Participant eligible for participation

Randomisation to intervention or control group

Control group (C)
- Access to mEUC
- T=0: Baseline
- T=1: Follow up
- T=3: Follow up
- T=4: Last Follow up
- Access to Feel the ViBe + UC

Intervention Group (I)
- Access to Feel the ViBe + UC
- T=0: Baseline
- T=1: Follow up
- T=2: Follow up
- T=3: Follow up
- T=4: Last Follow up

T=0:
- General
- IES
- SCL-90DEP
- SCL-90ANX
- Sex-under25

T=1 (6 weeks):
- IES
- SCL-90DEP
- SCL-90ANX

T=2 (12 weeks):
- General
- IES
- SCL-90DEP
- SCL-90ANX
- Sex-under25
- WEQ for Intervention

T=3 (18 weeks):
- IES
- SCL-90DEP
- SCL-90ANX

T=4 (24 weeks):
- General
- IES
- SCL-90DEP
- SCL-90ANX
- Sex-under25
- WEQ for control