

Appendix A

Details of the learning program

Sessions	Duration	Materials	Activities	Learning Goals
Classroom Workshop (In-person, small group)				
1. Lecture Introduction to metacognition and how anxiety is analyzed	30 min	<ul style="list-style-type: none"> Lecture material comprising 40 slides. (Contents : Basic metacognitive theory and detailed guidance on case analysis)	<ul style="list-style-type: none"> Share personal experiences of anxiety, guided by the lecturer to bring attention to clinical anxiety. Engage in lectures on metacognition, where the lecturer explains basic knowledge of the metacognitive theory and the benefits of metacognition in adjusting anxiety. 	<ul style="list-style-type: none"> Look back at personal clinical anxieties. Have a basic knowledge of metacognitive theory.
2. Case Analysis Analysis of cases where metacognition was applied versus not applied in anxiety situations	30 min	<ul style="list-style-type: none"> The metacognitive analysis model of nurses' anxiety adjustment. Two scenarios illustrating nurses' thoughts and behaviors in anxiety-inducing situations: one with effective metacognitive anxiety regulation and one without. Exemplars of the two-scenario analysis. 	<ul style="list-style-type: none"> Analyze two cases in which metacognition was either applied or not applied in anxiety adjustment, utilizing the analytical model. Compare the model answers in the analysis with the participant's own answers Evaluate the differences in outcomes based on the presence or absence of metacognition. 	<ul style="list-style-type: none"> Find out the role of metacognition in adapting to anxiety in clinical settings. Explore strategies for applying metacognition to manage anxiety.
3. Reflection: Reflection on personal anxiety experiences using metacognitive analysis model	30 min	<ul style="list-style-type: none"> Analysis model (same as used in case analysis) A sheet for participants to document their analysis of their own anxiety. 	<ul style="list-style-type: none"> Reflect on and verbalize personal anxiety experiences. Receive feedback from the instructor on metacognitive perspectives. 	<ul style="list-style-type: none"> Facilitate metacognitive self-awareness regarding anxiety experiences.
Online Reflection (Google Form, Individual)				
Session 1 (Immediate): Reflection on anxiety experiences	15-30 min	<ul style="list-style-type: none"> Questions for introspection about anxiety (Contents: Self-awareness of anxiety, Metacognitive perception of anxiety, Awareness of changes in participant's thinking about anxiety, Goal setting for anxiety management) <ul style="list-style-type: none"> Analysis model (same as used in case analysis) 	<ul style="list-style-type: none"> Metacognitive reflection on participant's own anxiety with the analysis model. Try to articulate participants thoughts about anxiety. Receive feedback from the instructor about the representation. 	<ul style="list-style-type: none"> Become aware of the concept of metacognitive reflection.
Session 2 (Two weeks later) Reflection on anxiety experiences	15-30 min	Questions for introspection about anxiety (Contents: Same as session 1)	<ul style="list-style-type: none"> Metacognitive reflection on participant's own anxiety by themselves. Try to articulate participants thoughts about anxiety. Receive feedback from the instructor about the representation. 	<ul style="list-style-type: none"> Start considering the metacognition of participant's own anxiety without relying on an analytical model of metacognition.
Session 3 (One month later) Reflection on anxiety experiences	15-30 min	Questions for introspection about anxiety (Contents: Same as session 1)	<ul style="list-style-type: none"> Metacognitive reflection on participant's own anxiety by themselves. Try to articulate participants thoughts about anxiety. Receive feedback from the instructor about the representation. 	<ul style="list-style-type: none"> Enhance the perception of anxiety adjustment via metacognition.

Session 4 (Two months later) Reflection on anxiety experiences	15-30 min	Questions for introspection about anxiety (Contents: Same as session 1)	<ul style="list-style-type: none"> • Metacognitive reflection on participant's own anxiety by themselves. • Try to articulate participants thoughts about anxiety. • Receive feedback from the instructor about the representation. 	<ul style="list-style-type: none"> • Enhance the perception of anxiety adjustment via metacognition.
Session 5 (Three months later) Reflection on anxiety experiences	15-30 min	Questions for introspection about anxiety (Contents: Same as session 1)	<ul style="list-style-type: none"> • Metacognitive reflection on participant's own anxiety by themselves. • Try to articulate participants thoughts about anxiety. • Receive feedback from the instructor about the representation. 	<ul style="list-style-type: none"> • Enhance the perception of anxiety adjustment via metacognition.