

Figure Legends

Figure 1: CONSORT 2010 Flow Diagram: The AMPED Randomised Controlled Trial

Supplementary Figure 1a: Screen shot of a self-reflection exercise on the AMPED website.

Supplementary Figure 1b: Screen shots of the AMPED mobile application.

Supplementary Figure 4a: Single Mediator Models

Supplementary Figure 4b: Multiple Mediator Model