NO response)
  - Did you like them? (YES or NO response)

Multiple-choice question, options (except temporary modules):

  - Didn't consult
  - Consulted
  - Liked
  - Practiced
  - Learned something
  - Resulted in a positive change for me
  - Already knew it beforehand

4. ACCEPTABILITY AND PERCEIVED UTILITY

** All questions are answered on a scale from 0 to 10 (with 10 being the highest score)*

- Based on your prior experience, do you believe that PsycovidApp is an appropriate tool for the mental health care of healthcare professionals at the frontline of the COVID-19 pandemic?
  - [ANSWER: visual analog scale from 0 (Not at all appropriate) to 10 (Extremely appropriate)]
- Based on your prior experience, how would you rate the amount of information included in the App?
  - [ANSWER: visual analog scale from 0 (Totally inadequate) to 10 (Totally adequate)]

- Based on your prior experience, do you consider PsycovidApp a useful tool for the mental health care of healthcare professionals at the forefront of the COVID-19 pandemic?
    - [ANSWER: visual analog scale from 0 (Not at all useful) to 10 (Extremely useful)]
- Based on your prior experience, how likely are you to recommend PsycovidApp to other healthcare professional colleagues at the forefront of the COVID-19 pandemic?
    - [ANSWER: visual analog scale from 0 (Very unlikely) to 10 (Very likely)]

5. Finally, we would like to know if you have any suggestions for improving the application or any other comments you would like to make. (Open-ended question)