

Supplemental Material

Appendix A. Writing prompts for the digital expressive writing intervention.

Session	Priming messages	Writing topics
1	A compilation of 3 quotes, e.g., <i>"You don't always have to hold yourself together..."</i> - Anonymous	Deepest thoughts and feelings about your most stressful experiences OR How you handled the most stressful experiences and learn from them
2	A poem, "What Cancer Cannot Do", which includes: <i>"It cannot steal eternal life</i> <i>It cannot conquer the spirit"</i> - Author unknown	APPRECIATION of parts of life (gratitude) OR POSITIVE thoughts and feelings and rethinking of meaning of life
3	A short story, "Responding to adversity", which includes: <i>"When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"</i>	Life in the FUTURE after realized all life dreams OR ADVICE given to someone undergoing similar struggles as self

Appendix B. Sample questions of the semi-structured interview guide.

Section 1: General Questions

1. What motivated you to enroll in the study?
2. What was your overall experience like as a participant in the study?
3. What aspects of the study did you like? What areas we could improve?
4. How did participating in the study affect you?
5. Any particular content left an impression that you'd like to share?

Section 2: Content and Prompts

5. How did you feel about the writing topics and prompts?
6. How did they facilitate your reflection?
7. What other topics did you wish you could write about?
8. What are your thoughts on having the option to choose writing prompts for each task?
9. How challenging was it to choose a topic to write?
10. The study was conducted online. How did you find this experience?
11. How did you feel about the workload?
12. Could you see yourself continuing these writing practices after your involvement in the study?