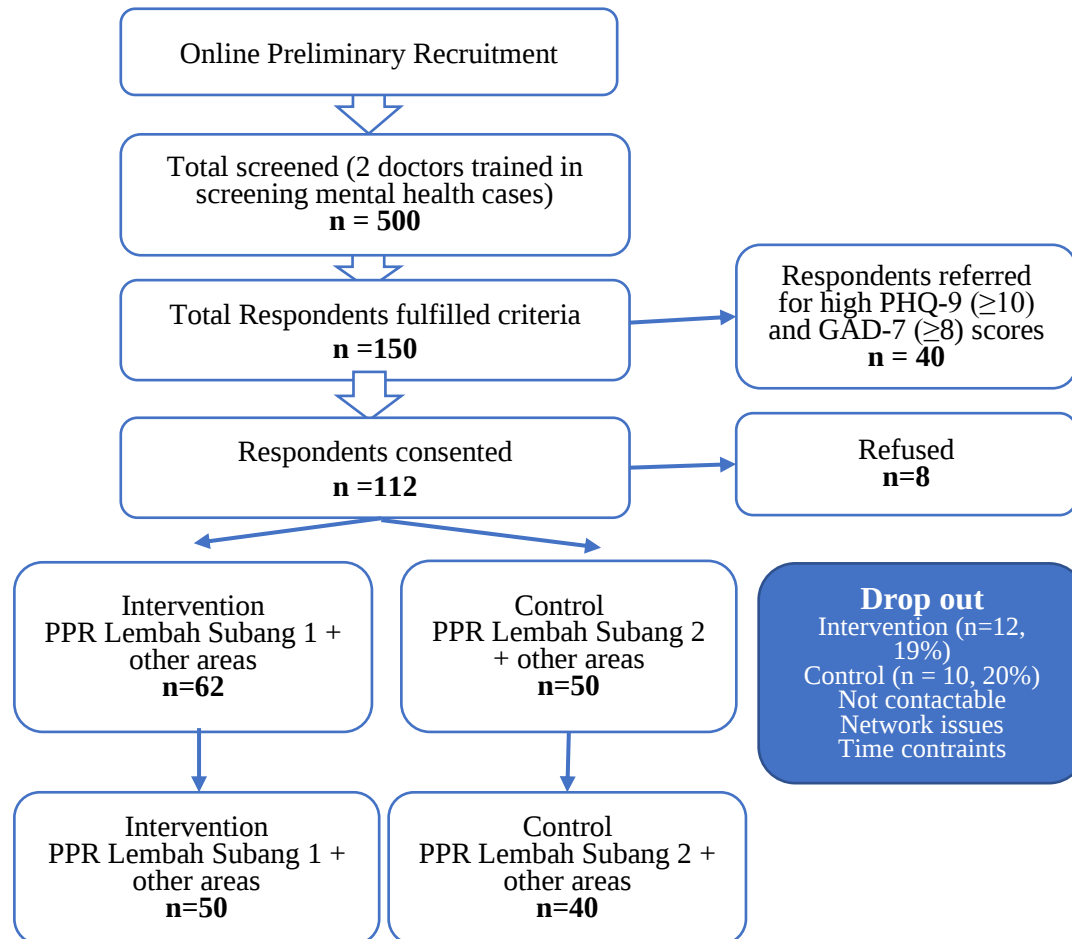


1. Flow chart of Participants



2. A) Baseline for Socio-demographic Characteristic (n=108)

Characteristic	n(%)	Intervention n(%)	Control n(%)	Test	P-value
	108	(n=58)	(n=50)		
Age (year) , mean (SD)	105	37.7(8.80)	34.4(6.09)	2.302 ^a	0.023
Gender				0.269 ^c	
Male	8	5(62.5)	3(37.5)		0.604
Female	100	53(53.0)	47(47.0)		
Race				0.946 ^d	
Malay	101	53(52.5)	48(47.5)		0.447
non-Malay	7	5(71.4)	2(28.6)		
Marital status				4.021 ^c	0.045
Married	86	42(48.8)	44(51.2)		
Divorce/Separated/ Widow	22	16(72.7)	6(27.3)		
Highest Education				0.006 ^c	0.938
<=secondary	76	41(54.0)	35(46.1)		
>secondary	32	17 (53.1)	15(46.9)		
Employment				0.442 ^c	0.506
Before Covid-19					
no	46	23(50.0)	23(50.0)		
yes	62	35(56.5)	27(43.6)		
During Covid-19				0.031 ^c	0.860
no	66	35(53.0)	31(47.0)		
yes	42	23(53.7)	19(45.2)		
Income before Covid					
(RM), median (IQR)	108	1800(1300)	1200(1600)	0.930 ^b	0.356
Income during Covid					
(RM), median (IQR)	108	1548(1350)	1500(1500)	-0.560 ^b	0.578
Chronic Illness					
no	92	48(52.2)	44(47.8)	0.585 ^c	0.445
yes	16	10(62.5)	6(37.5)		
Stressful life events					
no	62	33(53.2)	29(46.8)	0.134 ^c	0.908
yes	46	25(54.4)	21(45.7)		

BMI(Kg/m²), median (IQR)	106	27.5(6.95)	27.1(6.42)	0.330 ^a	0.472
^a T-test	^d Fisher's exact test				
^b Mann-Whitney U Test					
^c Chi-square					

b) Baseline for Primary Outcomes and Secondary Outcomes Characteristic (n=108)

Characteristic	Total n%	Intervention	Control	t	P- value
Primary Outcomes					
Depression (PHQ-9)	108	7.8 (0.38)	8.1 (0.37)	-0.431	0.667
Anxiety (GAD-7)	108	5.4 (0.42)	5.4 (0.5)	0.431	0.669
Quality of Life (EQ-5D, Index)	108	0.9013(0.1017)	0.9061(0.1251)	-0.221	0.826
normal	46	21.0(45.7)	25.0(54.4)	2.089	0.148
problematic	62	37.0(59.7)	25.0(40.3)		
Secondary Outcomes					
Health Literacy(HL-12)	108	30.7(1.39)	31.3(0.99)	-0.346	0.733
Resilient Scale (RS-14)	108	78.1(11.09)	73.8(10.75)	1.913	0.058
Religiosity	108	16.4(0.27)	15.8(0.32)	1.596	0.113
Poverty Attribution (PA-21)	108	62.7(1.48)	58.2(1.54)	2.095	0.039
Self Stigma (SSOSH)	108	48.5(21)	47.0(14)	1.041	0.299
Help-seeking (MHSAS)	108	24.3(0.70)	25.0(0.69)	-0.682	0.497

3. A) Process Evaluation Indicators for intervention arm (n=50)

Process Indicators	ReSHape Modules						Total n(%)
	1	2a	2b	2c	2d	3	
Attempt of the modules n(%)	49 (95)	50 (97.8)	49 (95.2)	49 (95.2)	49 (92)	48 (93.5)	49 (94.6)
Attempt for assignment, n(%)		50(97.8)	49(95.2)	49(95.2)	-	-	49.3 (95.7)
Average Quizzes scores(%)	98.2	100	96.0	98.3	94.0	96.0	97.1
Feedback forms on the acceptability of the module (%)	85.56	85.33	84.33	86.96	86.33	86.40	85.82%

B) Paired T-test for Pre-test (T0) and Post-test (3 months) for Intervention ReSHaPe and Control(n=108)

Indicators	Intervention Group (ReSHaPe)								Control Group					
	Pre-test (T0), mean	SD	Post-test (T1 -3 moths), mean	SD	Mean Diff	CI	p-value	Pre-test(T0),mean	SD	Post-test (T1, 3 months),mean	SD	Mea n Diff	CI	p-value
Primary Outcomes														

Depression (PHQ-9)	7.79	2.93	4.66	2.73	3.13	2.24 ,4.01	<0.001	7.90	2.47	5.20	3.44	2.69	1.70, 3.69	<0.001
Anxiety (GAD-7)	5.23	3.00	2.56	2.79	2.67	1.84, 3.50	<0.001	4.98	3.47	2.65	2.71	2.32	1.38, 3.27	<0.001
Quality of Life EQ-5D	0.90	0.10	0.90	0.10	0.00	-0.03, 0.03	1.00	0.91	0.13	0.89	0.10	0.01	-0.02, 0.05	0.51
Secondary Outcomes														
Health Literacy(HL-1)	32.12	7.54	32.38	8.91	-0.26	-2.83, 2.30	0.84	31.33	7.03	33.23	7.80	-1.89	-3.64, -0.15	0.03
Religiosity	16.45	2.06	16.64	2.15	-0.19	-0.83, 0.44	0.55	15.78	2.29	16.47	2.00	-0.69	-1.40, 0.02	0.06
Resilient Scale (RS-14)	77.86	11.85	78.77	11.16	-0.91	-3.59, 1.77	0.50	73.84	10.75	76.07	10.82	-2.23	-5.25, 0.79	0.14
Poverty Attribution (PA-21)	62.73	11.01	64.22	12.95	-1.49	-5.64, 2.65	0.47	59.02	9.38	60.36	9.30	-1.34	-4.46, 1.77	0.39
Self Stigma (SSOSH)	24.30	5.27	24.15	4.65	0.16	-1.63, 1.95	0.86	24.98	4.83	24.50	5.67	0.48	-1.23, 2.20	0.57
Help-seeking (MHSAS)	48.48	11.76	47.09	12.56	1.40	-3.27, 6.06	0.55	45.67	11.46	47.92	11.16	-2.24	-6.49, 2.01	0.29
BMI kg/m2	27.56	7.22	27.73	7.53	-0.17	-1.08, 0.75	0.71	27.77	6.82	27.95	6.70	-0.18	-0.76, 0.40	0.53

C) MMRM mean change of primary and secondary outcomes variables measures at third- month for intervention and control group (n=108)

Indicators	Pre-test , Mean(SE)	Pre-test, Mean (SE)	Lease Square, Mean(SE)
Primary Outcomes			
Depression (PHQ-9)			
Intervention	7.5 ±0.4	4.6±0.4	-2.9±0.5
Control	8.1±0.4	5.3±0.4	-2.8±0.5
Anxiety (GAD-7)			
Intervention	5.4±0.5	2.4±0.4	-3.0±0.4
Control	5.4±0.5	2.8±0.4	-2.6±0.5
Secondary Outcomes			
Health Literacy (HL-12)			
Intervention	32.3±1.0	32.2±1.2	0.2±1.1
Control	30.8±1.1	33.1±1.3	2.2±1.2
Religiosity			
Intervention	16.4±0.3	16.6±0.3	0.2±0.3
Control	15.8±0.3	16.5±0.3	0.7±0.4
Resilient Scale (RS-14)			
Intervention	77.6±1.5	78.8±1.5	1.2±1.4
Control	74.31±.6	76.3±1.6	1.2±1.4
Poverty Attribution (PA-21)			
Intervention	63.0±1.5	64.71±.5	1.7±1.8
Control	58.7±1.5	60.1±1.7	1.3±2.0
Self Stigma (SSOSH)			
Intervention	24.5±0.7	24.3±0.7	-0.2±0.9
Control	24.7±0.7	24.2±0.8	-0.5±0.9
Help-seeking (MHSAS)			
Intervention	47.9±1.6	45.8±1.6	-2.1±2.1
Control	46.5±1.7	49.1±1.7	2.5±2.3
BMI kg/m2			
Intervention	27.6±0.8	27.6±0.9	0.0±0.4
Control	26.9±0.8	27.3±0.9	0.3±0.4

D) MMRM analysis for within and between-subject controlling for covariates (n=108)

	PHQ-9		GAD-7	
	F	<i>p-value</i>	F	<i>p-value</i>
Intercept	6.20	0.01	0.01	0.92
Time	71.6	0.00	73.7	0.00
group	2.10	0.15	0.11	0.74
Time *group	0.01	0.93	0.40	0.53

Secondary Outcomes														
	HL-6		Religiosity		RS-14		Poverty		SOSSH		MHSAS		BMI kg/ m ²	
	F	<i>p</i> -value	F	<i>p</i> -value	F	<i>p</i> -value	F	<i>p</i> -value	F	<i>p</i> -value	F	<i>p</i> -value	F	<i>p</i> -value
Intercept	64.0	<0.001	145.43	<0.001	136.4	<0.001	248.51	<0.001	84.14	<0.001	13.0	<0.001	50.18	<0.001
Time	1.60	0.21	3.08	0.08	2.10	0.15	1.30	0.26	0.28	0.60	0.02	0.893	0.16	0.70
group	0.06	0.82	1.09	0.30	2.51	0.12	6.50	0.01	0.03	0.90	0.28	0.596	0.22	0.64
Time*group	2.11	0.15	0.96	0.33	0.14	0.71	0.02	0.90	0.05	0.83	2.20	0.141	0.16	0.70

Dependent variables PHQ-9, GAD-7, EQ-5D, HL-6, Religiosity, RS-14, PA-21, SOSSH, MHSAS, BMI kg/m² Controlled for covariates : Age and PA-21 Model: Intercept, Time (Pretest and Post-test 3rd month), Group (Intervention Group and Control Group) Time x Group
Assumptions were achieved, R2 for all models were 0.14 to 0.60, model building guided with AIC, BIC

E) Proportion of poorer quality of life (EQ-5D) at Pre-test and Post-test in intervention and control group (n=108)

	Intervention Group	Control Group	*p-value
EQ-5D	%n	%n	

Pre-test, T0	43.1 (25)	38.0 (19)	0.590
Post-test , T1	50.0 (29)	56.0 (28)	0.533

*Chi square test, Significant level <0.05

F) Logistic Generalised linear mixed model for poorer quality of life (EQ-5D) among the B40 respondents (n=108)

EQ-5D		
	Wald Chi-Square	p-value
Intercept	3.868	0.093
Time	2.760	0.097
group	0.016	0.899
Time *group	0.924	0.337

Controlled for covariates: Age

Model: (Intercept), arm, Time, arm * Time

R²: 0.1258. Assumptions were achieved, model building guided with AIC, BIC and loglikelihood ratio test

4. There were no adverse events associated with this trial.