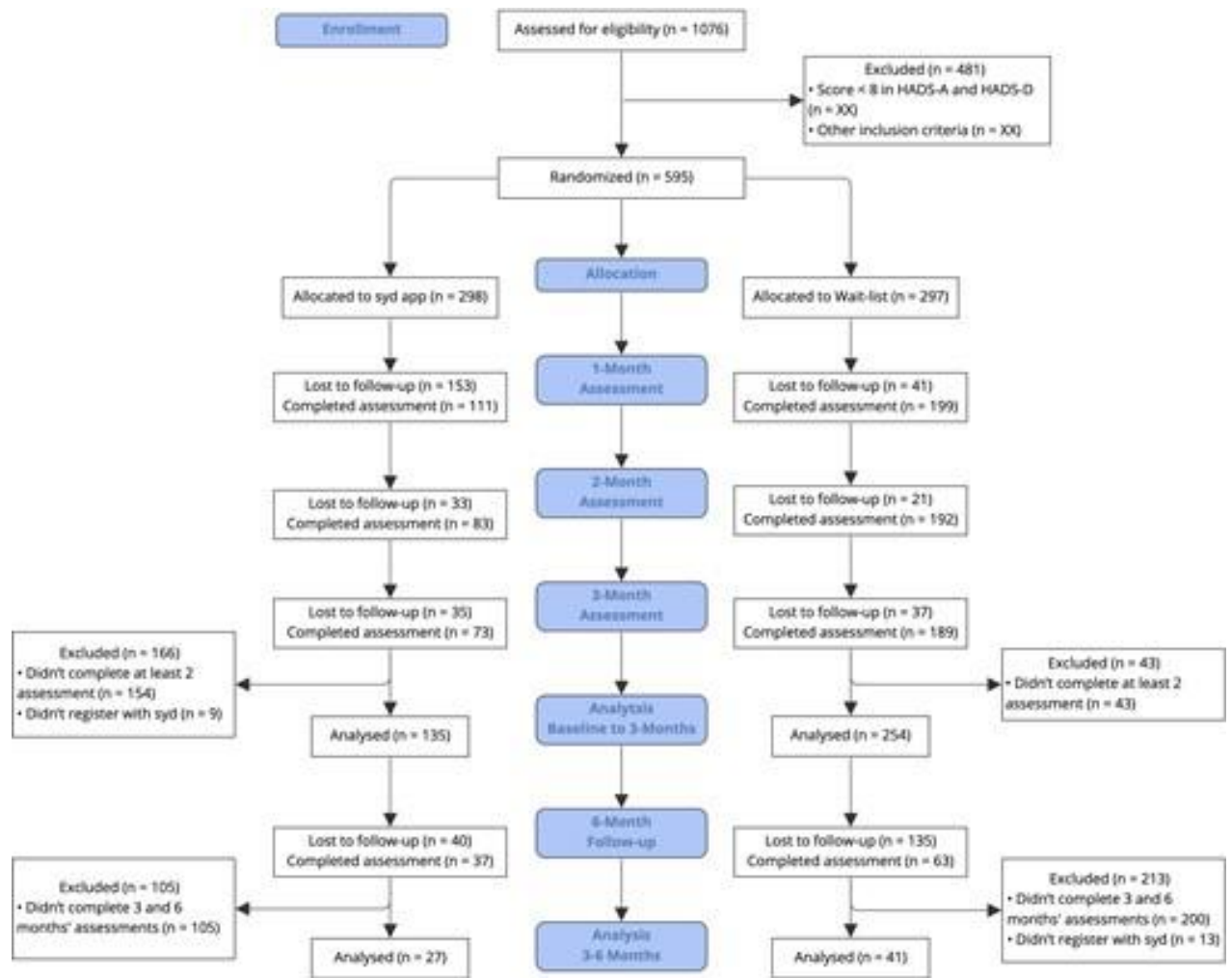


Participant Flow



Baseline Characteristics

Group	Label	Category	syd (n=135)	Wait-list (n=254)	p-value	X2	t
Demographics	Age	25 - 34	35 (25.9)	51 (20.1)	0.439	5.86	
		35 - 44	33 (24.4)	58 (22.8)			
		45 - 54	42 (31.1)	91 (35.8)			
		55 - 64	23 (17.0)	40 (15.7)			
	Gender	Female	116 (85.9)	233 (91.7)	0.12	4.24	
		Male	19 (14.1)	20 (7.9)			
	Ethnicity	White British	119 (88.1)	231 (90.9)	0.587	9.38	
		Other White background	7 (5.2)	8 (3.1)			
	Religion	No religion	66 (48.9)	142 (55.9)	0.336	5.7	
		Christian	63 (46.7)	101 (39.8)			
		Other	5 (3.7)	5 (2.0)			
	Years in NHS	1 to 5 years	27 (20.0)	66 (26.0)	0.181	7.58	
		6 to 10 years	26 (19.3)	45 (17.7)			
		More than 10 years	73 (54.1)	138 (54.3)			
Employment	Full time	Yes	89 (65.9)	185 (72.8)	0.192	1.7	
	Part time	Yes	45 (33.3)	68 (26.8)			
Work	Profession	Administration	49 (36.3)	80 (31.5)	0.087	21.61	
		Nurse	33 (24.4)	72 (28.3)			
		Other allied health professional	22 (16.3)	42 (16.5)			
		Healthcare Support Worker	10 (7.4)	17 (6.7)			
		Biomedical Scientist	7 (5.2)	8 (3.1)			
	Work setting	Hospital	43 (31.9)	101 (39.8)	0.385	12.78	
		Community	34 (25.2)	62 (24.4)			
		Mental health	35 (25.9)	53 (20.9)			
		Office	6 (4.4)	8 (3.1)			
		Home	6 (4.4)	5 (2.0)			
	Shift work	Yes	21 (15.6)	50 (19.7)			
	COVID-19 contact	Yes	29 (21.5)	66 (26.0)			
	COVID-19 care	Yes	16 (11.9)	48 (18.9)			

Mobile use	Apps	Yes	129 (95.6)	232 (91.3)	0.185	1.76	
	Web	Yes	133 (98.5)	245 (96.5)	0.397	0.72	
	Messaging	Yes	130 (96.3)	244 (96.1)	1.0	0.0	
	Social media	Yes	122 (90.4)	221 (87.0)	0.416	0.66	
	Healthcare apps	Yes	82 (60.7)	157 (61.8)	0.923	0.01	
	Calls	Yes	134 (99.3)	252 (99.2)	1.0	0.0	
	Phone usage	Under 1 hour	8 (5.9)	12 (4.7)	0.914	0.52	
		1 -2 hours	43 (31.9)	77 (30.3)			
		2 - 5 hours	71 (52.6)	142 (55.9)			
		Over 5 hours	13 (9.6)	23 (9.1)			
Mental health diagnosis	Anxiety	Yes	41 (30.4)	67 (26.4)			
	Panic Attacks	Yes	9 (6.7)	17 (6.7)			
	Depression	Yes	48 (35.6)	69 (27.2)			
	PTSD	Yes	6 (4.4)	8 (3.1)			
Deprivation	Deprivation	Townsend deprivation quintile	3.1 (1.2)	3.1 (1.2)	0.791		0.27
		LSOA IMD decile	5.6 (2.4)	5.2 (2.3)	0.175		1.36
COVID-19	COVID-19	COVID-19 restriction index	42.0 (11.0)	43.4 (10.6)	0.229		- 1.21
		COVID-19 hospitalisations	0.6 (0.1)	0.6 (0.1)	0.371		0.90
Cohort	Cohort	Initial	76 (56.3)	155 (61.0)	0.426	0.63	
		Open	59 (43.7)	99 (39.0)			
Season	Season	Summer	75 (55.6)	150 (59.1)	0.63	1.73	
		Winter	41 (30.4)	72 (28.3)			
		Spring	18 (13.3)	27 (10.6)			
Region	Region	South East	47 (34.8)	71 (28.0)	0.396	8.39	
		Yorkshire and The Humber	22 (16.3)	55 (21.7)			
		East Midlands	22 (16.3)	40 (15.7)			
		South West	19 (14.1)	37 (14.6)			
		East of England	13 (9.6)	17 (6.7)			
		North West	7 (5.2)	16 (6.3)			

Outcome Measures

Outcomes	QoL	General QoL	3.7 (0.8)	3.6 (0.7)	0.424		0.80
		General health	2.9 (1.0)	2.8 (1.0)	0.558		0.59
		Physical health	65.6 (15.8)	64.3 (15.9)	0.450		0.76
		Psychological	47.0 (15.8)	46.0 (15.6)	0.567		0.57
		Social relationships	53.3 (19.5)	52.2 (19.6)	0.587		0.54
		Environment	67.0 (14.8)	66.1 (15.1)	0.597		0.53
	HRQoL	Mobility	4.7 (0.6)	4.8 (0.6)	0.185		- 1.33
		Self-care	4.9 (0.5)	4.9 (0.4)	0.122		- 1.55
		Usual activities	4.5 (0.7)	4.5 (0.7)	0.952		- 0.06
		Pain/discomfort	4.3 (0.7)	4.2 (0.8)	0.857		0.18
		Anxiety/Depression	3.7 (0.6)	3.7 (0.7)	0.872		0.16
		VAS	69.0 (17.8)	68.7 (16.4)	0.898		0.13
	Outcomes	Anxiety	10.7 (2.8)	10.7 (2.8)	0.971		- 0.04
		Depression	7.8 (3.4)	7.5 (3.3)	0.347		0.94
		Stress	8.2 (2.5)	8.4 (2.5)	0.394		- 0.85

Adverse Events

None to report