

## Statistical analysis plan

The study is not powered to perform inferential statistical analyses but exploratory analysis will be undertaken if deemed appropriate. Quantitative data will be analysed descriptively using IBM SPSS 26 (IBM Corporation, released 2019). Summaries will include primary and secondary outcomes for each randomized group using means and variance, including 95% CIs and SDs, and number and percentages for categorical variables to describe the full range of data at T 0, T1 and T2. This information will be useful for estimating sample size requirements for a fully powered trial. An intention-to-treat (ITT) analysis will be carried out, where missing data were rectified using the last observation carried forward (LOCF) approach. A per-protocol (PP) analysis will also be performed on secondary outcome data from intervention completers. Interview data will be analysed for usage and engagement and acceptability of healthcare interventions using Thematic Analysis. Findings will be used to further optimise intervention content; user experience and full trial conduct (e.g. recruitment).