

Umbrella code	Definition	Examples
User friendly (or not)	This code encapsulates the general design of BlueIce (i.e. the logo, the colours) as well as being user friendly (i.e. simple, not overwhelming, easy to use). Can also include more general design features e.g. passcode & privacy etc.	'Everything looks so happy on the phone. I mean, I like the color. The color is really good. The blue and white'
Engagement	Participants discussing their engagement (or lack of) with BlueIce, or motivation being a barrier to engage with it / the activities within it. Can also include references to not having the time to use it, or forgetting to use it because they need to be motivated to take those steps to engage. Different to heterogeneity because that's more acknowledging differences.	'for the things with the activity ones, I don't know, umm... for me, it's hard to engage in stuff like that.' 'I was just lacking the motivation, especially when I'm feeling low '
Further support required	References to the app lacking an element of interaction, whether it be generally with another human or with a clinician specifically. Can also include general references to BlueIce not being enough and needing more support. Can also include references to it not being 'enough', i.e. it is missing components e.g. psychoeducation or further explanations, not taking enough into account.	'I think I would need someone there with me and be like, OK, do this and that now really taking me, yeah, through all the steps'
Adjunct to therapy	Participants mentioning that BlueIce could work well alongside / in conjunction with therapy, or it being a useful first step to help get students to seek therapy/ realise they need therapy etc. NOT saying it wouldn't work without therapy and that it has to be alongside therapy.	'if it's if the therapist then says like, you know, homework wise or something, I'll always like have a diary. This could be my diary for example and I can note it down. And then because we can forget stuff and I could forget something significant, and then when I have to therapy session we can talk about everything and my feelings on that day and I think it would support yeah the counselling session.'
Positive impact	Positive comments about the mood diary helping students to track their mood, or alter their perspective on how they've been feeling. Also references to the app providing	'I write things down when I'm not feeling well, I write it out, it's kind of like a little bit of relief as well'

	them an outlet / providing relief from negative emotions/emotion regulation, allowing them to vent etc. Also talking about awareness of current mood.	
Unhelpful	Negative comments about the mood diary / app relating to the red days being unhelpful, not needing to track their mood, or the moods not capturing their emotional ranges.	
Safe	Participants saying that Blueelce is safe to use, it not having risks associated with it or it being helpful for students generally.	'Ohh no, no risks, no cause it's still like free to use the app whenever and I really didn't see anything on the app that kind of made me feel any negative emotions or anything.'
Heterogeneity	Any references to the individual experience of self-harm or of interventions, including comments about 'personally...' or 'others may be different...', acknowledging the importance of not providing a one size fits all approach.	'what works for me might not work for another person' 'I know that some people that would give it a chance, and I think it would be very, you know, helpful for them.'
Target populations	Participants saying that Blueelce could be helpful for specific groups of people, i.e., based on their self-harm (e.g. low level or 'new' to SH), mental health status (e.g. people with specific diagnoses like ADHD or dissociation) or demographics (e.g. age, students).	'Or maybe for a person even who is like really, you know, a shy person and not so really outgoing. And, you know, maybe doesn't want to talk to therapist or something for those people, maybe, you know, an app would be better option.'
Barriers to other interventions	Discussion of barriers to other services but only if this relates to Blueelce somehow, e.g., it would help to overcome these barriers like not having a waiting list or something. Include other digital interventions in this as well (helplines, websites, face to face). Accessible also relates to the ease of access of Blueelce both in the first instance (i.e. not having to join a wait list etc) and also in the moment (i.e. out and about). Includes references to it being on a phone which is easily accessed.	'also for the university, I know there's a long list waiting list for people to get therapy and stuff' 'because obviously it's an app and we are all just you know on our phones at the moment, phone is like, what would life be without the phone'

Toolbox	References to it being a helpful toolbox (e.g. everything in one place). Also comments on the extent of personalisation available of the toolbox, i.e. whether it's enough or not enough. Negative comments specifically about the suggestions in the mood lifter (e.g. going to the cinema or whatever)	'it's not really personalized as well you know like obviously it's just like a general thing'
---------	--	---