

These images portray features of the website e-learning management system and mobile app relating to the following article:

Participant perceptions of facilitators and barriers to adherence in a digital mental health intervention for a nonclinical cohort: A qualitative study

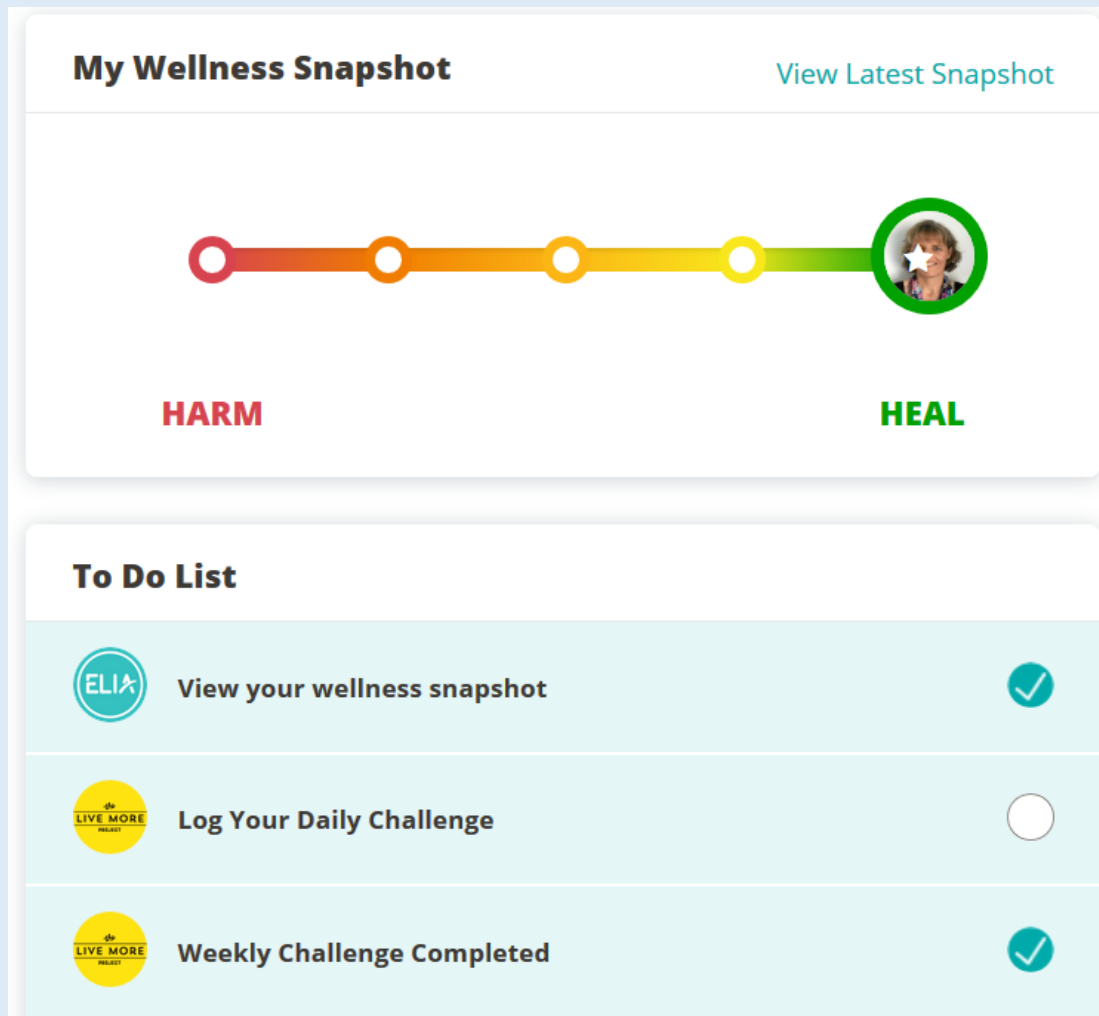
Authors: Renfrew M, Morton D, Morton J, Hinze J, M Northcote, G Przybylko

Section 1:

The Website

Images of the website 2018
(e-learning management system)

<https://eliawellness.com/>



To Do List: An online “To Do” list (available on each personal dashboard) provided easily accessible links to complete the various components. Note: the “wellness snapshot” refers to the prequestionnaire administered at baseline and again on completion (postquestionnaire) of the program.

- 1. Your Limbo Is Listening ✓
- 2. Motion Creates Emotion ✓
- 3. Blue & Green Should Often Be Seen ✓
- 4. Together Feels Better ✓
- 5. Feelings Follow Your Focus ✓
- 6. Food Feeds Your Mood ✓
- 7. Rest To Feel Your Best ✓
- 8. Stress Less ✓
- 9. Giving Is Living ✓
- 10. What Does It Take To Flourish? ✓



Food Feeds Your Mood

Learn how one of the most intriguing areas of medical research shows how certain types of foods that can keep the blues away.

- ▶ Introduction ✓
- ▶ Food Feeds Your Mood ✓
- ▶ Wrap ✓
- ▶ Masterchef Me Extra ✓

Sample View of Lesson 6 Content: Each lesson was divided into 3-4 short video presentations. Each new video segment was unlocked, on completion of the previous video. Segments were ticked off automatically as they were viewed.

F S S M T W T
19 20 21 22 23 24 25

Monday, 22 October 2018

DAILY CHALLENGES



Dispenser of Compliments



Step It Up



Uplifting Physical Environment



Loving Act



What Went Well



8 Fists Full of Fibre

WEEKLY CHALLENGES



Etch Inspiration



Lift It



Enjoy a Sunrise



Forgive




Gratitude Visit



Masterchef Me


CLICK ON A CHALLENGE TO **MARK IT COMPLETE**. CLICK  TO **UNMARK CHALLENGE**.  FOR MORE INFORMATION

View of challenge icons for lessons 1-6: After each lesson, participants are provided with daily and weekly challenges. For example, for Lesson 6, participants were challenged to eat 8 fists full of fibre daily, and were asked to make 1 high-fibre plant based meal for the weekly challenge - “Masterchef Me”.

 **8 Fists Full of Fibre**


Consume eight or more serves of high fibre whole foods the size of your fist. Now the best source of fibre are fruits, vegetables, beans and grains. Wholegrain bread counts, but not white bread.

10 POINTS




My Experience

1000 Characters left.


 Add Photo

MARK AS COMPLETE

 **Masterchef Me**



Prepare and share a high fibre plant based meal.

30 POINTS



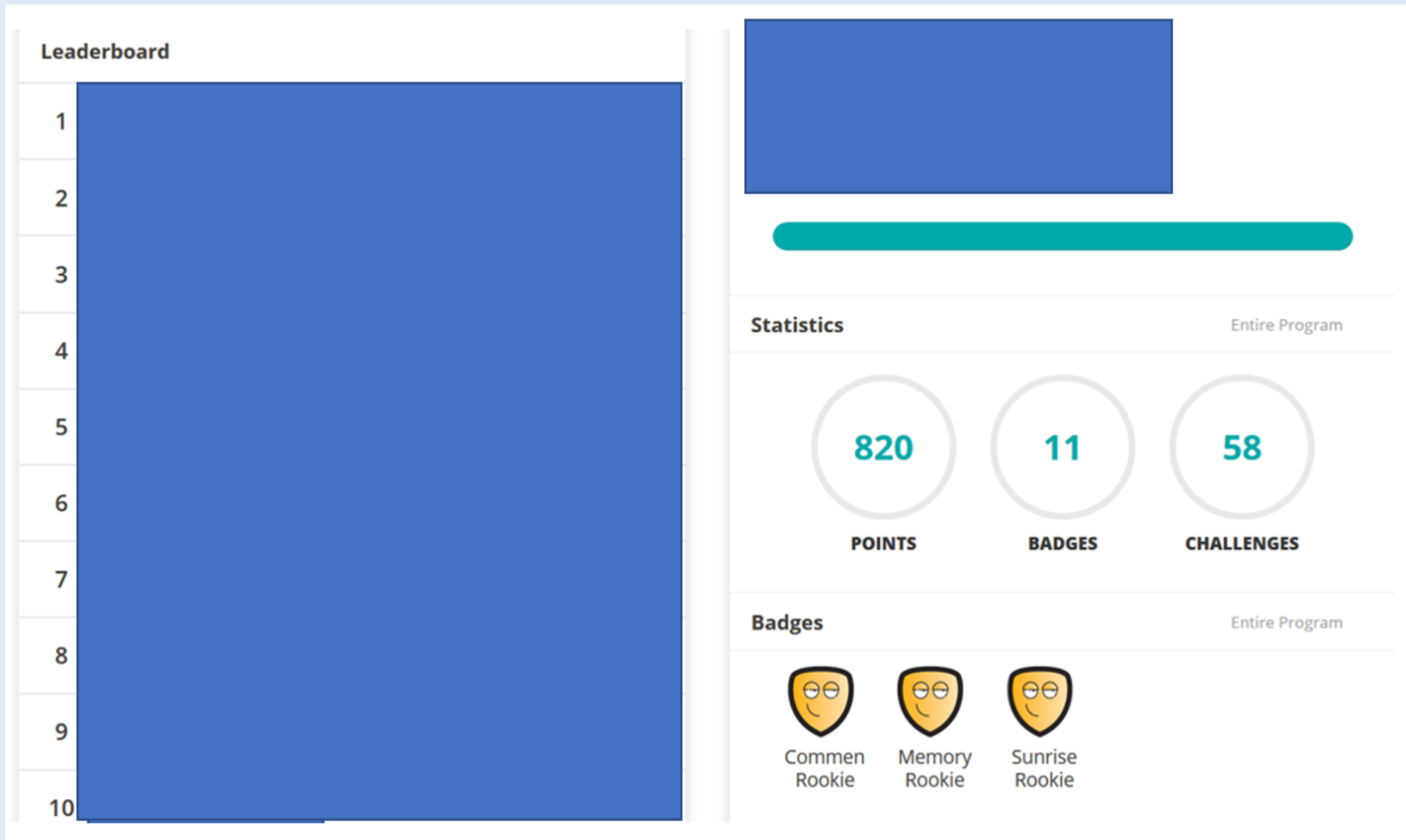
I made a Lentil and Mushroom Stew and shared with my family

941 Characters left.

 Update Photo 

MARK AS COMPLETE

View of Lesson 6 Challenge Log Pages: When participants clicked on the challenge icon (previous image) it opened up a screen to log daily challenges (possibility of 10 points scored daily) and weekly challenges (30 points scored per week). Name and photo ID has been obscured for privacy reasons

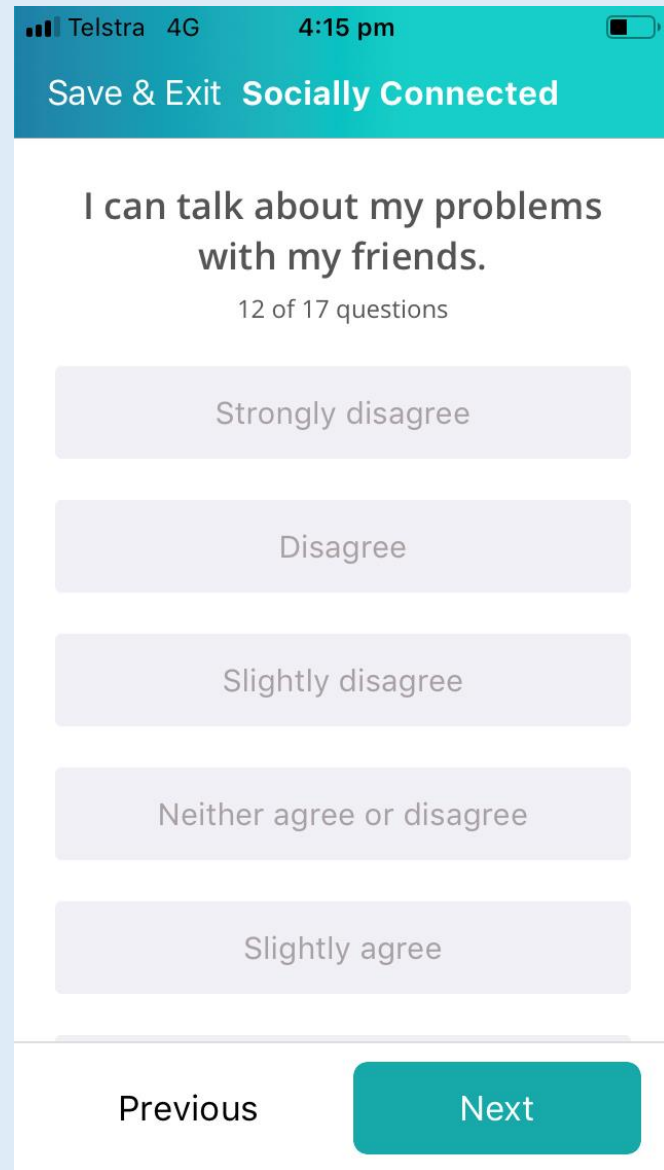
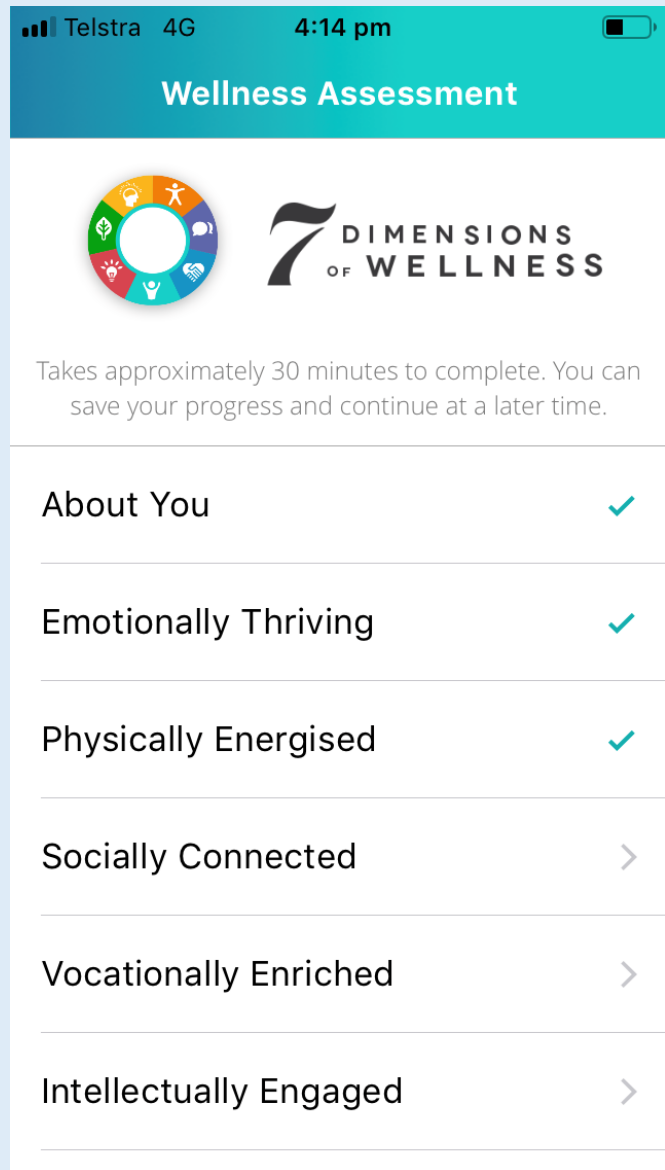


View of Leaderboard Names and photos have been blocked to protect privacy. Participants could compare their scores with others and earn badges for completing activities

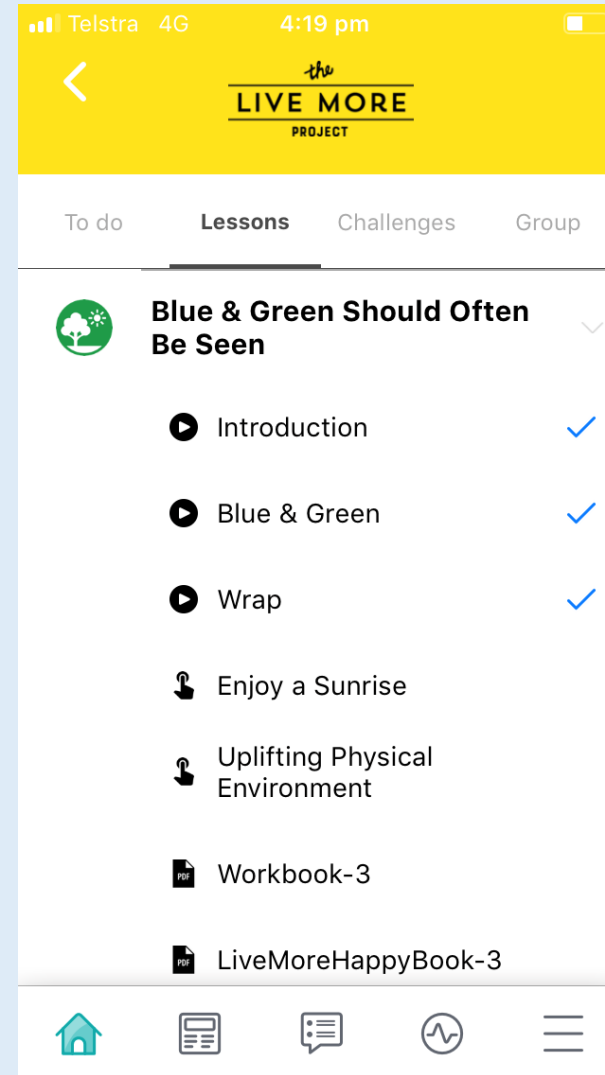
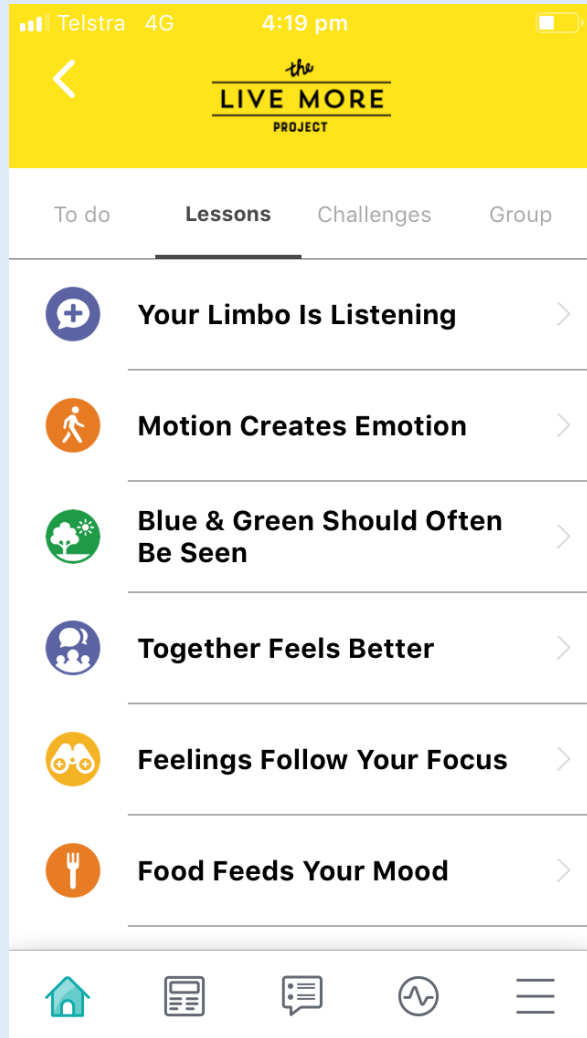
Section 2:

The App

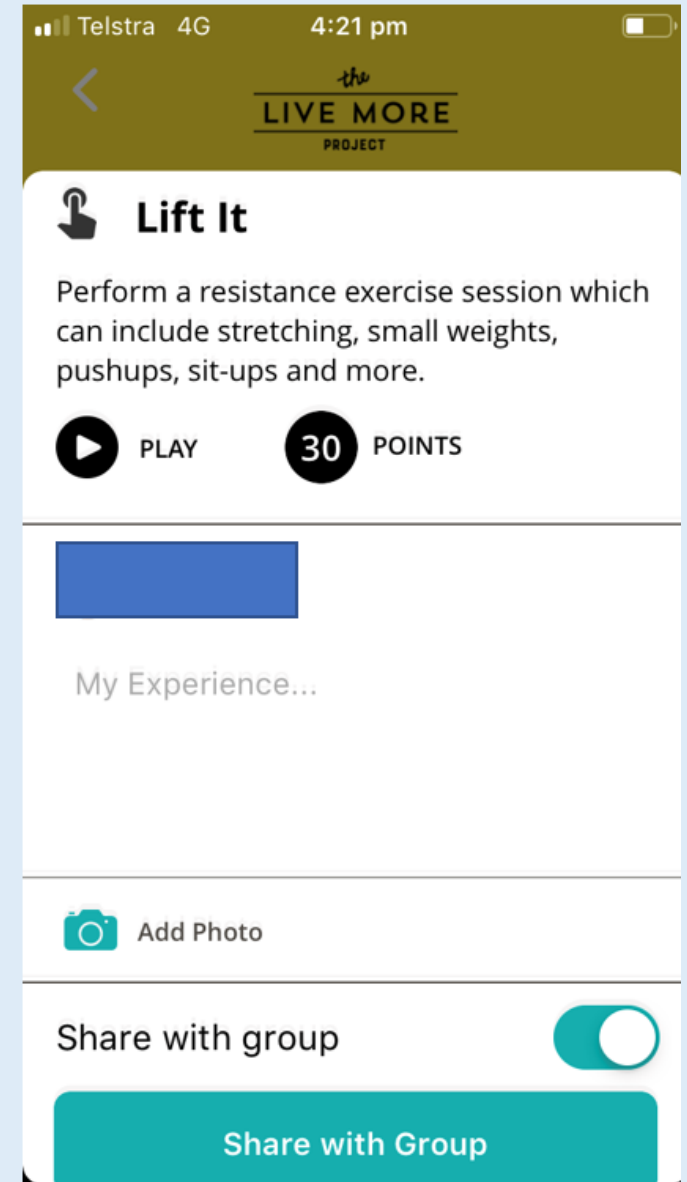
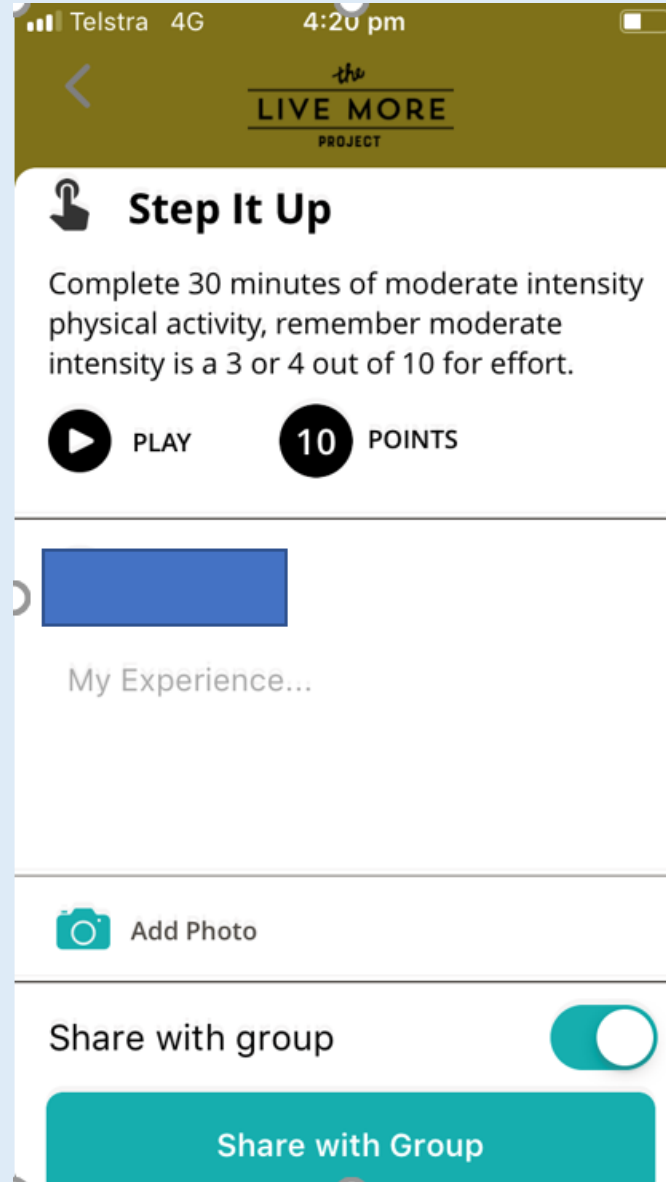
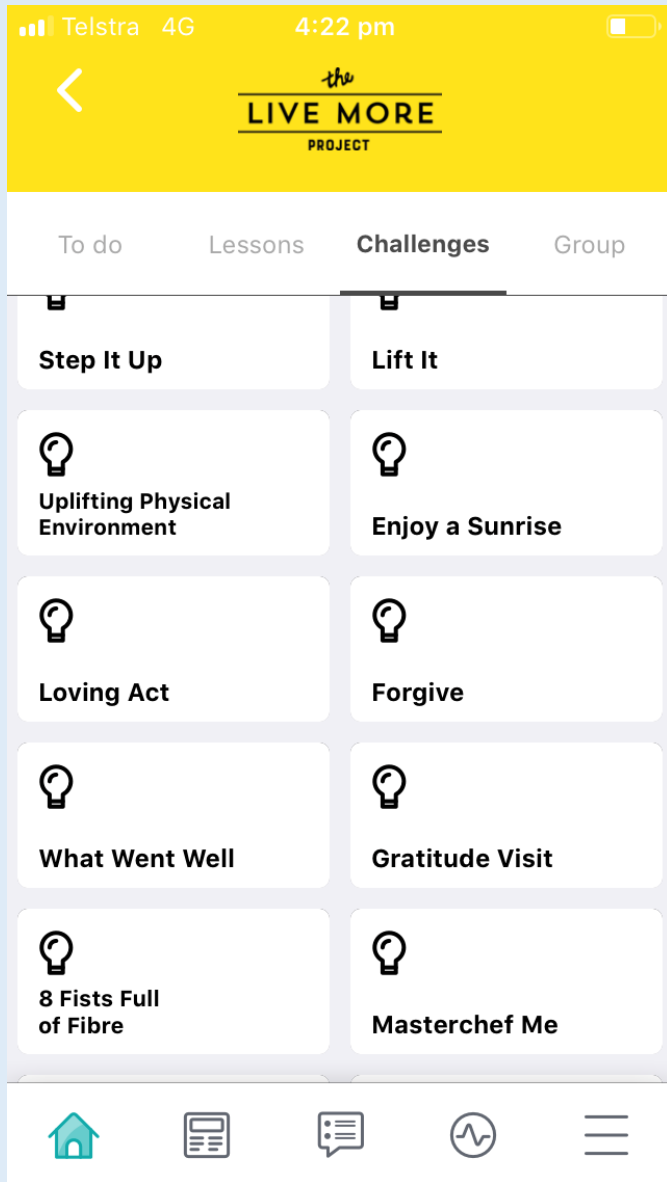
The following images are from the mobile app called “mywellness” (2018)



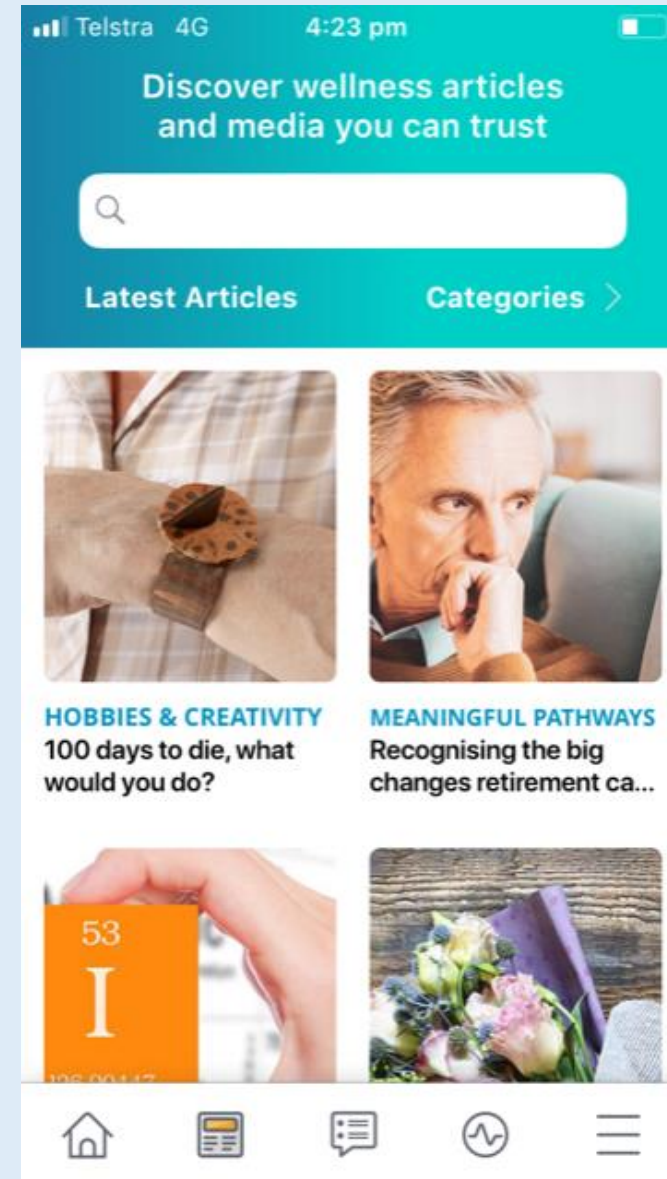
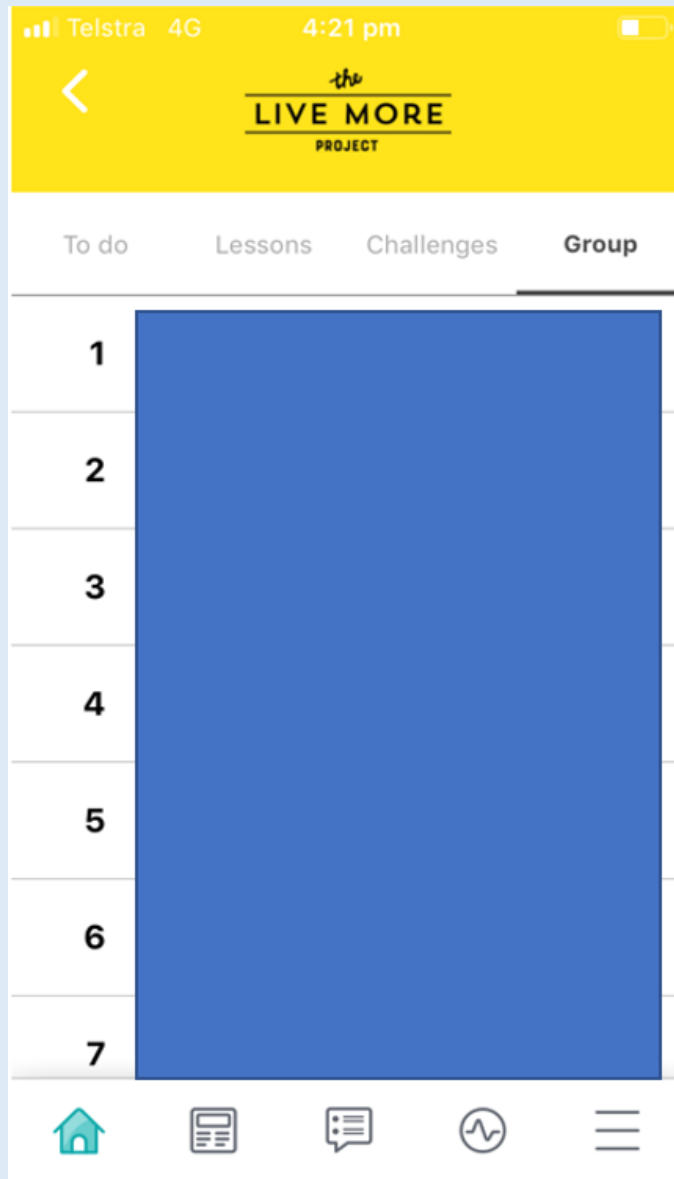
Postquestionnaire sample: No slides are available of the qualitative questions, however participants read the statement about what made it easy or hard to adhere, and were then provided with an expanding text-box to type an answer (length unlimited).



Video content on the mobile app: Participants watched the video content and could download a workbook and a chapter of the accompanying text-book book “Live More Happy” (Morton, 2018) from the Lessons page on the app (or the website).



Challenges on the App: Participants could click on the icon and then record challenge activity while 'on the go'. The 'blue' box is simply to de-identify personal information.



Leaderboard and extra articles: Names and photos have been removed for privacy. Participants could compare their progress with others on the leaderboard and read articles of interest related to the topics of the program.

References

Morton D, Live more happy : scientifically proven ways to lift your mood and your life. Warburton, Vic.: Signs Publishing Company; 2018; ISBN:9781925044720.