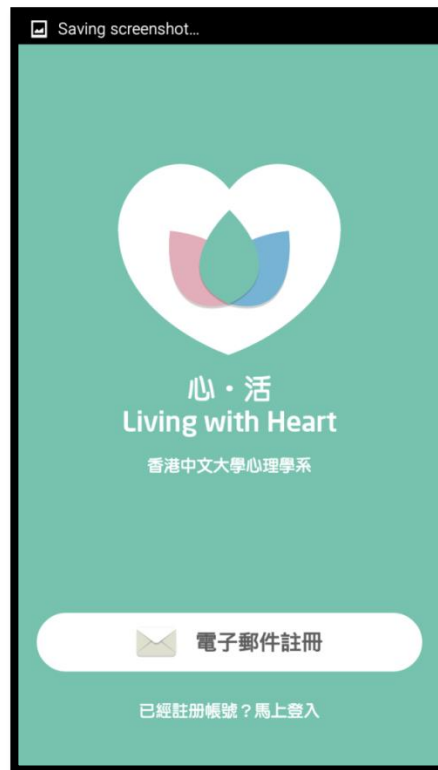**Part 1: Screenshots from sign-in page to course enrolment**

Description: Landing page

Description: Registration by email address
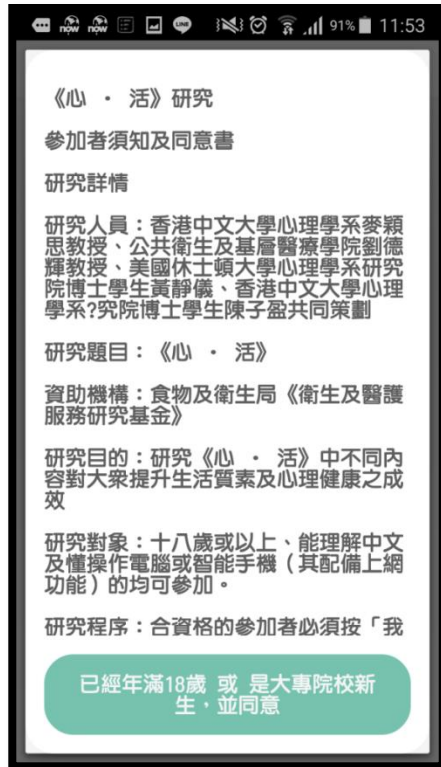

Description: Forewords and a button written:
"Start now"

Description: Registration, asking for user ID,
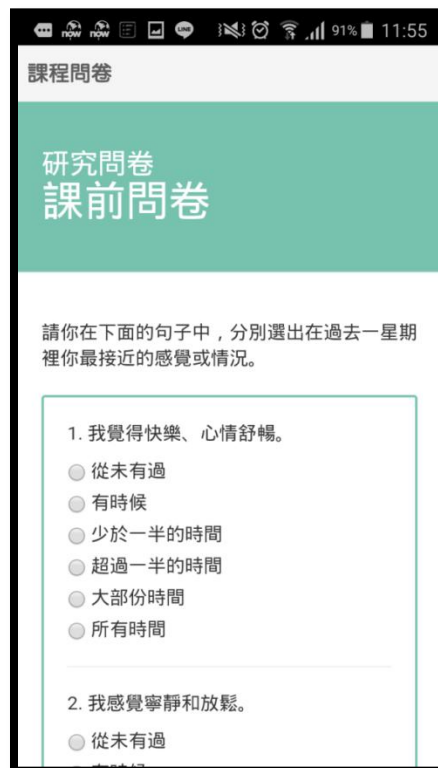email address and create password

Multimedia Appendix 2: Screenshots of the "Living With Heart" Application

Description: Informed Consent. A button written: "I'm over 18 or a college student and I agree to join"

Description: Pre-programme questionnaires

Description: Sample of questionnaires
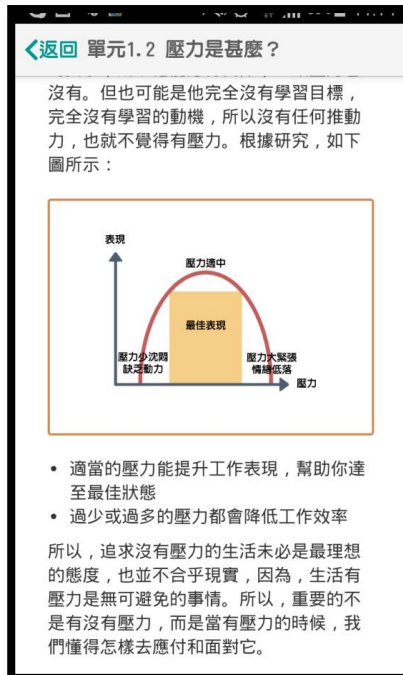
Part 2. Screenshots of course content

Description: The 3 built-in courses in the LWH application: MBT (Blue), SCP (Red) and CBP (Orange).

Description: There are a total of 4 modules (28 sessions) in each course. A green tick represents a completed session.
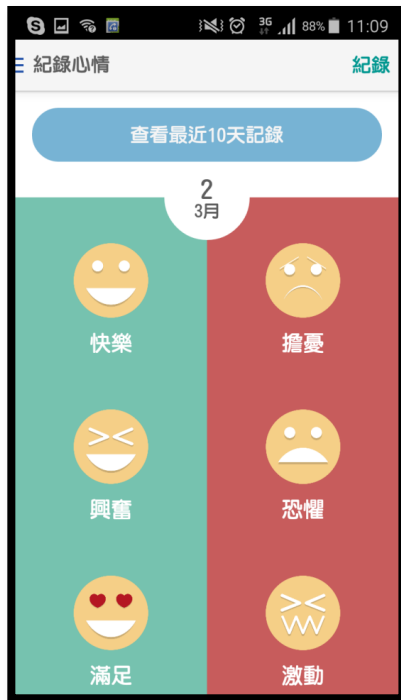

Description: Audio exercises (e.g. compassionate body scan)

Description: Sample contents in CBP

Part 3. Sample of features and tools

Description: Mood tracking function

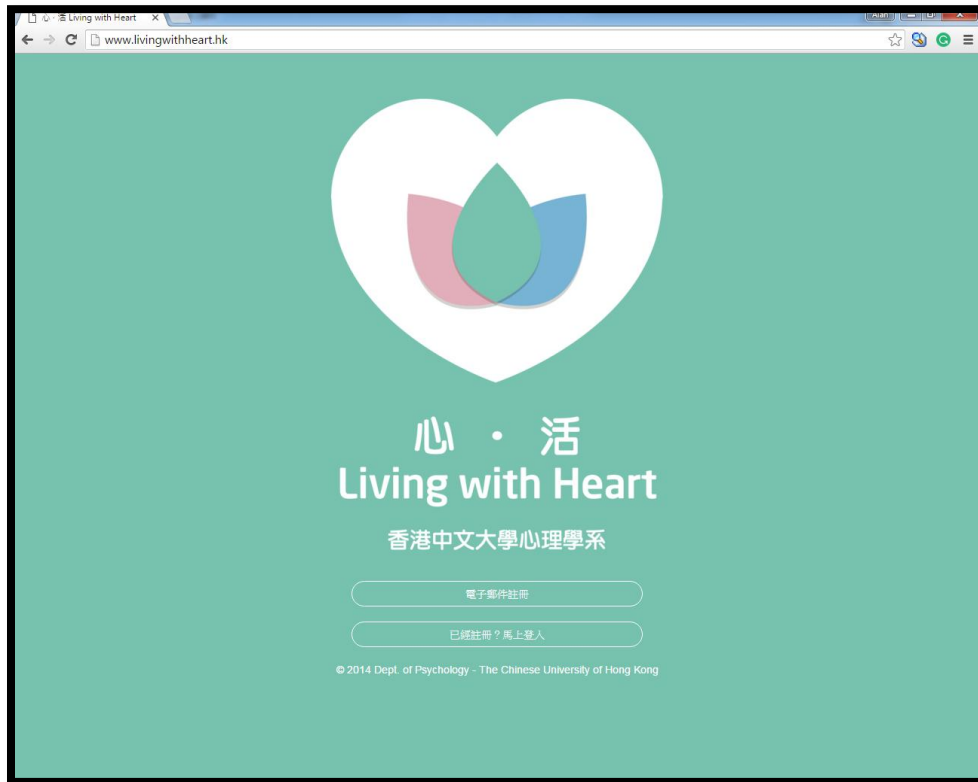Description: Practice alarm

Description: sticker earning feature

Description: sample well-being tips

Part 4. Screenshot of website layout

Description: Login page of website

Description: Sample content page