<table>
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<th>Phases</th>
<th>Focus</th>
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<th>Outpatients-based Tool</th>
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| Initial   | 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 |
| Intermediate | 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 |
| Final      | • 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 |