

Time to finish (days)	Intervention N = 108	Placebo N = 113	p-hat	95% CI	t	p-value	q-value
Module 1 (advised: 28 days)			0·425	0.351, 0.503	-1·88	0·061	0·24
Mean (SD)	114 (110)	87 (76)					
Median (Q1, Q3)	69 (43, 151)	59 (36, 113)					
Min, Max	24, 691	23, 506					
Missing	2	6					
Module 2 (advised: 56 days)			0·450	0.367, 0.536	-1·15	0·25	0·29
Mean (SD)	162 (127)	145 (104)					
Median (Q1, Q3)	116 (78, 193)	103 (71, 192)					
Min, Max	58, 704	56, 635					
Missing	23	22					
Module 3 (advised: 84 days)			0·420	0.331, 0.515	-1·66	0·10	0·29
Mean (SD)	210 (135)	185 (111)					
Median (Q1, Q3)	166 (121, 250)	152 (103, 229)					
Min, Max	88, 938	84, 521					
Missing	38	37					
Module 4 (advised: 112 days)			0·399	0.306, 0.499	-1·98	0·048	0·24
Mean (SD)	260 (138)	223 (122)					
Median (Q1, Q3)	227 (153, 336)	189 (140, 248)					
Min, Max	117, 890	113, 668					
Missing	46	44					
Module 5 (advised: 140 days)			0·372	0.272, 0.485	-2·21	0·027	0·16
Mean (SD)	325 (161)	258 (113)					
Median (Q1, Q3)	291 (186, 418)	228 (177, 279)					
Min, Max	152, 919	141, 649					
Missing	58	58					
Module 6 (advised: 168 days)			0·408	0.298, 0.528	-1·51	0·13	0·29
Mean (SD)	363 (181)	309 (152)					
Median (Q1, Q3)	329 (208, 441)	259 (208, 347)					
Min, Max	174, 965	162, 901					
Missing	66	58					

Abbreviations: 95% CI = Confidence interval of the estimated relative effect, Q1 = 25th percentile, Q3 = 75th percentile, *p-hat* = estimated relative effect, *q-value* = Holm-Bonferroni adjusted p-value, *t* = Brunner–Munzel test statistic for unpaired samples