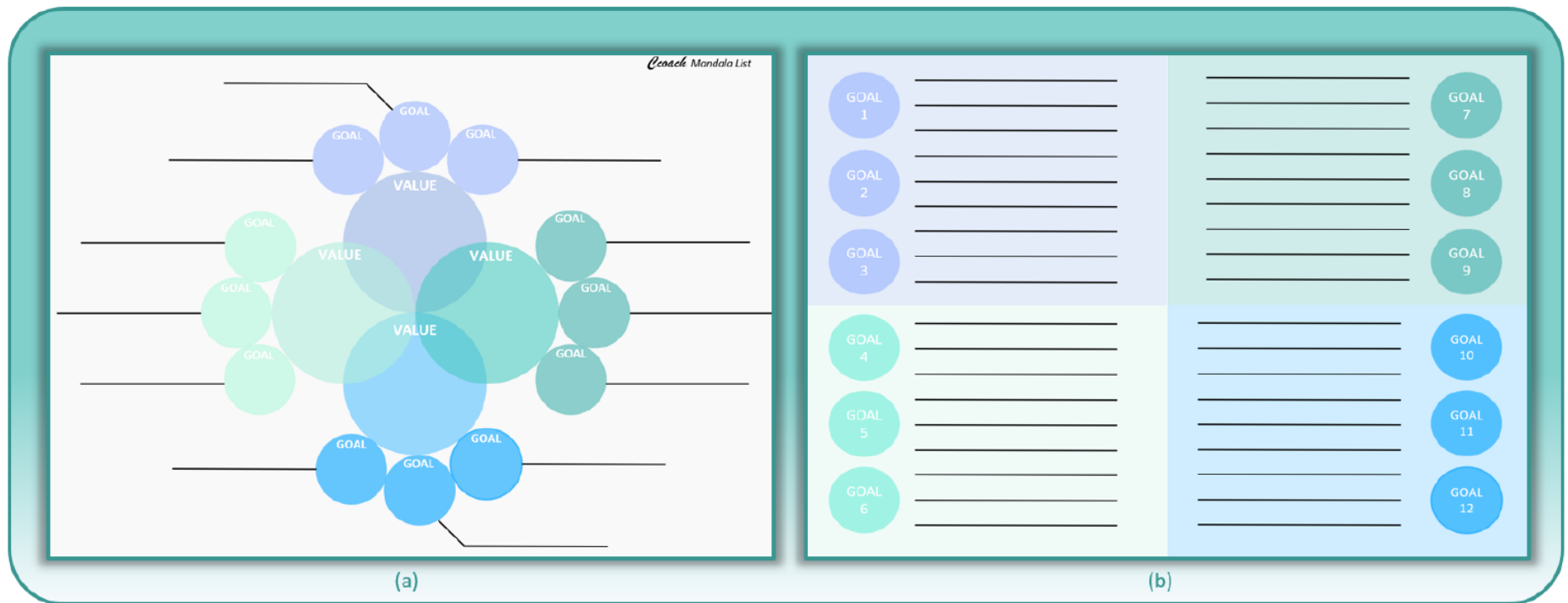


**Figure S1. Documents Used for Intervention**

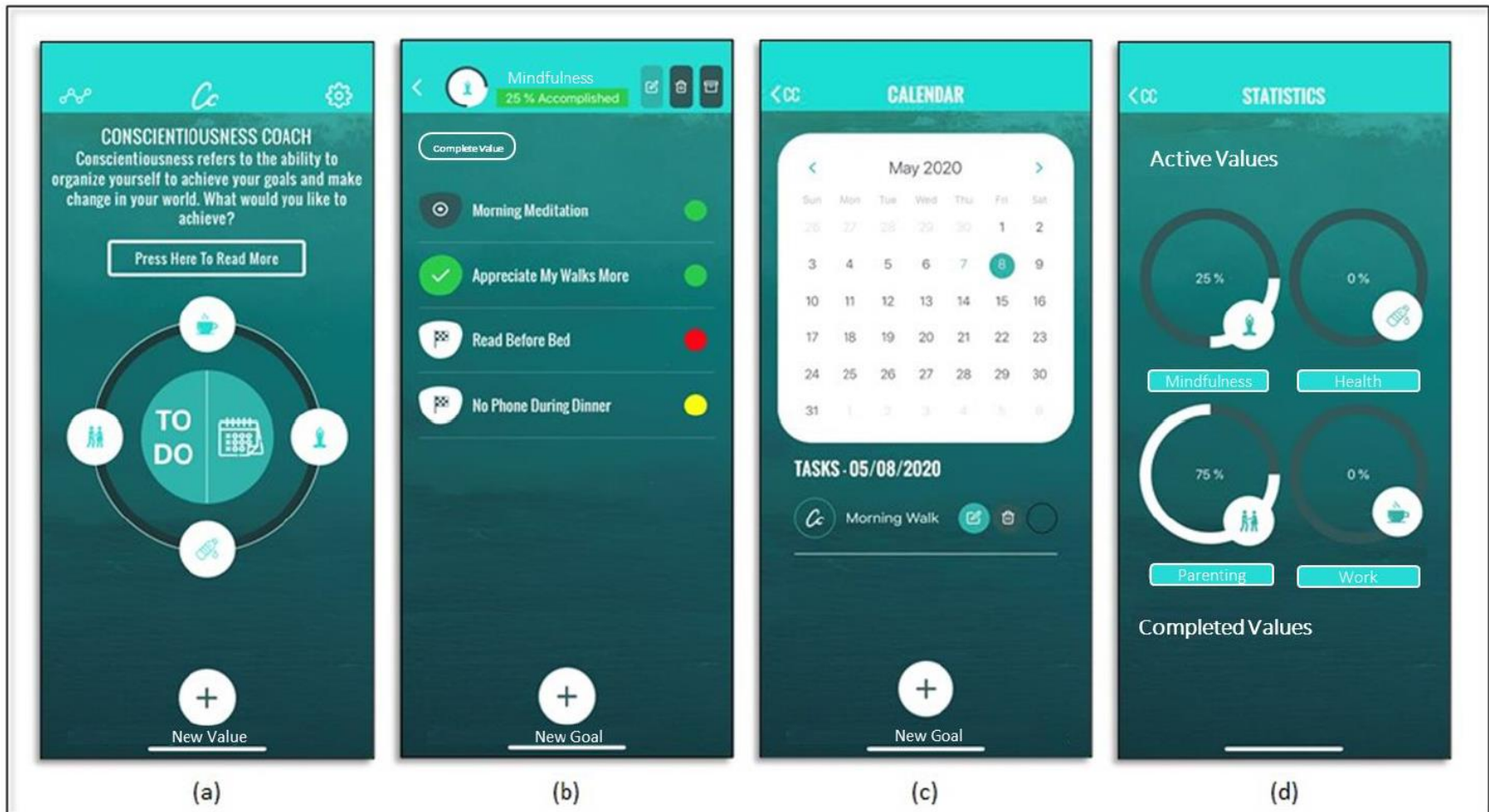


*Supplementary online-only material for Fuchs TA, Jaworski MG III, Youngs M, Abdel-Kerim O, Wojcik C, Weinstock-Guttman B, Benedict RHB: Preliminary support of a behavioral intervention for trait conscientiousness in multiple sclerosis. Int J MS Care. 2022;24(2):45-53. doi:10.7224/1537-2073.2021-005*

Example of value-oriented goal page given to treatment participants (a). When meeting with the provider, participants were asked to consider what they value most and then to define SMART (Specific, Measurable, Achievable, Realistic, Time-Bound) goals that contribute to those values. The second document (b) was provided so that treatment participants could add additional details, as needed. On completion, participants were guided through the process of transferring values and goals to the CCA.

CCA, Conscientiousness-Coach Application

**Figure S2. Overview of Conscientiousness-Coach Application**



**Home page (a)** - Main application screen where users can create/access Values, view Value progress, access in-application calendar, and to-do list. **Value page (b)** - after creating/viewing a Value, users are directed to the corresponding Value page. Within this page users can create/edit Value-oriented Goals, self-determine progress using color codes (green, going well; yellow, going okay; red, not going well), and mark goals as nonstarted, started, or completed. **Calendar (c)** - centralized in-app calendar where time sensitive goals corresponding to any Value can be viewed, created, or marked complete. **Statistics Page (d)** - An overview of progress on all current and completed goals. Percentages are used to visualize progress of multiple Goals under one Value

**Table S1. Group Characteristics, Baseline to Follow-up**

Outcomes	Treatment (n=5)				Control (n=6)				P, chi-square
	Baseline		Follow-up		Baseline		Follow-up		
	M	SD	M	SD	M	SD	M	SD	P, group x time
Positive Work Outcomes	2				0				.028
Neuro-Qol (Social Roles/Activities)	29.8	6.4	31.2	5.8	29.5	2.1	32.0	9.9	.728
Neuro-Qol (Communication)	6.8	2.2	6.0	0.7	12.5	6.4	8.0	1.4	.421
Neuro-Qol (Affect/Well-being)	28.4	8.7	29.2	6.9	36.0	5.7	36.0	5.7	>.99
MSWDQ-23	36.4	18.0	36.7	10.3	25.6	16.8	34.6	13.7	.191
FSS	5.7	1.1	5.2	1.4	4.0	1.2	2.7	1.1	.392
Trait Conscientiousness (T-score)	32.4	10.3	32.8	13.7	33.0	13.0	33.0	13.5	>.99

M: mean; SD: standard deviation; MSWDQ-23: Multiple Sclerosis Work Difficulties Questionnaire; FSS: Fatigue Severity Scale; paired-samples *t* test, and repeated-measures ANOVA were utilized to measure differences in numerical and categorical variables at baseline and follow-up. Positive work outcomes measured only at follow-up were assessed using chi-square tests.