

## Supplementary file 2: A comparison of the original versus adapted PM+ and participant suggestions for successful implementation of the adapted PM+

### A comparison between the original and adapted PM+

Component	Original PM+	Adapted PM+
Language	English	Swahili
Intervention strategies (CBT-based)	Psychoeducation Managing stress Managing problems Behavioural activation Strengthening social support	Psychoeducation Managing stress Managing problems Behavioural activation Strengthening social support
Number of sessions	5-weekly sessions	10 weekly sessions
Duration of session	90 minutes	~45 minutes
Mode of delivery	Face-to-face sessions	Phone call sessions* (phone therapy) except the first session which is face to face (getting to know each other)
Interventionist	Trained lay helpers/providers	Trained lay helpers/providers
<b>Note.</b> * Participants needed to have access to a phone whether self-owned, shared or borrowed		

### Suggestions from the interviews with participants for making the implementation of the adapted PM+ a success

Recommendation	What was done
<ul style="list-style-type: none"> <li>Use of pocket friendly client handouts than A4 size</li> </ul>	We redesigned the supporting worksheets for clients into pocket size pamphlets.
<ul style="list-style-type: none"> <li>Using young PM+ providers for easy connection with YLWH</li> </ul>	We identified, recruited, and trained youthful PM+ helpers 35 years or below
<ul style="list-style-type: none"> <li>Need to have an open and honest communication to establish trust while working with young people</li> </ul>	These virtues were emphasized during the training of the PM+ helpers and throughout the project implementation
<ul style="list-style-type: none"> <li>Flexibility with the 45-minute phone therapy; some sessions will spill over; others will be short</li> </ul>	While an emphasis was placed on being objective during sessions, we encouraged the PM+ helpers to be open-minded and not overly concerned with having to finish the session at exactly 45 minutes
<ul style="list-style-type: none"> <li>Reminder calls a day before the scheduled session day</li> </ul>	Reminder calls were made, also encouraging the client to prepare for the upcoming session e.g. charging phones, taking sessions in an area with good network coverage