

Table A: Structure of the intervention

Module	Session	Theme	Key message of the session
1: Our mind according to Compassion Focused Therapy	1	An evolutionary perspective on human suffering	Social anxiety and safety seeking strategies reflect the way human brains work, in an effort to keep us safe and connected to others.
	2	The emotion regulation systems	All humans have three emotion regulation systems that interact with each other; when one of them is too dominant, our well-being is impaired
2: Developing the compassionate self and the skills of a compassionate mind	3	Discovering compassion	Compassion is available to everyone as a form of being sensitive to suffering of self and others, while trying to alleviate or prevent it.
	4	Compassionate attention	Attention can be intentionally directed to experiences that help alleviate or prevent suffering (in ourselves, in others and in the world around us) as a way to promote a compassionate attitude in life and towards suffering.
	5	Compassionate reasoning	The brain can generate different patterns of multiple biopsychosocial responses to the same event, organized into what is called multiple selves. The “big three” are the sad, the anxious and the angry selves (also corresponding to a critical and to a criticized self). One other self may help us engage with hardship in a kind, non-judgmental, and protective way (i.e., compassionate self).
3: Practicing compassionate behavior	6	Compassionate behavior in performance social events	It is our responsibility to put compassion into practice in feared social performance situations, by adopting a courageous, wise, and kind behavior that reflects what is useful to us.
	7	Compassionate behavior in positive interaction social events	Compassion can help us tune down the critical self in order to engage in useful behaviors that allow us to connect to others and elicit positive emotions.
	8	Compassionate behavior while joining a conversation and disagreeing	Compassion is a courageous way of engaging in behaviors that allow us to get closer to others and stand by our needs and opinions.
	9	Compassionate behavior when mistakes take place	Compassion is a supportive and kind self-to-self relationship, especially when things go wrong, instead of being harsh and self-critical.
4: Last remarks and continuing a compassionate journey	10	Gratitude and compassionate letter	Compassion exists in everyone human being as a way of helping to cope with (not eliminate) the perception of threat in a sensitive, courageous, wise, and healing way. Remembering what was learnt in the intervention as well as intentionally paying attention to things you are grateful may help to continuously practice compassion.

Table B: Pairwise Comparisons between modules for adolescents' perception of improvement (SASCI)

Modules		Mean Difference (I-J)	SE	<i>p</i>	95% CI	
(I)	(J)				Lower Bound	Upper Bound
1	2	1.656*	.305	.000	.755	2.550
	3	2.847*	.477	.000	1.444	4.251
	4	3.958*	.595	.000	2.207	5.709
2	1	-1.653*	.305	.000	-2.550	-.755
	3	1.194*	.315	.007	.268	2.121
	4	2.306*	.477	.001	.900	3.711
3	1	-2.847*	.477	.000	-4.251	-1.444
	2	-1.194*	.315	.007	-2.121	-.268
	4	1.111*	.260	.002	.346	1.877
4	1	-3.958*	.595	.000	-5.709	-2.207
	2	-2.306*	.477	.001	-3.711	-.900
	3	-1.111*	.260	.002	-1.877	-.346

* The mean difference is significant at $p < .05$ (Bonferroni corrected)

Table C: Pairwise Comparisons between modules for clinicians' perception of improvement (CGI)

Modules		Mean Difference (I-J)	SE	<i>p</i>	95% CI	
(I)	(J)				Lower Bound	Upper Bound
1	2	-.329*	.076	.002	-.552	-.105
	3	-1.135*	.130	.000	-1.519	-.752
	4	-1.528*	.134	.000	-1.923	-1.132
2	1	.329*	.076	.002	.105	.552
	3	-.807*	.103	.000	-1.109	-.504
	4	-1.199*	.122	.000	-1.559	-.840
3	1	1.135*	.130	.000	.752	1.519
	2	.807*	.103	.000	.504	1.109
	4	-.392*	.092	.002	-.662	-.123
4	1	1.528*	.134	.000	1.132	1.923
	2	1.199*	.122	.000	.840	1.559
	3	.392*	.092	.002	.123	.662

* The mean difference is significant at $p < .05$ (Bonferroni corrected)