

**Table 1: Mobile App MBI Weekly Content**

Weekly Session	Description of Sessions	In-app Exercise Questions
<b>Week 1: Introduction to Mindfulness</b>	<u>Session 1</u> : Video presentation of the introduction to the purpose and meaning of mindfulness. <u>Session 2</u> : Video presentation discussing the influence of mindfulness on alcohol use disorders.	<u>Session 1</u> : Describe your thoughts on mindful breathing and sitting practices. What thoughts came to mind during this practice? <u>Session 2</u> : What are strategies that can help you become more aware in the present moment?
<b>Week 2: Stress and Mindfulness</b>	<u>Session 3</u> : Video presentation discussing environmental, social, and biological-level factors that can impact the relationship between stress and mindfulness. <u>Session 4</u> : Video presentation introducing body scanning	<u>Session 3</u> : Have you experienced any recent environmental, social, and biological-level stresses? If so, what are they? <u>Session 4</u> : How might body scanning and mindful walking be a useful exercise in helping you manage your stress?
<b>Week 3: Managing Stress</b>	<u>Session 5</u> : Video presentation introducing mindful walking. <u>Session 6</u> : Video presentation introducing mindful breathing and breathing space.	<u>Session 5</u> : Describe your experience with trying mindful walking. How might this technique help you manage stress? <u>Session 6</u> : Describe your experience with trying mindful breathing. How might this technique help you manage stress?
<b>Week 4: Mindful Acceptance (Part 1)</b>	<u>Session 7</u> : Video presentation introducing mindful acceptance. <u>Session 8</u> : Video presentation discussion of how stressful thoughts can impact alcohol-related problems.	<u>Session 7</u> : How might mindfulness help you in reducing stressful thoughts? <u>Session 8</u> : List three stressful events that you have experienced this past year. How can mindfulness techniques help you let go of the stress brought on by these events?
<b>Week 5: Mindful Acceptance (Part 2)</b>	<u>Session 9</u> : Video presentation recapping mindful acceptance and discussing its relationship with triggers. <u>Session 10</u> : Video presentation discussing triggers and their impact on alcohol consumption.	<u>Session 9</u> : Describe your feelings and emotions whenever you experience a trigger. How can mindfulness play a role in overcoming these triggers? <u>Session 10</u> : How might mindfulness help in your journey to reducing the consumption of alcoholic beverages?
<b>Week 6: Savoring Strategies</b>	<u>Session 11</u> : Video presentation introducing mindful savoring. <u>Session 12</u> : Video presentation providing strategies on how mindful savoring can encourage positive emotions from everyday experiences.	<u>Session 11</u> : How can mindful savoring be a technique utilized within your daily life? <u>Session 12</u> : Share some examples of the positive emotions that you felt after a recent experience this past week.
<b>Week 7: Automatic Pilot</b>	<u>Session 13</u> : Video presentation discussing the concept of "automatic pilot". <u>Session 14</u> : Video presentation discussing alternate strategies for functioning on automatic pilot while avoiding triggers.	<u>Session 13</u> : In what ways have you felt like certain aspects of your life were on automatic pilot? How can mindfulness practices help you avoid these feelings? <u>Session 14</u> : In what way can mindfulness strategies help you to avoid triggers brought on during automatic pilot?
<b>Week 8: Moving Forward</b>	<u>Session 15</u> : Video presentation recapping the key strategies of the intervention. <u>Session 16</u> : Video presentation discussing the next steps for maintaining mindfulness behaviors.	<u>Session 15</u> : What strategies from this program were you most drawn to/inspired by? Why? <u>Session 16</u> : What are strategies that can help you maintain the mindfulness techniques learned during this program?