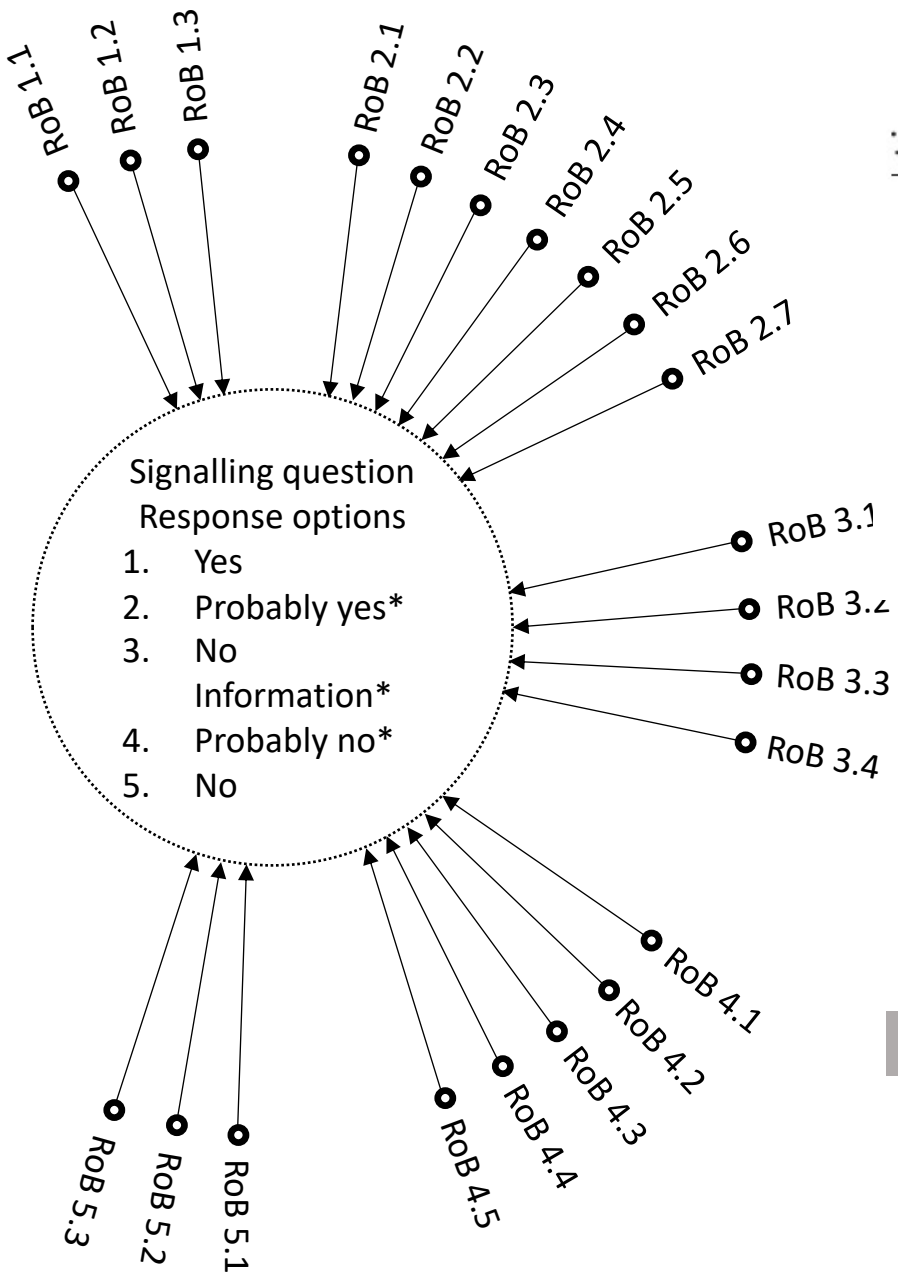

Those eligible and agreeing to participate provided informed written consent before taking part in the trial.

Randomisation and masking

Following recruitment, participants were randomly assigned (1:1) to one of two groups using a web-based system. The randomisation sequence applied permuted block randomisation (random blocks sizes of 2 and 4) stratified by recruitment site to ensure equal control and intervention participant numbers across sites. Group allocation was stored in a web-based database and was not revealed to staff or the participant until after completion of the baseline assessment to ensure the assessment was unbiased. Outcome assessors who collected data on the primary and secondary outcomes were blinded to group allocation, as was the statistician who conducted the outcome analysis.

RoB 1.2 Yes Good

RoB 1.1 Yes Good

Risk domain	Signalling question	Response option	Direction
1	1	Yes	Good
1	2	Yes	Good