Figure 2 CONSORT flow diagram

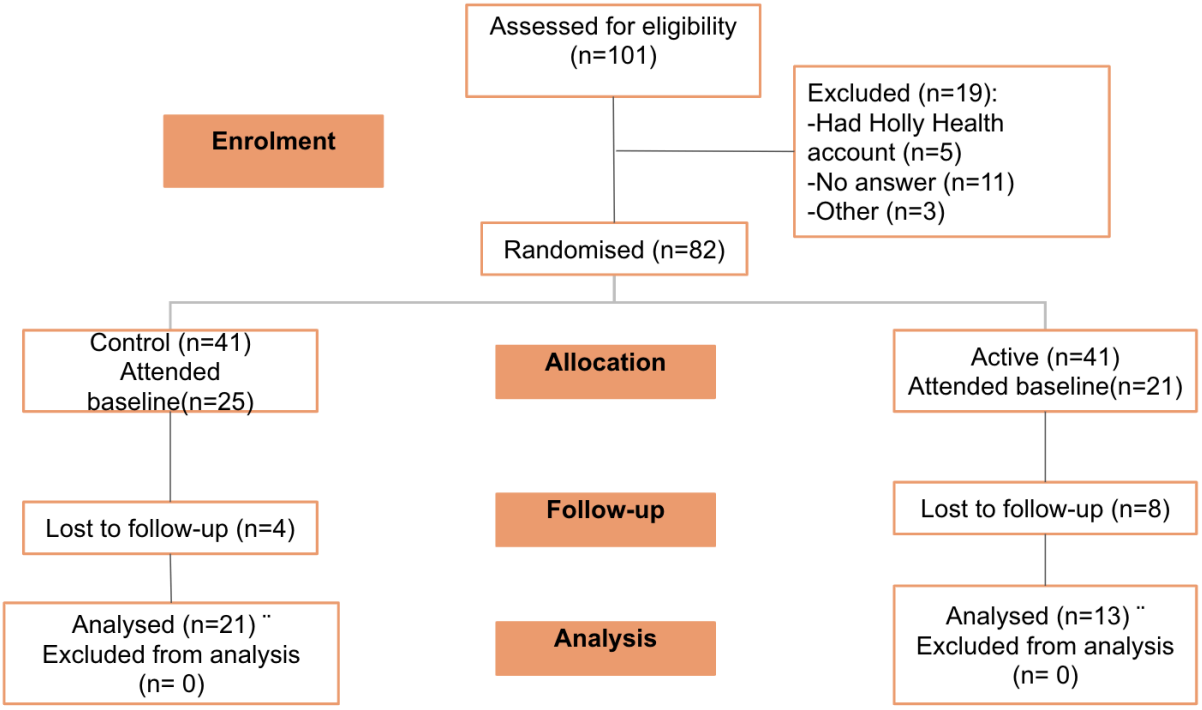

Table 1 Demographic characteristics

Demographic details	Control (Waiting list)	Active (Holly Health)	Whole sample
Age (years) (mean)	53	60	56
Gender (male/female) (%)	48/52	54/46	50/50
Ethnicity (Caucasian/Other) (n)	20/1	13/0	33/1
Highest level of education (GCSE and above)	20/21	13/13	33/34
Current diagnosis of depression/anxiety (no/yes) (n)	8/14	7/6	15/19
Significant health problems in the past 6 months (yes/no) (n)	9/12	6/7	15/19

Table 2 Primary feasibility outcomes

Feasibility	*Usefulness and acceptability*	*Perceived benefit*	*Qualitative feedback*
Recruitment was completed within a pre-defined timeframe (May-November 2024). 101 people were screened for eligibility and 46 randomised people attended their baseline assessment (Control n = 25, Active n = 21). Study retention rates from baseline to post-intervention were 74% (34/46).	92% found it acceptable as a potential complementary treatment, and 65% of participants found Holly Health useful during the study period.	92% of participants would recommend Holly Health to others, and 69% felt they benefited from the service.	Out of 13 participants in the active group, 9 of them provided positive feedback regarding their experience using Holly Health (69%), 2 reported neutral feedback (15%) and 2 reported negative feedback (15%).

Adverse events:

There were no adverse events associated with this study.