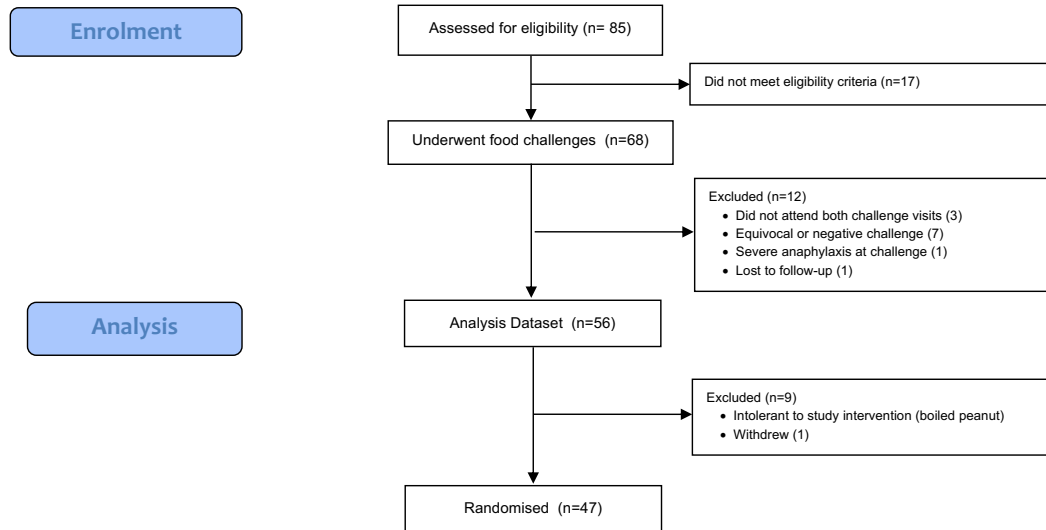


## Supplementary Figures

Figure S1: CONSORT diagram



**Figure S2: Change in HRQL and self-efficacy score reported by participants their parents, between the challenge and 12 months later.**

FAQLQ-YP, HRQL in the young person; FAQLQ-parent, parent proxy report;

FAQLQ-PB, HRQL in the parent.

