Enrollment / Assessed for Eligibility

Online screening (n=1225)
- Excluded (n=800)
  - Not meeting inclusion criteria (n=364)
  - Declined to participate (n=209)
  - Other reasons: no reply (n=227)

Diagnostic Assessment (n=425)
- Excluded (n=144)
  - Not meeting inclusion criteria (n=106)
  - Declined to participate (n=31)
  - Other reasons: no reply (n=7)

Baseline (T1)
(n=281)

Assessed at post (n=119)
Lost to post (n=19)
(n=16 declined to participate, n=2 no reply, n=1 withdrawn)

Allocated to control group (CG, n=138)

Allocated to intervention group (IG, n=139)
- Received allocated intervention (n=105)
- Did not receive allocated intervention (declined to participate, no reply) (n=18)
- Discontinued intervention (n=16)

Assessed at post (n = 110)
Lost to post (n=29)
(n=25 declined to participate, n=3 no reply, n=1 withdrawn)

Allocation

Post (T2)

Allocated to control group (CG, n=138)

Assessed at post (n=119)
Lost to post (n=19)
(n=16 declined to participate, n=2 no reply, n=1 withdrawn)

Allocated to intervention group (IG, n=139)
- Received allocated intervention (n=105)
- Did not receive allocated intervention (declined to participate, no reply) (n=18)
- Discontinued intervention (n=16)

Assessed at post (n=110)
Lost to post (n=29)
(n=25 declined to participate, n=3 no reply, n=1 withdrawn)

12-Months Follow-up (FU, T3)

Assessed at follow-up (n=114*; thereof n=104 with CIDI)
Lost to follow-up (n=9)
(n=4 declined to participate, n=5 no reply)

* n=4 in control group and n=8 in intervention group skipped T2 but participated at T3

Analysis

Completor Analysis
- Intervention completer (n=138)
- Exclusion participants with lacking cortisol data at every time point (n=3)
- Exclusion of participants with systemic corticosteroid medication (n=1)

= n = 134

Separate analysis for the different cortisol indexes:
- exclusion of missing hair cortisol data at T1 to T3 (n= 48)
- exclusion of missing saliva cortisol data from T1 to T2 (n=49)
- exclusion of missing saliva cortisol data from T1 to T3 (n=56)
- exclusion of missing saliva cortisol data from T2 to T3 (n=57)

Completor Analysis
- Intervention completer (n=105)
- Excluding participants with lacking cortisol data at every time point (n=3)
- Exclusion of participants with systemic corticosteroid medication (n=0)

= n = 102

Separate analysis for the different cortisol indexes:
- exclusion of missing hair cortisol data at T1 to T3 (n=26)
- exclusion of missing saliva cortisol data from T1 to T2 (n=28)
- exclusion of missing saliva cortisol data from T1 to T3 (n=37)
- exclusion of missing saliva cortisol data from T2 to T3 (n=38)