## Supplementary Information: Booster Evaluation Survey

The Booster lesson provided you with a summary of the content and skills you learned in the *UniWellbeing Course*. It also included suggestions for how you can use structured problem solving to maintain the changes you made to your symptoms of anxiety and/or depression.   
  
We would like you to take a few moments to reflect on the booster lesson and to answer the following questions. Your feedback will help us to continue to improve our services.

Have you started working on the booster lesson?

* Yes
* No

(Note: The following questions used branching logic in REDCap. Participants who answered ‘No’ received questions labelled as *‘If participant did not complete.* Participants who answered ‘Yes’ received the rating questions below (Questions 1-3) as well as all questions labeled as *‘If participant completed*’.

Consider the content from the booster lesson when answering the following questions.   
1 represents *not at all* and 5 represents *very*.

1. Overall, how easy was the content of the booster lesson to understand?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Not at all | 2 | 3 | 4 | 5  Very |

1. Overall, how informative was the content of the booster lesson?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Not at all | 2 | 3 | 4 | 5  Very |

1. Overall, was the booster lesson helpful to you at the time you reviewed it?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Not at all | 2 | 3 | 4 | 5  Very |

1. Overall, do you feel the booster lesson will help you manage your anxiety and/or depression in the future?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Not at all | 2 | 3 | 4 | 5  Very |

1. *If participant completed:* Why did you complete the booster lesson?

*If participant did not complete:* Why didn’t you complete the booster lesson?

1. *If participant completed*: Did you encounter any barriers/challenges while working on the booster lesson?

*If participant did not complete:* Were there any barriers/challenges that prevented you from completing the booster lesson?

1. *If participant completed:* When you completed the booster lesson, you did not have contact with your online therapist. Would you have preferred therapist support during the week you reviewed the booster lesson?

* Yes
* No

*If participant did not complete:* If you had completed the booster lesson, do you think you would prefer having therapist support during the week you completed the lesson or completing it on your own?

* Would prefer to have therapist support
* Would prefer to complete on my own

1. *If participant completed*: The booster lesson was released approximately 1 month after the end of the UniWellbeing Course. Did you find the timing of the booster lesson appropriate?

* Yes
* No

*If not*: How long after the UniWellbeing Course should we offer the booster lesson instead?

* One week
* Two weeks
* Three months
* Six months
* Other (explain):

*If participant did not complete:* The booster lesson was released approximately 1 month after the end of the UniWellbeing Course. Did the timing of the booster lesson influence your decision not to complete it?

* Yes
* No

*If yes*: If the Booster lesson could be offered at a different time, how long after the UniWellbeing Course do you think we should offer the Booster lesson instead?

* One week
* Two weeks
* Three months
* Six months
* Other (explain):

\*Due to a technical error within REDCap, this question was asked to all participants.

1. *If participant completed:* Do you think that the length of the booster lesson was appropriate?

* Yes
* No

1. *If participant completed:* What did you find most helpful about the booster lesson?
2. *If participant completed:* What did you find least helpful about the booster lesson?
3. *If participant completed:* Is there additional content that you think should be included in the booster lesson?
4. *If participant completed:* Was there any content that you felt was not necessary to include in the booster lesson?
5. *If participant completed:* Do you have any additional suggestions for how we can improve the booster lesson?