

A total of 274 people took part in the STOP trial, and they had a range of different mental health difficulties. They were split into three groups: 92 people used the STOP app for 6 weeks, 90 used it for 12 weeks, and 92 were in the control group. By the 24-week check-in, 85% of participants had completed the main follow-up. Most people engaged with the treatment as planned (85%). Minor adverse events were similar across all groups, and the 13 serious adverse events (2 in the control group, 7 in the 6-week group, and 4 in the 12-week group) were not caused by the app. People using the app for 12 weeks showed the biggest improvement in symptoms, with some improvement also seen in the 6-week group, compared to the control. A full report of the main results will be available on the STOP website (<https://www.stoptrial.co.uk/>) as a peer-reviewed open access paper.