**Additional file 1 Fidelity Checklist**

Name of counsellor: ------------------- PID of participant: ---------------------------- Session Number: --------------- Topic for the session: -------------

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Description** | Not done [0] | Needs Improvement [1] | Well done [2] | Not applicable [99] | Comments |
| **Step 1: Introduction** |
| 1. Build rapport (small talk)
 |  |  |  |  |  |
| 1. Clarifies issues for discussion
 |  |  |  |  |  |
| **Step 2: Exploration** |
|  | Not done [0] | Needs Improvement [1] | Well done [2] | Not applicable [99] | Comments |
| 1. Explores use of relaxation CD and activity book
 |  |  |  |  |  |
| 1. Introduces topic to be explored and explains exercise clearly
 |  |  |  |  |  |
| 1. Active listening and probing
 |  |  |  |  |  |
| 1. Clarifies the participant’s concerns
 |  |  |  |  |  |
| 1. Empathy and non-judgemental attitude
 |  |  |  |  |  |
| 1. Practices exercise with participant and encourages healthy behaviour
 |  |  |  |  |  |
| **Step 3: Ending**  |
|  | Not done [0] | Needs Improvement [1] | Well done [2] | Not applicable [99] | Comments |
| 1. Summarises and clarifies the main issues
 |  |  |  |  |  |
| 1. Gives clear instructions for homework and checks if participant understands
 |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |

**Additional Notes:**