

Inclusion, Exclusion, and Removal Criteria

Inclusion criteria:

1. 18 years of age or older;
2. Ability to read English;
3. Have access to a smartphone or tablet device capable of connecting to the Internet and downloading the required app, and sending and receiving SMS text messages;
4. Agreeable to providing daily SUDS ratings via SMS text message, and to completing self-report measures at four different time points; and
5. Mild to moderate anxiety and/or depression, diagnosed by a qualified health professional, and confirmed by the researchers (all of whom are Clinical Psychologists) after screening.

Exclusion criteria:

1. Severe anxiety and/or depression, as indicated by the initial outcome measures and in any responses to specific questions in the Demographics Questionnaire;
2. History of psychosis, or other complex mental health presentation as deemed by the researchers to be unsuitable for participation in this research (there was a question in the Demographics Questionnaire that asks participants for their complete mental health diagnoses); and
3. Current suicidal ideation, as indicated by a participant's responses on the initial outcome measures.

Removal criteria:

1. Not providing any SUDS rating for a two-week period;
2. Not providing a minimum of 20 SUDS ratings in the baseline and post-intervention phases, or a minimum of 40 SUDS ratings in the intervention phase;

3. Not completing outcome measures either pre-intervention, or post-intervention;
4. Clinically significant/unsafe decline in mental health as indicated by SUDS ratings or outcome measures, or in the judgment of researchers; and
5. Suicidal ideation that has developed during the participants' involvement in the study.