

Phases	Focus	Objectives	Outpatients-based Tool	Mobile Technology Tool
<i>Initial Phase</i>	Identifying and setting episodes of well-being into situational context	- report the circumstances surrounding the episodes of well-being rated on a scale of 0 to 100, with zero being absence of well-being and 100 being the most intense well-being - monitor the quality of experience associated with daily situations (work, leisure, etc.). - identification of instances of well-being and of optimal experiences	Diary	- Mobile diary, personalized by the baseline assessment results and by an adaptive learning algorithm depending on patient's answers during mobile monitoring - Visual Analogical Scale for Well Being Assessment
<i>Intermediate Phase</i>	Remove the obstacles to sustained psychological well-being on self-monitoring of moments and feelings of well-being and graded task assignments	- identify thoughts and beliefs - leading to premature interruption of well-being - identify the areas of psychological well-being which are unaffected by irrational or automatic thoughts and which are saturated with them - reinforce and encourage activities that are likely to elicit wellbeing and optimal experiences	Graded task assignments of undertaking particular pleasurable activities for a certain time each day	- Electronic personalized task assignment by the baseline assessment results and by an adaptive learning algorithm depending on patient's answers during mobile monitoring - Visual Analogical Scale for Well Being Assessment
<i>Final Phase</i>	- Be able to readily identify moments of well-being - Be aware of interruptions to well being feelings (cognitions) - Follow optimal experiences - Meeting the challenge that may entail optimal experiences is emphasized	- dimensions of psychological well-being are progressively introduced - guide the patient from an impaired level to an optimal level according to the above six dimensions.	Graded task assignments of undertaking particular pleasurable activities for a certain time each day	- Mobile diary, personalized by the baseline assessment results and by an adaptive learning algorithm depending on patient's answers during mobile monitoring - Electronic personalized task assignment by the baseline assessment results and by an adaptive learning algorithm depending on patient's answers during mobile monitoring - Visual Analogical Scale for Well Being Assessment