

TABLE S1. Summary of therapeutic content included in 12-session MI-CBT Manual

Phase 1: Engagement and Goal Setting

1	Engaging	<p>Provide overview and introduction to the intervention.</p> <p>Begin to identify all areas you would like to improve and highlight the 3 most important.</p>
2	Collaborative Assessment	<p>Participants share identified goals from previous week.</p> <p>Participants share an achievement from the past and the behaviors, skills, and mindsets they used to accomplish it.</p> <p>Complete <i>Reasons for Wanting to Achieve My Goal</i> worksheet.</p> <p>Begin Assessing My Goal worksheet to identify supports and obstacles.</p>
3	Evoking and Focusing	<p>Therapist and participants collaboratively explore how to reach goal with action reflections, behavioral suggestions, open-ended questions, eliciting change talk (desires, ability, reasons, and need to change). Construct a focusing figure for each participant with intervention targets and behavioral steps.</p>
4	Plan the Steps	<p>Therapist and participants collaboratively work together to define the behavioral steps needed to reach each goal and work together to order the incremental behavioral steps.</p>
5	Consolidating Commitment	<p>Therapist guides participant to consolidate commitment to identified goal through the use of summarizing reflections and emphasizing change talk. Introduce commitment and importance rulers.</p>

- 6 Garnering Support Role-play talking to support persons about goal and asking for the help that will be useful. For homework, complete the MI-CBT Weekly HW Guide and Sharing My Goal with Someone in My Life worksheet.

Phase 2: Skill Development and Action Steps

- 7 Self-Monitoring Use collaborative, client-centered process to identify target behavior and devise best approach (wallet card, phone app, tally sheet, receipts, etc.) for self-monitoring.
- 8 Cognitive Skills
(Decision Matrices) Introduce concept of pros and cons and collaboratively complete advantages and obstacles of achieving goal.
- 9 Problem Solving Introduce 5-Step Problem Solving Method and practice first 3 steps using participant-generated goal-related obstacles.
- 10 Problem Solving Continue using the 5-step problem solving method; emphasize steps 4-5 and role-plays.
- 11 Cognitive Skills
(Cognitive Restructuring) Identify helpful/unhelpful thoughts related to goal, evaluate validity of negative thoughts, create monitoring plan that includes alternate thoughts and self-statements.
- 12 Maintenance Participants share new behaviors that are now habits, progress in the previous three months, and strategies they use to maintain achievements. Group members to give each other feedback. Focus on progress made and self-efficacy (discuss participant accomplishments and strengths); plan additional goals that build on recent changes and successes.

FIGURE S1. Overall mixed model for primary proximal outcome: motivational negative symptoms

