**Participant Flow**



**Baseline Characteristics**

|  |  |
| --- | --- |
| Characteristic  | N = 942  |
| Age (years): M (SD) | 44.68 (10.34) |
| Gender: Female  | 721 (76.50) |
| Body mass index: M (SD) | 31.35 (12.25) a |
| Ethnicity |  |
| White  | 896 (95.10) |
| Bangladeshi  | 1 (.10) |
| Chinese / South East Asian | 2 (.20) |
| Indian  | 6 (.60) |
| Pakistani | 6 (.60) |
| Other  | 15 (1.60) |
| Education  |  |
| No formal educational qualifications  | 14 (1.50) |
| GCSE / O Levels  | 155 (16.50) |
| A Levels  | 148 (15.70) |
| Diploma  | 172 (18.30) |
| Degree  | 257 (27.30) |
| Postgraduate degree  | 146 (15.50) |
| Other  | 34 (3.60) |
| Smartphone ownership  |  |
| Yes | 761 (80.80) |
| No | 155 (16.50) |
| Unsure | 10 (1.10) |
| Smartphone platform |  |
| Android  | 305 (32.40) |
| Windows | 39 (4.10) |
| iOS | 329 (34.90) |
| Blackberry | 25 (2.70) |
| Unsure  | 51 (5.40) |

Data are presented as N (%) unless otherwise stated. aData missing for *n*=12.

**Outcome measures**

Primary outcome measures

Usage of POWeR website

|  |  |
| --- | --- |
| Usage metric  | N = 942 |
| Sessions completed: M (SD) | .96 (2.01) |
| Duration of use (minutes): M (SD) | 44 (43) |
|  |  |
| Completion of first core session: n (%) | 554 (58.1) |
| Completion of first three core sessions: n (%) | 106 (11.25) |
| Completion of three or more sessions: n (%) | 68 (7.22) |

Usage of POWeR Tracker application

|  |  |
| --- | --- |
| Usage metric  | N = 60 |
| Log-ins: M (SD) | 10.33 (19.92) |
| Days used: M (SD) | 6.7 (11.10) |
| Duration of use (minutes): M (SD) | 22 (38) |

Secondary outcome measures

Not currently available

**Adverse events**

There were no adverse events associated with this trial