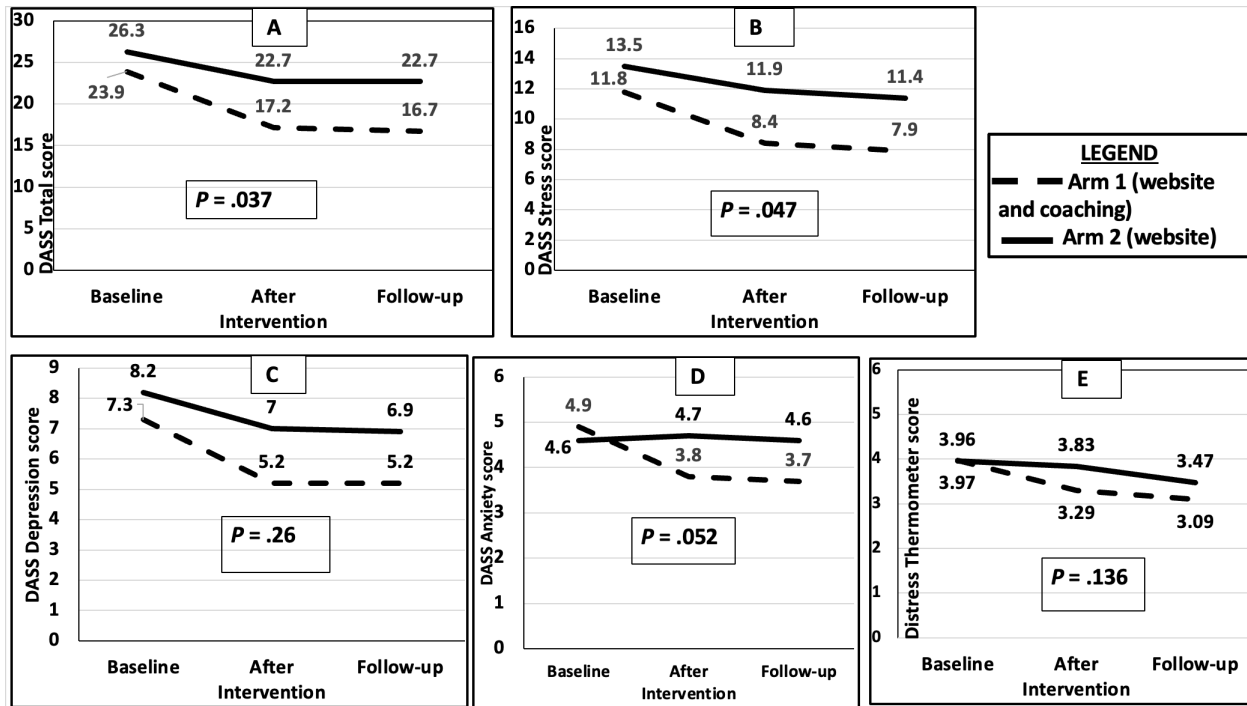


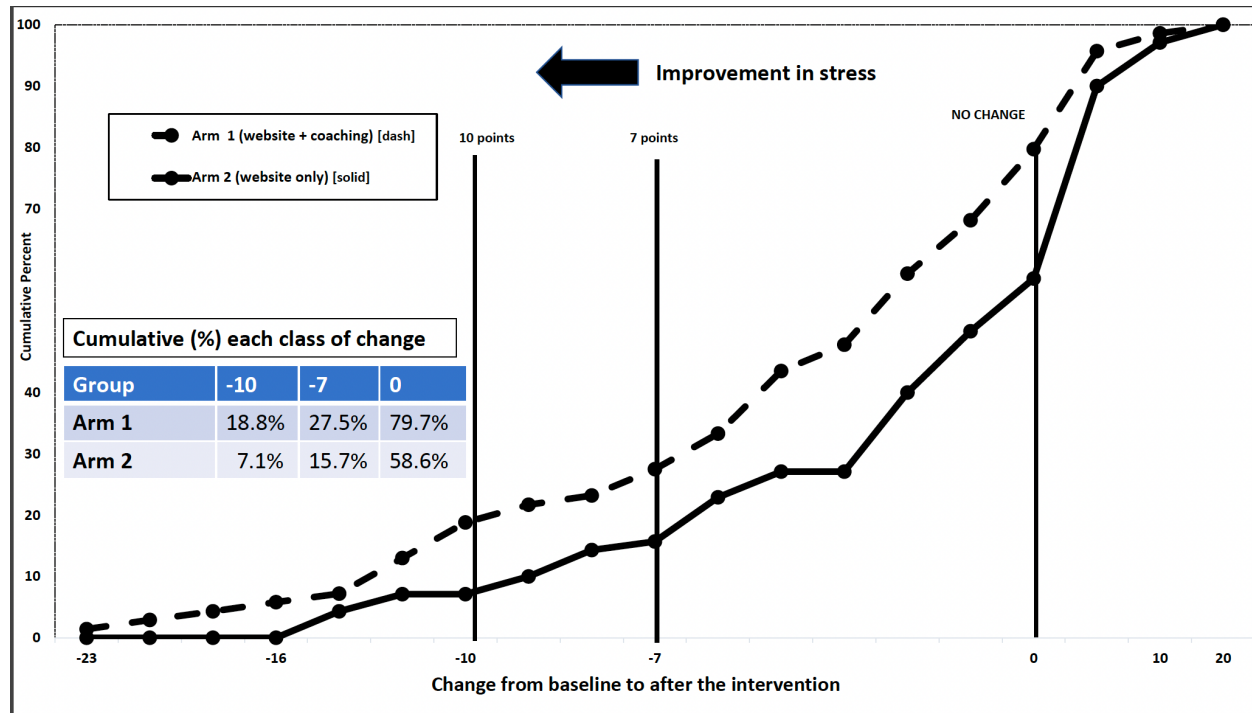
Figure S1. Review of DASS Scores



DASS, Depression Anxiety Stress Scales

DASS-42 Total Composite (A) Stress subscale, (B) Depression subscale, (C) Anxiety subscale, (D) Distress Thermometer, and (E) over time by group (N = 151)

Figure S2. DASS Scores for Arm 1 and Arm 2



DASS, Depression Anxiety Stress Scales

Cumulative distribution function of DASS-42 stress subscale responses for website compared to website and coaching. Important change thresholds are reduction of 7 or change of 10 points in DASS Stress scores over the intervention period (N = 151)

Table S1. Effect Sizes (*d*) and 95% CIs Around *d* for DASS-42 Total and Subscale Scores and Distress Thermometer (N = 151)

Outcome variable	After the intervention	At 6-week follow-up
	<i>d</i> 95% CI*	<i>d</i> 95% CI
DASS Composite	0.41 0.07, 0.75	0.34 0.002, 0.67
DASS Depression	0.27 -0.07, 0.60	0.20 -0.13, 0.54
DASS Anxiety	0.36 0.03, 0.70	0.35 0.01, 0.70
DASS Stress	0.41 0.07, 0.74	0.32 -0.01, 0.66
Distress Thermometer	0.362 0.03, 0.70	0.252 -0.08, 0.59

DASS, Depression Anxiety Stress Scales