

Other supplementary material Online Appendix: Description of session content in ACT-G

Session	Theme	Main homework
1	Presentation of participants and the nature of health anxiety	
2	Introduction to ACT and Mindfulness	
3	Examining functionality of coping strategies	
4	Anxiety-driven or value-driven behaviour	
5	Willingness and acceptance – new ways of relating to health anxiety	
6	Defusion - distance from thoughts	
7	The observing self - you are more than your stories about yourself	
8	Value clarification	
9	Value-driven behaviour - your direction the next four weeks	
	<i>(4 weeks between session 9 and 10)</i>	
10	Staying committed to valued action	