**Appendix 1.** Session content of the intervention

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| Session | Content |
| **1** | * Introduction to the intervention * Brief education on the relationship between stress and bodily symptoms in the context of IBS * Introduction to the relationship between stress and symptoms |
| **2** | * Discussion around the consequences of long-term emotional suppression (including increasing the experience of the emotion, reducing social support and increased tension), exploring individuals’ thoughts and feelings around emotional expression |
| **3** | * Exploring people’s thoughts about sharing emotions and considering alternatives * Discussion around the possible intentional/unintentional consequences of sharing/not sharing emotions * Goal-setting (with a focus on emotional expression, and testing out making changes) |
| **4** | * Reviewing goals, considering what went well and barriers * Discussion on learning from any changes people tested out * Discussion around the role of anxiety and avoidance of emotions in IBS * Discussion of a vicious cycle of symptoms, unpleasant emotions and emotional suppression * Discussing alternatives to suppressing emotions, e.g. living with emotions, holding emotions (using analogies and exercises from ACT) |
| **5** | * Reviewing learning of the last few weeks, and changes people had made * How to manage setbacks in the future * Longer-term goal-setting |