ABC Project components, hypothesized change mechanisms, and proximal & clinical outcomes

**ABC Project Content & Delivery**

**Autonomy Support**
- Empowers users to view their emotions as malleable via taking values-aligned action
- Guides users through an experiential activity where they observe how their actions shape their mood by tracking mood shifts before/after taking a positive action (e.g., watching a funny video)

**Competence Support**
- Users build a personalized action plan to connect with others, work toward a goal, and do something they enjoy to support positive mood
- Users generate a ‘coping statement’ to persist with their plan despite inner obstacles

**Relational Support**
- Users read and listen to narratives from peers with depression who have used the program’s concepts to overcome stress spirals/depression
- Based on what they learn in the program, users write coping advice to peers who are struggling with depression and stress spirals

**Change Mechanisms**

*Self-Determination Theory*

- Autonomy
- Sense of competence
- Relatedness

**Proximal Outcomes**

*Immediately Post-Intervention*

- Decreased feelings of hopelessness
- Increased positive activity engagement
- Increased agency, perceived control
- Increased motivation for change

**Clinical Outcomes**

*3+ month follow-ups*

- Reduced symptoms of depression
- Reduced symptoms of anxiety

- Increased motivation for change