

FIG. 1

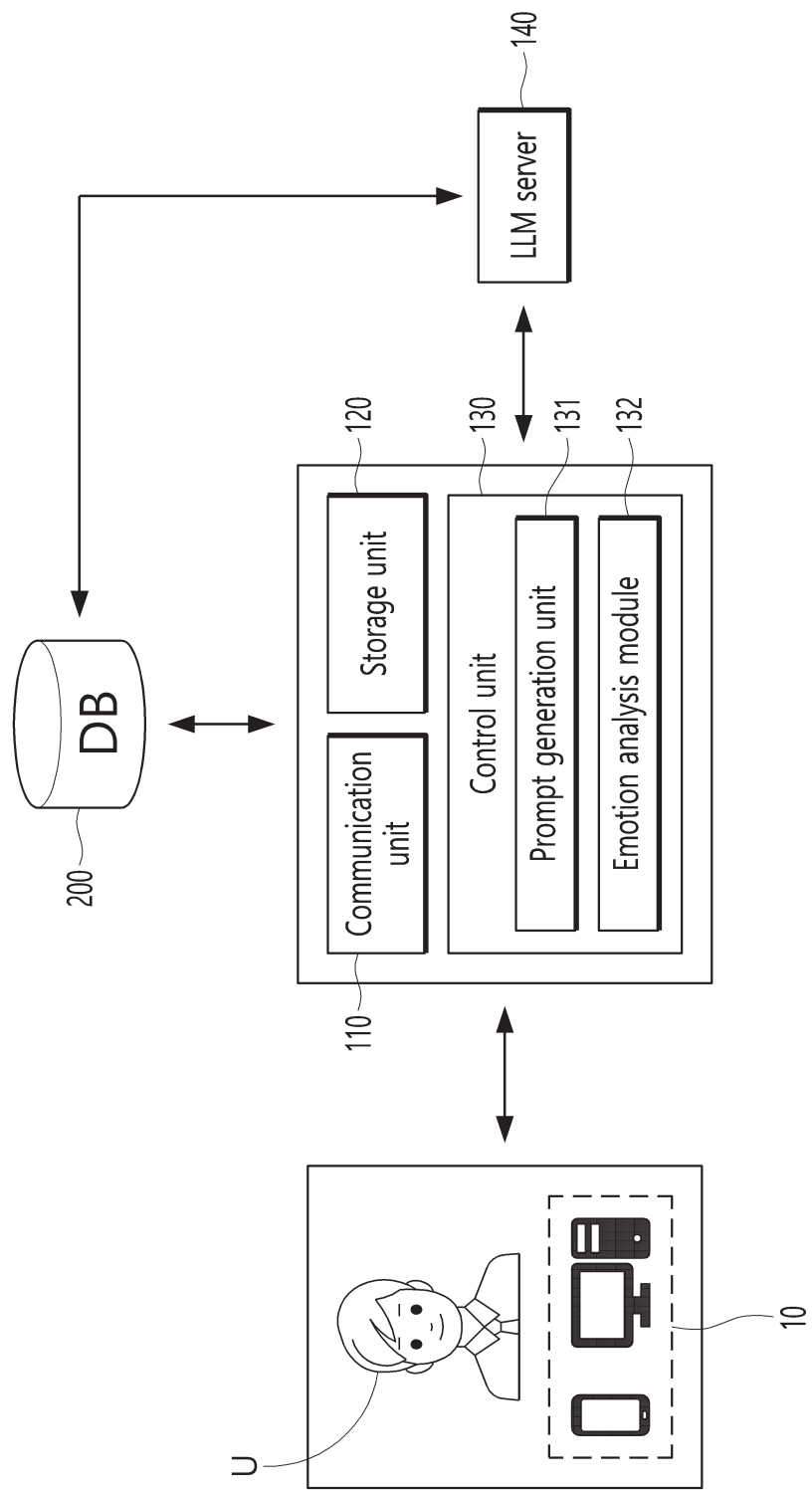


FIG. 2

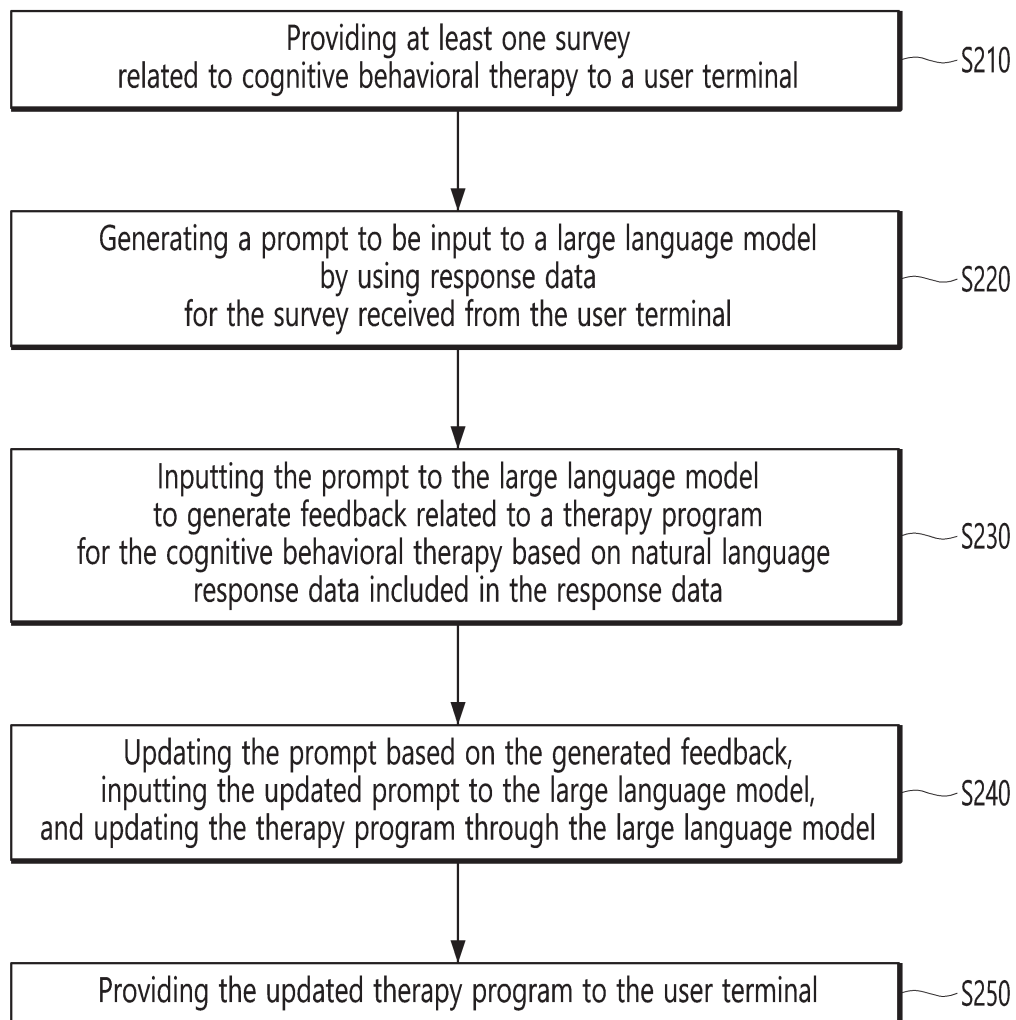


FIG. 3A

1000

(a)

Sketch 9:41 AM 100%

← First Multiple-Choice Survey (Pain)

310

What is your current level of pain?

311

No pain

0 points

1 point

2 point

3 point

4 point

Excruciating pain

312

1. Please select all symptoms in the current painful area.

a. Movement feels stiff

b. Pain during specific movements

c. Muscle cramping

d. Tingling

e. Burning sensation / heat sensation

...

Proceed

(b)

Sketch 9:41 AM 100%

← Second Multiple-Choice Survey (Sense of Competence)

320

Do you feel confident performing your daily activities despite the pain?

321

Not confident at all

0 points

1 point

2 point

3 point

4 point

Very confident

322

1. How does your current pain affect your daily life?

a. Because of the pain, it is difficult to live the life I want.

b. I feel somewhat uncomfortable, but I can adapt.

c. The pain is present, but I can endure it.

d. The pain does not significantly affect my daily life.

e. Through the pain, I became aware of the importance of health.

...

Proceed

FIG. 3B

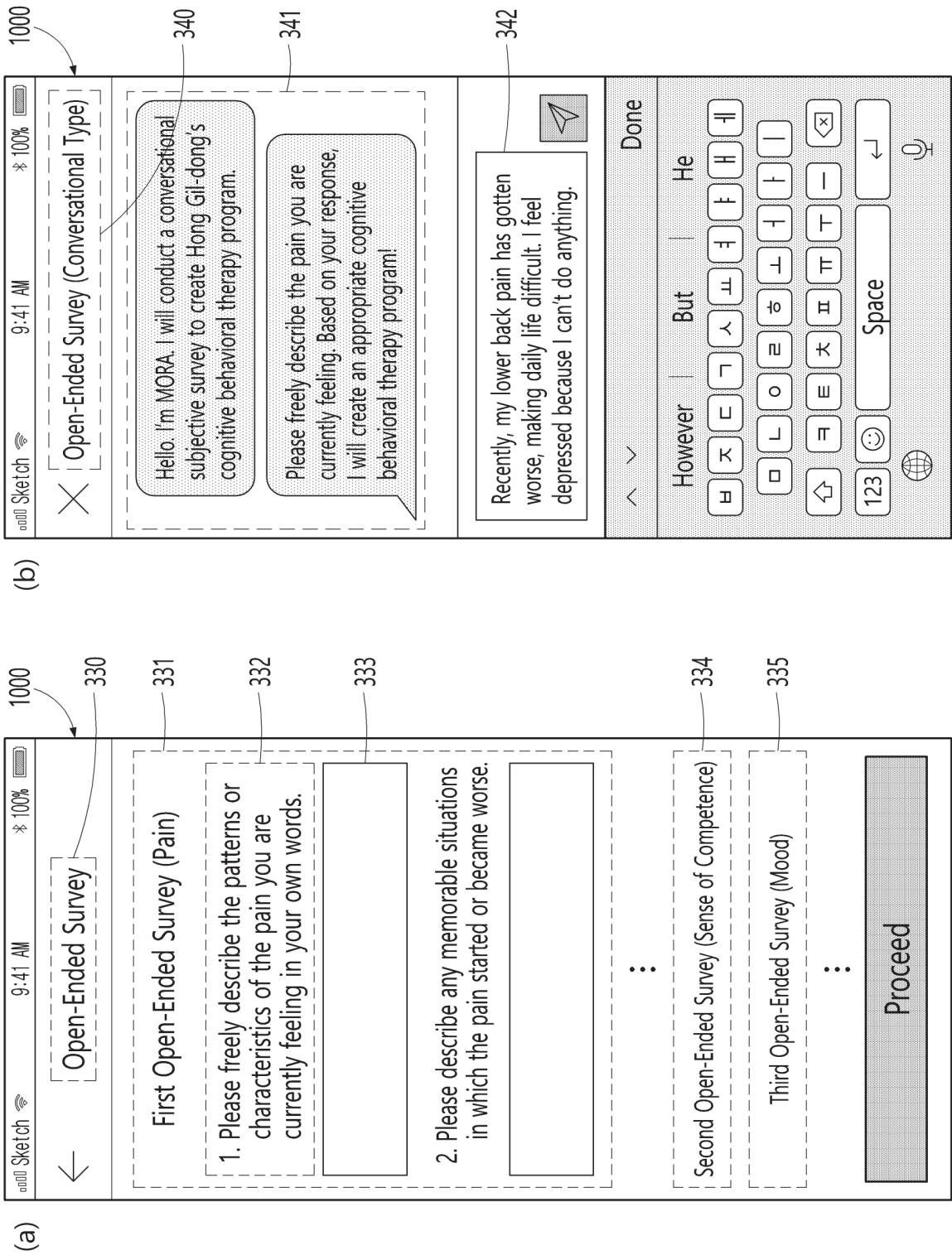


FIG. 4A

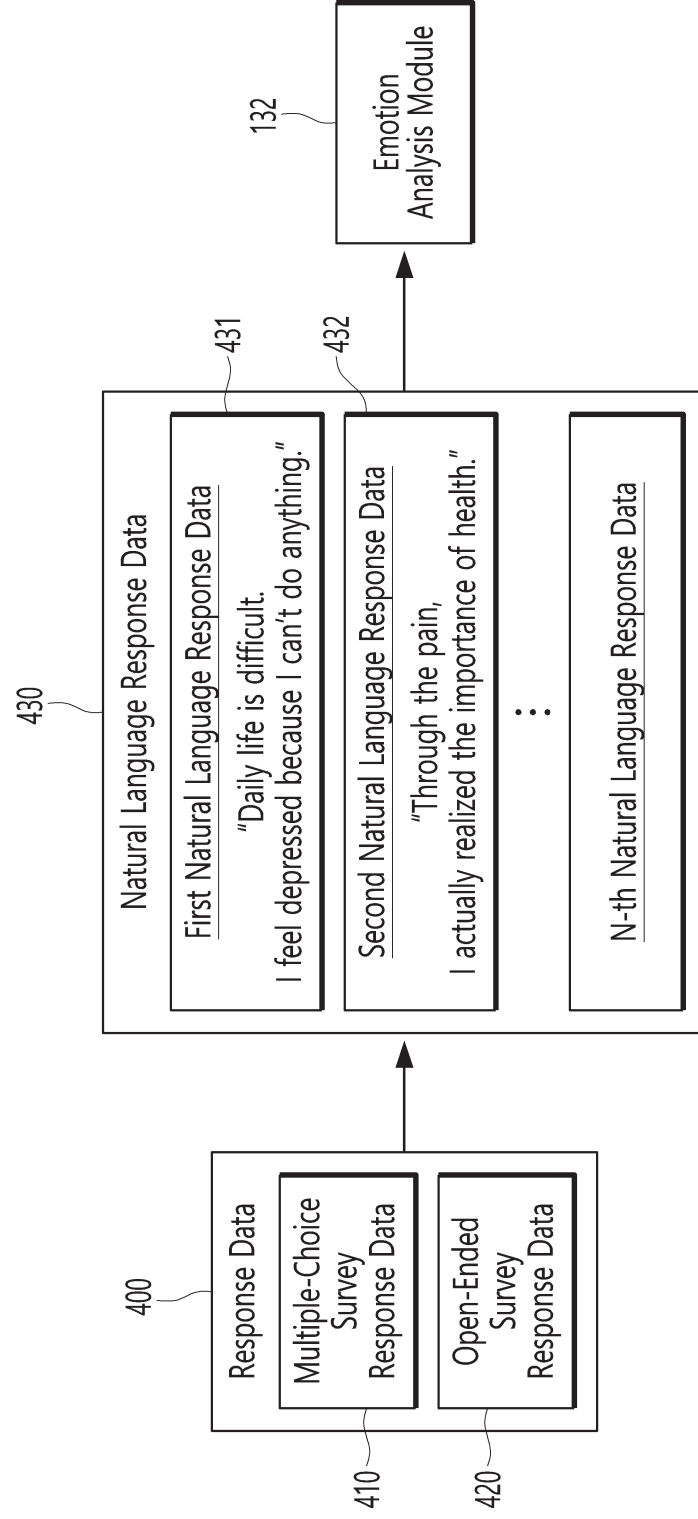


FIG. 4B

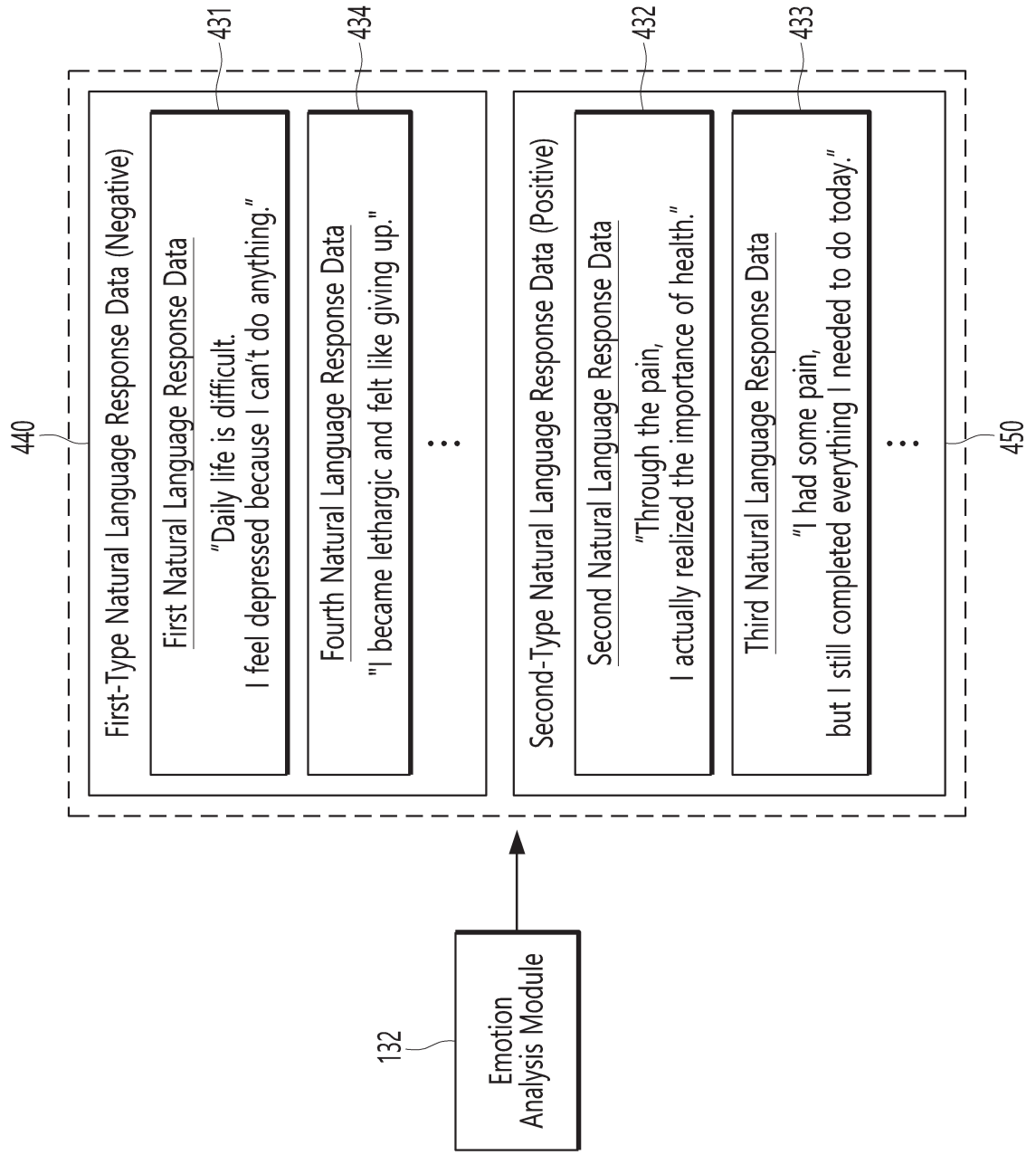


FIG. 4C

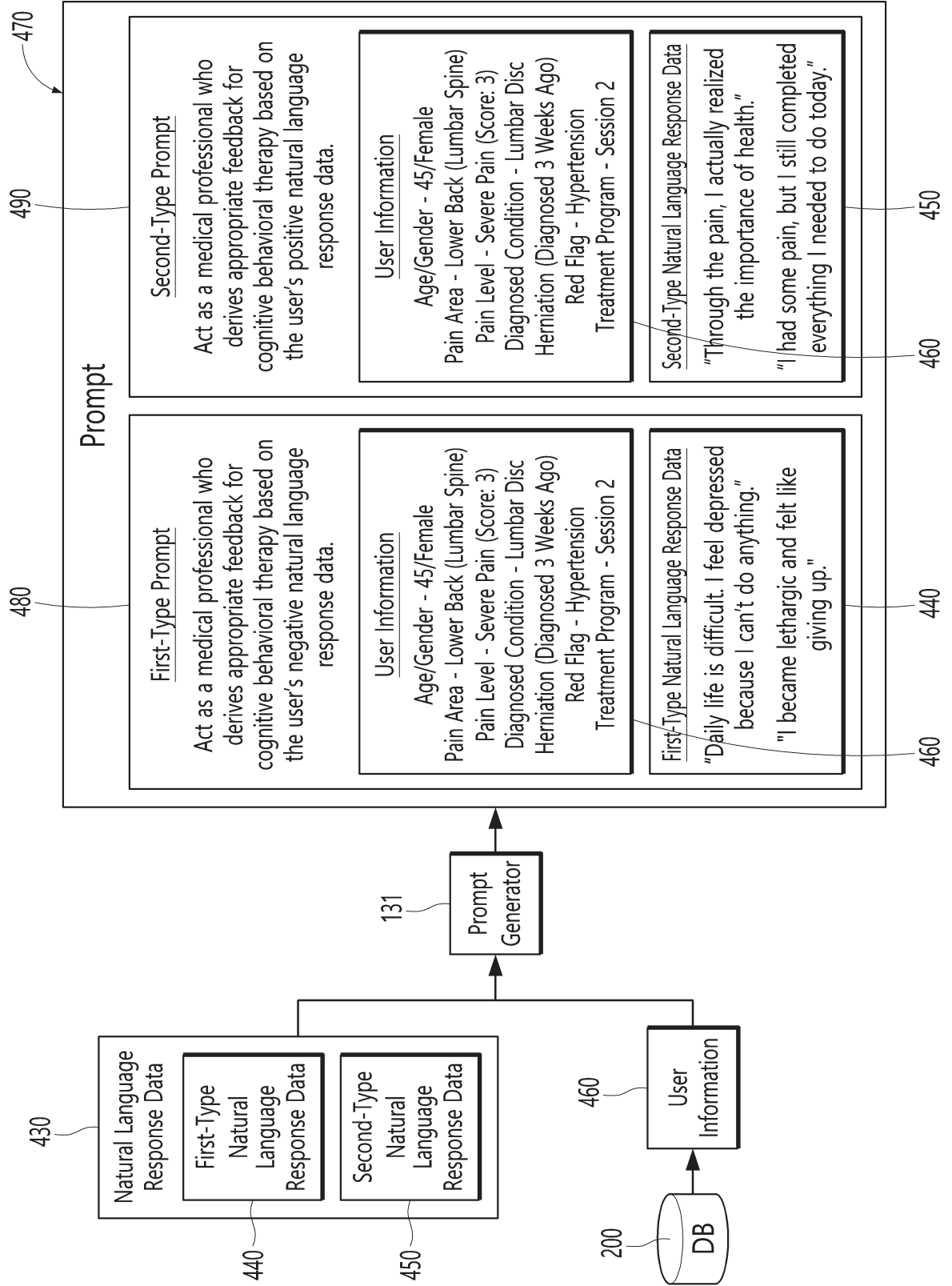


FIG. 5A

Cognitive Behavioral Therapy Program (8 Sessions)			
Session Number	Session Topic	Key Content	Configuration strategy (module)
Session 1	Program introduction and motivation enhancement	- Identify the user's awareness of cognitive behavioral therapy and pain. - Set personal goals to enhance treatment motivation.	Education Motivation Enhancement (setting goals)
Session 2	Understanding Pain, Emotions, and My Coping Strategies	- Identify negative emotions, thoughts, and behaviors related to pain. - Identify the user's own coping strategies for pain.	Monitoring emotion/body sensation/(coping) behavior
Session 3	Changing pain: Understanding Behavioral Strategies	- Set activity goals and develop new coping behaviors independently. - Cope with pain by considering the benefits and costs of preventive actions and medical checkups.	Coping strategies (Setting activity goals) Relaxation technique (breathing, progressive muscle relaxation)
Session 4	Changing pain: Attention Diversion Strategies	- Cope with pain using attention diversion techniques. (Activities, emotions, five senses)	Coping strategies (distractions)
Session 5	Changing pain: Changing Thoughts 1	- Explore negative automatic thoughts related to pain. - Identify emotions and behaviors associated with automatic thoughts. - Find evidence that challenges automatic thoughts.	Cognitive restructuring
Session 6	Changing pain: Changing Thoughts 2	- Explore my irrational thinking patterns. - Develop cognitive flexibility.	Cognitive restructuring
Session 7	Changing pain: Practicing Positive Self-Talk and Pain Management Strategies	- Cope with pain using positive self-talk. - Understand the Stop-Think-Evaluate-Act method.	Coping strategies (positive self-talk, stop-think-evaluate-act method)
Session 8	Overcoming Obstacles and Building a Positive Self-Image	- Review previously learned coping strategies and create my own coping recipe. - Identify alternatives for anticipated difficulties.	Managing setbacks

FIG. 5B

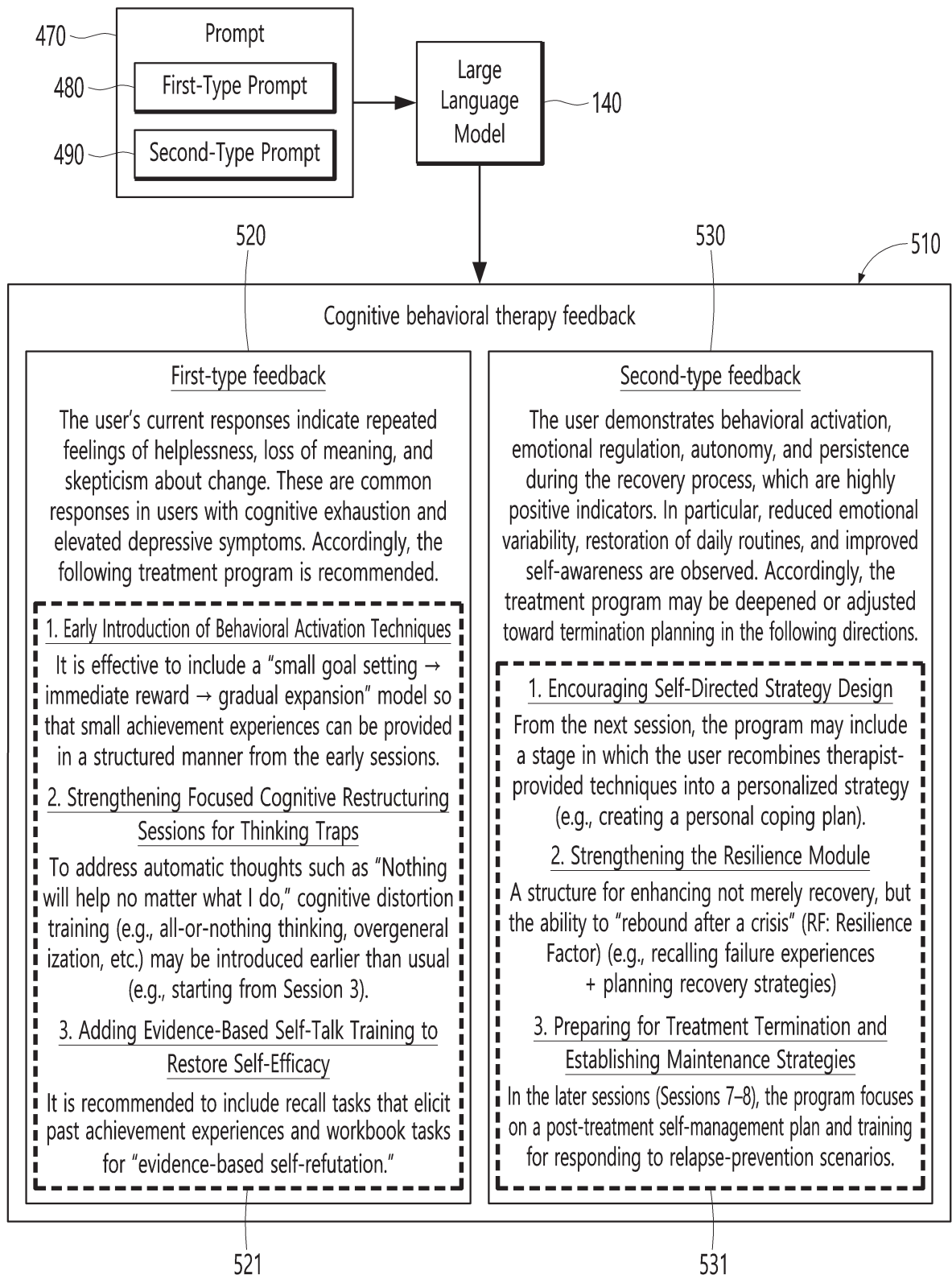


FIG. 6A

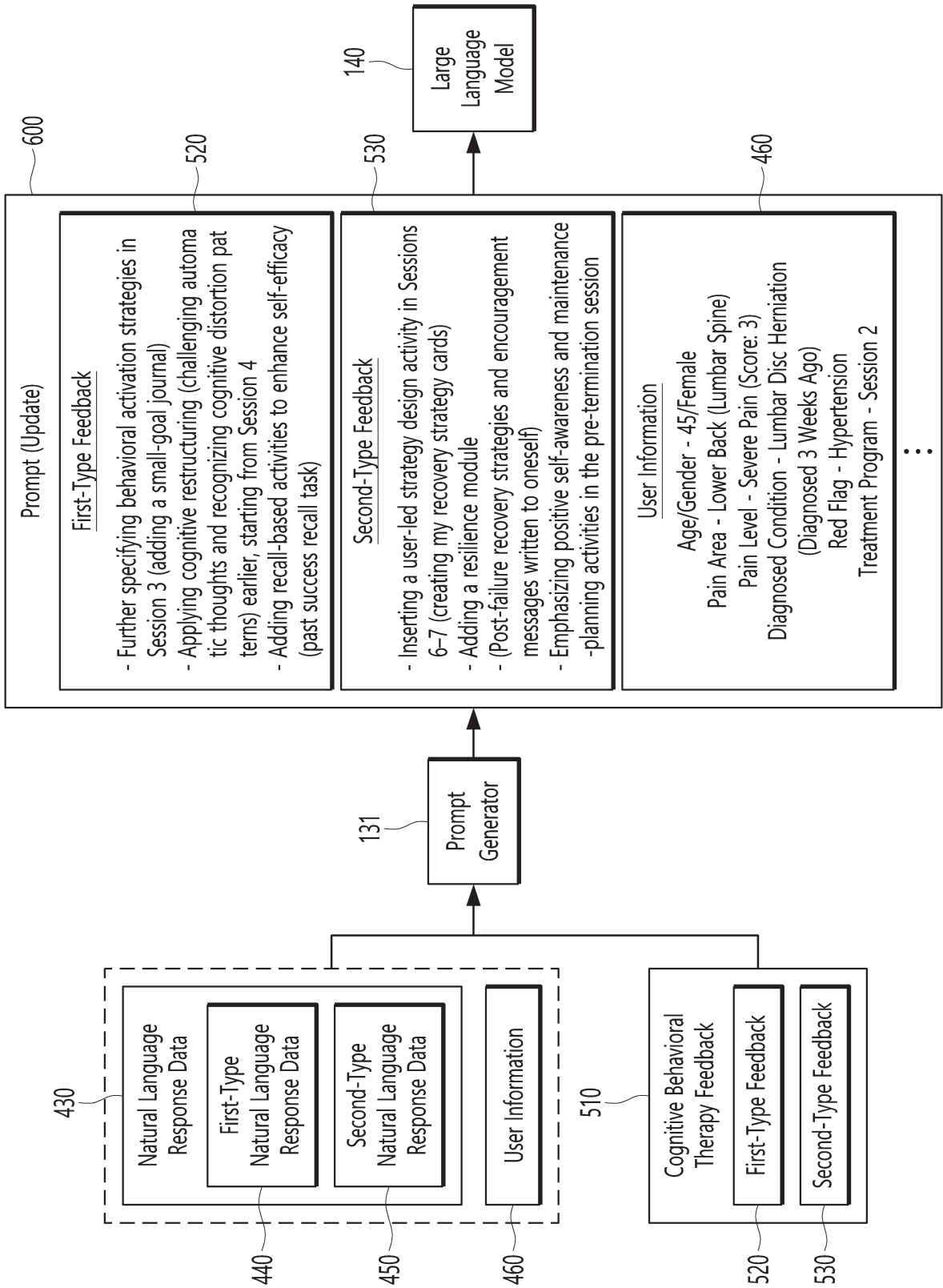


FIG. 6B

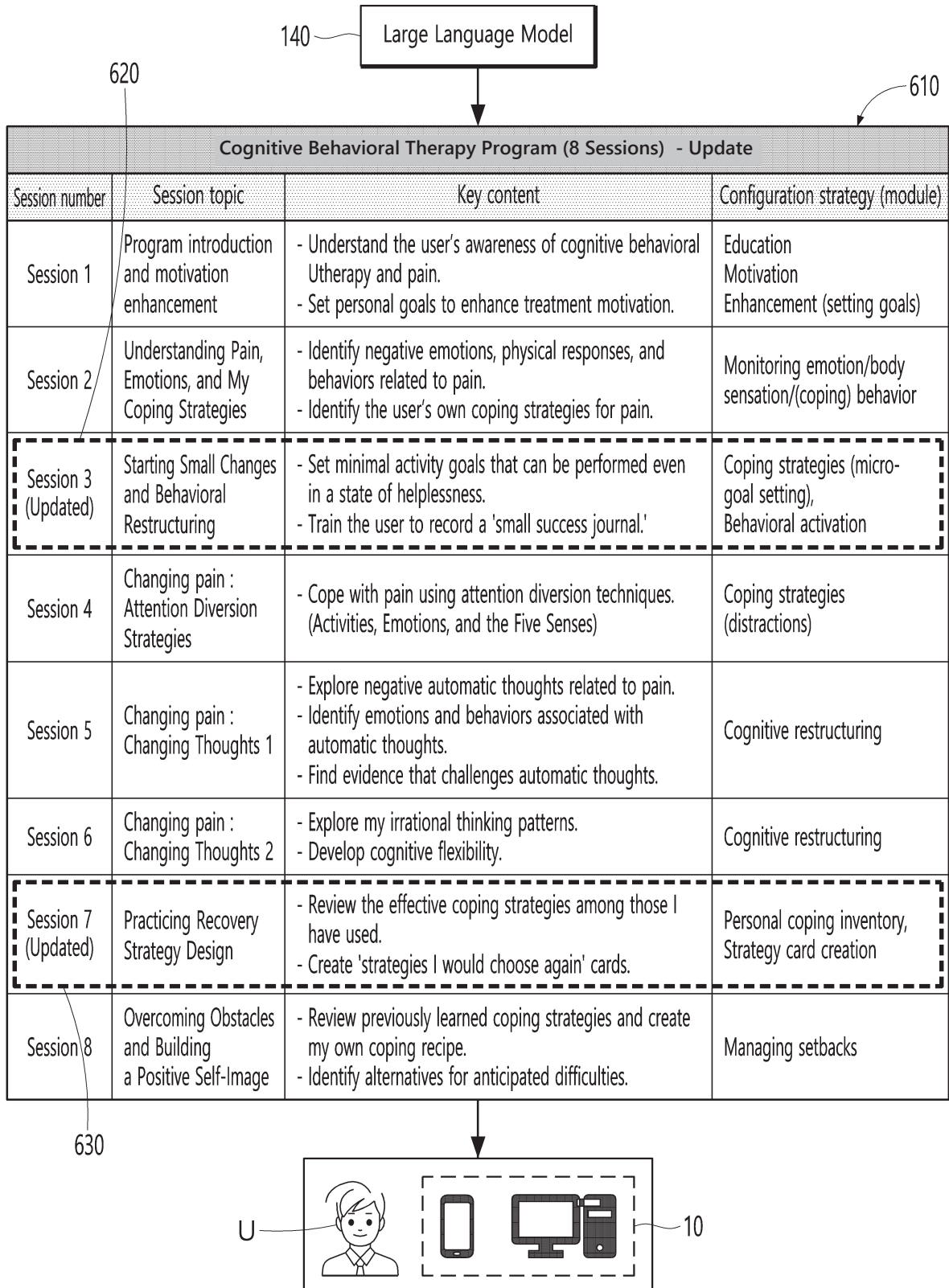


FIG. 7

