

Appendix 1: Structure of integrated transdiagnostic sessions

Session 1	Establishing the rationale for the treatment and setting treatment objectives, while considering the impact of this treatment on pregnancy outcomes.
Session 2	Cultivating the skill of observing emotional experiences, with a particular focus on the application of mindfulness techniques.
Session 3	Fostering awareness to recognize thought patterns, with an emphasis on two common cognitive distortions associated with anxiety and depression, i.e., overestimation of probability and catastrophizing, and evaluating the impact of these distortions on the pregnancy process.
Session 4	Elucidating the impact of cognitive appraisal in shaping and sustaining emotional reactions; articulating the reciprocal relationship between cognition and emotion; and emphasizing the role of cognitive reappraisal and enhanced cognitive flexibility in modulating emotional experiences.
Session 5	Recognizing emotion-driven behaviors and patterns of emotional evasion; understanding the impact of emotional avoidance (behavioral, cognitive, and safety indicators) on the persistence of emotional responses; and identifying actions stemming from maladaptive emotions and their practical substitution through confrontational behaviors.
Session 6	Understanding internal and external emotional triggers, including bodily sensations, and their significance in emotional experiences; unveiling the rationale behind emotional encounters; and execution of physical confrontation exercises appropriate for expectant

	mothers.
Session 7	Instructing on the development of a fear and avoidance hierarchy; crafting emotional exposure exercises in both imaginary and real scenarios; and the practice of abstaining from avoidance.
Session 8	Review of therapeutic concepts and exploration of progress in treatment approaches and patient experiences; and emphasizing relapse prevention through the discouragement of emotional avoidance and the promotion of emotional tolerance.