|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **STUDY PERIOD** | | | | | | | |
| **Enrolment** | **Baseline** | **Allocation** | **Post-allocation (months)** | | | | |
| **TIMEPOINT** | **Before starting CR** | | | ***1*** | ***2*** | ***3*** | ***4*** | ***12*** |
| **ENROLMENT:** |  | | | | | | | |
| **Eligibility screen** | X |  |  |  |  |  |  |  |
| **Informed consent** | X |  |  |  |  |  |  |  |
| **Allocation** |  |  | X |  |  |  |  |  |
| **INTERVENTIONS:** |  | | | | | | | |
| **Usual CR** |  |  |  |  |  |  |  |  |
| **Group-MCT + Usual CR** |  |  |  |  |  |  |  |  |
| **ASSESSMENTS:** |  | | | | | | | |
| ***HADS*** | X | X |  |  |  |  | X | X |
| ***Sociodemographic and Clinical Data Questionnaire*** |  | X |  |  |  |  | X | X |
| ***MCQ-30*** |  | X |  |  |  |  | X | X |
| ***CAS-1*** |  | X |  |  |  |  | X | X |
| ***IES-R*** |  | X |  |  |  |  | X | X |
| ***EQ-5D*** |  | X |  |  |  |  | X | X |
| ***EPQ*** |  | X |  |  |  |  | X | X |

**Fig. 2** Schedule of enrolment, interventions and assessments. CR, Cardiac Rehabilitation; Group-MCT, Group-Based Metacognitive Therapy; HADS, Hospital Anxiety and Depression Scale; MCQ-30, Metacognitions Questionnaire 30; CAS-1, Cognitive Attentional Syndrome Scale; IES-R, Impact of Event Scale-Revised; EQ-5D; EPQ, Economic Patient Questionnaire