Enrollment

- Sent questionnaires (n=61,257)
- Returned questionnaires (n=24,358)
  - Declined (n=6,286)
- Screened (n=18,072)
  - Ineligible (n=15,642)
  - Eligible but not randomised (n=1,428)
- Randomized (n=1,002)

Allocation

- Allocated to Usual Care (n=501)
- Allocated to tCBT (n=501)
  - Completed ≥ 50% of intervention (n=314)
  - Invited to acceptability interviews (n=101)
    - Interviewed (n=33)