Enrollment

Assessed for eligibility (n= 2475)
- Excluded (n = 1755)
  - Not meeting inclusion criteria (n = 1358)
  - Did not return pre-intervention (T1) questionnaire (n = 266)
  - T1 questionnaire incomplete (n = 128)
  - Withdrawn (n = 3)
- Not meeting inclusion criteria (n = 1358)
- Did not return pre-intervention (T1) questionnaire (n = 266)
- T1 questionnaire incomplete (n = 128)
- Withdrawn (n = 3)

Randomized (n=720)

Allocation

Allocated to myCompass intervention (n = 242)
- Withdrawn (n = 11)

Allocated to Attention Control (n = 248)
- Withdrawn (n = 2)

Allocated to waiting list (n = 230)
- Withdrawn (n = 2)

Follow-up

Post-intervention assessment (n = 126)
- Lost to follow-up (n = 105)

Post-intervention assessment (n = 195)
- Withdrawn (n = 2)
- Lost to follow-up (n = 51)

Post-intervention assessment (n = 198)
- Withdrawn (n = 2)
- Lost to follow-up (n = 51)

2nd post-intervention assessment (n = 103)

Follow-up assessment (n = 100)
- Lost to follow-up (n = 130)

Follow-up assessment (n = 167)
- Lost to follow-up (n = 79)

Follow-up assessment (n= 83)
- Lost to follow-up (n = 145)