

**Appendix 3.** Intervention usage data for the guided and unguided group.

Usage parameter	Guided (N = 151)		Unguided (N = 150)		Total sample (N = 301)	
	M	SD	M	SD	M	SD
module progress	9.4	2.3	9.3	2.4	9.4	2.3
Main course completion rate <sup>a</sup> , N, %	130	86.1%	124	83.2%	254	84.4%

Notes. <sup>a</sup> Course completion of 6 core modules completed.