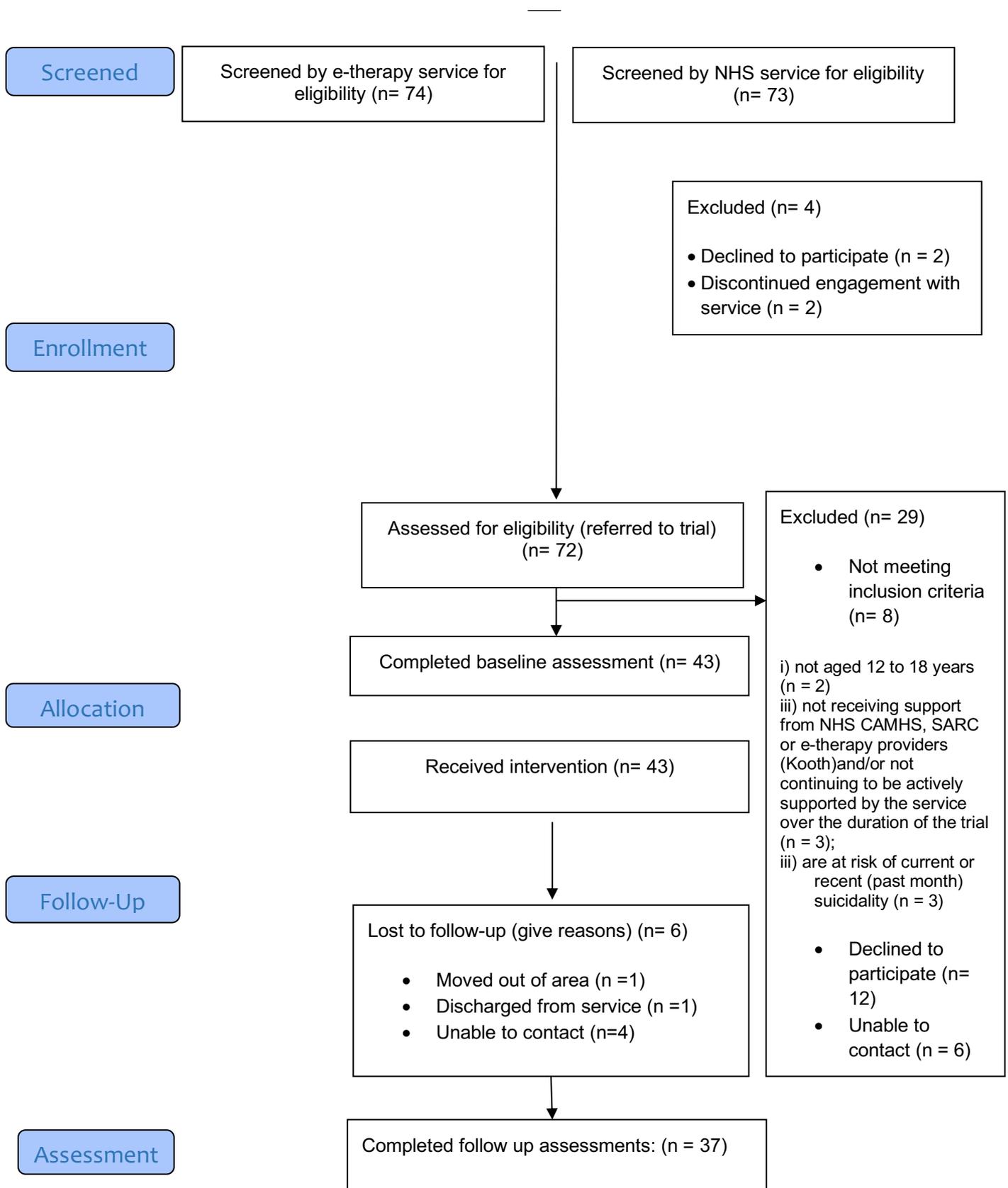


## Participant Flow.



## Baseline Characteristics and service use

Characteristic		N (%)
Age (years)	Mean (min-max)	15.42 (12.03 – 18.06)
Gender	Man / Male (n/%)	6 (13.9%)
	Woman / Female (n/%)	30 (69.8%)
	Non-binary / Third gender	4 (9.3%)
	I would rather not say / unsure	3 (7.0%)
Gender matches sex assigned at birth	Yes	33 (76.7%)
	No	9 (20.9%)
	Prefer not to say	1 (2.3%)
Ethnicity	White British	43 (95.3%)
	Asian/Asian British	1 (2.3%)
	Black British	1 (2.3%)
Deprivation Index	Range	Scotland: 278 – 6,933 England: 4,282 – 32,503
Baseline service use and use of internet / being online		N (%)
Currently supported by CAMHS	No	2 (4.4%)
	CAMHS / Child & Adolescent Mental Health Team	34 (75.6%)
	Sexual Assault Referral Centre (SARC)	3 (6.7%)
	e-therapy provider	3 (6.7%)
Length of time receiving help from services (months)	[N] Mean (SD) min-max	16.09 (22.89) 1 - 96

**Mental health outcome data at baseline and follow-up assessments.**

<u>Scale</u>	<u>Scale</u>	<u>Baseline</u>				<u>Follow-up</u>				<u>Follow-up – Baseline</u>		
		<u>N</u>	<u>%</u> <u>missing</u>	<u>Mean (SD)</u>	<u>Range</u>	<u>N</u>	<u>%</u> <u>missing</u>	<u>Mean (SD)</u>	<u>Range</u>	<u>N</u>	<u>Mean (SD)</u>	<u>95% CI</u>
<b>RFQ</b>	Certainty	42	2.32%	1.74 (2.52)	0 – 9	34	20.93%	1.97(2.81)	0-10	34	0.29(3.22)	[-0.83,1.42]
	Uncertainty	42	2.32%	10.81 (3.51)	1 – 17	34	20.93%	9.50(3.70)	2-18	34	-1.12(3.76)	[-2.43,0.19]
<b>PRIUSS</b>	<b>Total</b>	37	13.95%	48.19 (15.97)	19 – 87	Not administered at follow-up						
	Social impairment	39	9.30%	15.46(5.38)	6-27							
	Emotional impairment	39	9.30%	13.15(5.56)	5-25							
	Risk/impulsive	37	13.95%	19.57(7.12)	7-35							
<b>RCADS- 25</b>	<b>Total</b>	40	6.98%	43.30(17.13)	8 – 73	34	20.93%	38.71 (16.02)	10 - 73	33	-3.70(10.49)	[-7.42,0.02]
	Social phobia	41	4.65%	6.51(2.38)	1-9	34	20.93%	6.06(2.68)	1-9	34	-0.44(1.83)	[-1.08,0.20]
	Panic disorder	40	6.98%	4.80(2.89)	0-9	34	20.93%	4.71(2.52)	0-9	33	-0.09(1.97)	[-0.79,0.61]
	Major depression	41	4.65%	18.83(7.72)	3-30	34	20.93%	16.18(6.58)	1-29	34	-1.88(5.16)	[-3.68,-0.08]
	Separation anxiety	42	2.32%	3.79(2.41)	0-9	34	20.93%	3.18(2.35)	0-9	34	-0.44(1.67)	[-1.02,0.14]

	Generalised anxiety	41	4.65%	5.59(2.65)	0-9	34	20.93%	4.94(2.50)	1-9	34	-0.56(2.15)	[-1.31,0.19]
	Obsessive compulsive	41	4.65%	3.49(3.17)	0-9	34	20.93%	3.65(2.81)	0-9	34	0.24(2.63)	[-0.68,1.15]
<b>CRIES</b>	<b>Total</b>	43	0.00%	48.65 (10.51)	16 - 63	36	16.28%	44.78 (13.01)	11 - 65	36	-3.89(11.48)	[-7.77,-0.00]
	Intrusion	43	0.00%	9.98(3.84)	0-15	37	13.95%	8.81(4.47)	0-15	37	-1.32(3.38)	[-3.62,-0.03]
	Avoidance	43	0.00%	16.00(3.84)	5-20	37	13.95%	14.86(4.21)	3-20	37	-0.95(4.19)	[-2.34,0.45]
	Arousal	43	0.00%	19.02(4.96)	7-25	36	16.28%	17.80(6.08)	5-25	36	-1.03(5.72)	[-2.96,0.91]
<b>DERS-SF</b>	<b>Total</b>	41	4.65%	63.05 (14.04)	36 – 85	34	20.93%	61.18 (14.26)	34 – 90	33	-0.70(11.17)	[-4.66,3.26]
	Awareness	42	2.32%	9.43(3.28)	3-15	34	20.93%	9.35(3.58)	3-15	34	0.03(2.95)	[-1.00,1.06]
	Clarity	42	2.32%	9.31(3.45)	3-15	34	20.93%	9.26(3.21)	4-15	34	-0.18(3.24)	[-1.31,0.95]
	Goals	42	2.32%	10.93(2.74)	3-15	34	20.93%	10.71(2.84)	6-15	34	-0.21(2.68)	[-1.14,0.73]
	Impulse	41	4.65%	10.78(3.38)	3-15	34	20.93%	10.06(3.09)	5-15	33	-0.30(2.73)	[-1.27,0.67]
	Non-Acceptance	42	2.32%	11.17(2.65)	3-15	34	20.93%	10.62(2.89)	5-15	34	-0.35(2.67)	[-1.29,0.58]
	Strategy	42	2.32%	11.43(2.91)	6-15	34	20.93%	11.18(2.79)	6-15	34	0.03(1.83)	[-0.61,0.67]
<b>ISM</b>	<b>Total</b>	38	11.62%	109.3 (14.1)	63–129	32	25.58%	108.4(14.6)	80-132	31	-1.29(15.0)	[-6.79, 4.21]

	Awareness	40	6.98%	23.78(4.25)	10-25	34	20.93%	23.06(3.81)	14-28	34	-0.71(7.35)	[-2.02, 0.61]
	Approval	39	9.30%	25.33(3.56)	16-31	32	25.58%	25.88(3.50)	18-30	32	0.28(83.52)	[-0.99,-1.55]
	Separation anxiety	40	6.98%	25.80(4.75)	11-32	34	20.93%	24.56(4.83)	14-32	34	-0.97(4.73)	[-2.62,-0.61]
	Timidity	40	6.98%	21.00 (4.31)	11-30	34	20.93%	21.11(3.68)	15-29	34	0.06(4.42)	[-1.48, 1.60]
	Fragile	39	9.30%	14.05(3.62)	5-20	34	20.93%	14.32(3.29)	7-20	34	0.00(3.57)	[-1.27,1.27]
<b>ECR-RC</b>	<b>Total</b>	38	11.62%	47.71 (19.34)	12 - 83		Not administered at follow-up					
<b>CD-RISC-10</b>	<b>Total</b>	40	6.98%	15.58 (7.33)	3 – 36	34	20.93%	18.12 (7.87)	4 – 35	34	2.24(6.24)	[0.06,4.41]

*Notes: RFQ-Y – Reflective Functioning Questionnaire for Youth – higher scores indicate greater reflective functioning; PRIUSS - Problematic and Risky Internet Use Screening Scale – higher scores indicate greater levels of problematic internet use; RCADS -25 – Revised Children’s Anxiety and Depression Scale 25 item version – higher scores indicate more severe anxiety and depression symptoms; CRIES - Child Revised Impact of Events Scale – higher scores indicate higher PTSD symptoms; DERS-SF – Difficulties in Emotion Regulation Short Form – higher scores indicate greater difficulty with emotion regulation; ISM – Interpersonal Sensitivity Measure – higher scores indicate higher levels of interpersonal difficulty; ECR-RC - Experiences in Close Relationships Scale - Revised Child version – higher scores indicate greater levels of attachment difficulty; CD-RISC-10 – Connor-Davidson Resilience Scale 10 item – higher scores indicate higher resilience.*

**Reliable change index analysis across clinical outcomes.**

Measure	Sample Size (n)	No Change n (%)	Improve n (%)	Deteriorate n (%)
RFQ-C	34	29 (85.3%)	4 (11.8%)	1 (2.9%)
RFQ-U	34	20 (58.8%)	10 (29.4%)	4 (11.8%)
CRIES	36	26 (72.2%)	7 (19.4%)	3 (8.3%)
DERES-SF	33	24 (72.7%)	5 (15.2%)	4 (12.1%)
ISM	31	21 (67.7%)	5 (16.1%)	5 (16.1%)
CD-RISC	34	28 (82.4%)	6 (17.6%)	0 (0.0%)

*Notes: CRIES - Child Revised Impact of Events Scale; DERES-SF – Difficulties in Emotion Regulation Short Form; ISM – Interpersonal Sensitivity Measure; CD-RISC-10 – Connor-Davidson Resilience Scale 10 item; RFQ-C, Reflective Functioning Questionnaire for Youth-Certainty; RFQ-U, Reflective Functioning Questionnaire for Youth-Uncertainty.*

**Adverse Events.**

We recorded 17AEs, all unrelated to trial procedures and the intervention. Two of these unrelated events were rated as SAEs (physical health hospitalisation; A&E visit for intentional overdose).