**Online Supplementary Material.** *Content Validity Index Scores*

|  | Expert 1 | Expert 2 | Expert 3 | Expert 4 | Expert 5 | Expert 6 | No. in agreement | Item  CVI |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Psychoeducational Approach | X | X | X | X | X | X | 6 | 1.00 |  |
| Well matched psychoeducation | X | X | X | X | X | X | 6 | 1.00 |  |
| Underpinned by CBT | X | X | X |  | X | X | 5 | 0.83 |  |
| Agenda | X | X | X | X | X | X | 6 | 1.00 |  |
| Pacing | X | X | X | X | X | X | 6 | 1.00 |  |
| Engaging and enthusiastic | X | X | X | X | X | X | 6 | 1.00 |  |
| Clear and accurate communication | X | X | X | X | X | X | 6 | 1.00 |  |
| Change methods | X | X | X | X | X | X | 6 | 1.00 |  |
| Homework | X | X | X |  | X | X | 5 | 0.83 |  |
| Proportion  Relevant | 1.00 | 1.00 | 1.00 | 0.78 | 1.00 | 1.00 | S-CVI-Ave | 0.96 |  |
|  | | | | | | | Mean I-CVI | 0.96 |  |
| S-CVI/UA | 0.78 |  |