Figure 1  Flow of participants through the trial

Enrollment
All incoming undergraduates  
(N = 4,611)

Assessed for eligibility

Excluded  
(n = 3,166)
No email address  
(n = 41)
Invalid email  
(n = 15)
No response  
(n = 2,652)
Did not complete questionnaire  
(n = 353)
Did not consent to participate  
(n = 105)

Allocation
Randomized  
(N = 1,445)

Allocated to intervention  
(n = 736)
Allocated to control  
(n = 709)

Allocated to intervention  
(n = 736)

1-month follow-up

Lost to follow-up  
(n = 238)
Completed questionnaire  
(n = 482)
Partially completed questionnaire  
(n = 16)
Did not start questionnaire  
(n = 238)

Engagement with intervention
  Completed profile only  
(n = 124)
  Accessed resources  
(n = 259)
  Completed plan  
(n = 8)
  Did not access intervention  
(n = 353)

Allocated to control  
(n = 709)
Received intervention  
(n = 1)

6-month follow-up

Lost to follow-up  
(n = 196)
Completed questionnaire  
(n = 496)
Partially completed questionnaire  
(n = 17)
Did not start questionnaire  
(n = 196)

Engagement with intervention
  Completed profile only  
(n = 123)
  Accessed resources  
(n = 269)
  Completed plan  
(n = 8)
  Downloaded app  
(n = 15)
  Did not access intervention  
(n = 344)

Analysis

Analysed  
(n = 549)
Did not complete a follow-up questionnaire  
(n = 187)

Analysed  
(n = 558)
Did not complete a follow-up questionnaire  
(n = 151)