

Appendix 2. iCC Badges

Section 1	
1. Introduction	
Engagement badge - congratulate user for beginning the intervention	
2. Cannabis dependence	
3. Cannabis myths	
4. Benefits of reducing	
5. Believe in your strengths	
6. Triggers	
Explorer badge - for reflecting about personal reasons to change cannabis use and identifying their strengths	
7. Withdrawal	
8. Craving	
9. Cannabis and psychosis	
10. Choose a cannabis use goal	
Courage badge - for having the determination to choose an objective related to cannabis use	
Section 2	
Supplementary module: Return to objective	
Objective met – If the participant reports achieving the cannabis consumption objective	
1. Doing cannabis-free activities	
2. Getting social support	
3. Taking care of yourself	
4. Managing your stress	
Persistence badge* - for their constant participation in the intervention and work towards achieving their objectives	
5. Finding solutions to your problems	
6. Communicating effectively	
7. Being assertive	
8. Valuing and rewarding yourself	
Skilled user badge - for achieving new knowledge and skills related to reducing cannabis use	
9. My journey (end of 12 weeks intervention)	
iCanChange champion - for successfully completing the intervention	

Note: * this badge will be unlocked after the fourth strategy explored but not specifically after “Manage my stress” because the strategies can be done in any order.

Badge name	Message
Engagement	Congratulations on completing the first module. The first step is always the hardest!
Explorer	Good work! You’ve thought about personal reasons for change and know your strengths. You can continue exploring!
Courage	You have chosen the goal that best suits you. This is a big step. Congratulations!
Objective met	Wow, you achieved your consumption goal! CONGRATULATIONS! With your perseverance and ability to sustain efforts you will be able to achieve many other goals in your life; maybe another badge?
Persistence	Bravo, you are still with iCanChange. You are a persevering and curious person. You spend time and energy to reach your consumption goal. Great victories are won step by step. You’re on the right track.
Skilled user	Applause! You are now better equipped to meet your cannabis use goals.
iCanChange Champion	Bravo, you have maintained your focus and attention until the end, and you have completed the intervention. You are a champion iCanChange!

Note: If in the final module the participant reports that the cannabis consumption objective was achieved, two badges are unlocked: Objective met and iCanChange Champion