

**Multimedia Appendix 4:** Baseline characteristics of participants that withdrew by intervention and control arms<sup>a,b</sup>

	<i>Link</i> n = 59		<b>Control</b> n = 64	
	n (%)	n (%) of missing responses <sup>c</sup>	n (%)	n (%) of missing responses <sup>c</sup>
Female	49 (83.1)	0 (0)	54 (84.4)	0 (0)
Neither working nor studying	4 (8.2)	10 (17.0)	6 (10.7)	8 (12.5)
Socio-economic advantage <sup>d</sup>	29 (61.7)	12 (20.3)	37 (77.1)	16 (25.0)
Rural <sup>d</sup>	18 (38.3)	12 (20.3)	12 (25.0)	16 (25.0)
English not spoken at home	9 (15.3)	0 (0)	9 (14.1)	0 (0)
Aboriginal or Torres Strait Islander	1 (1.8)	3 (5.1)	4 (6.5)	3 (4.7)
<b>Highest Education level</b>		0 (0)		0 (0)
Did not complete secondary school	3 (5.1)		7 (10.9)	
Completed/partially completed years 11/12	34 (57.6)		33 (51.6)	
Certificate or diploma	10 (17.0)		13 (20.3)	
Undergraduate degree	10 (17.0)		11 (17.2)	
Post graduate degree, masters or PhD	2 (3.4)		0 (0)	
<b>Mental health rating (K10)</b>		0 (0)		0 (0)
No illness/problems	4 (6.8)		7 (10.9)	
Some symptoms but no disease	15 (25.4)		19 (29.7)	
Minor illness	16 (27.1)		14 (21.9)	
Moderate illness	18 (30.5)		20 (31.1)	
Severe illness	6 (10.1)		4 (6.3)	
<b>Self-reported issues<sup>d</sup></b>		0 (0)		0 (0)
<b>Number of issues reported</b>				
None	7 (11.9)		6 (9.4)	
One	15 (25.4)		16 (25.0)	
Two or more	37 (62.7)		42 (65.6)	
<b>Issue reported by participants<sup>e</sup></b>				
Often stressed, worried or down	45 (76.3)		49 (76.6)	
Often stressing about body, food or exercise	28 (47.5)		38 (59.4)	
Worried about my drug or alcohol use	4 (6.8)		5 (7.8)	
Harming myself	4 (6.8)		5 (7.8)	

Thinking about ending my life	9 (15.3)	10 (15.6)
Being bullied online, school or work	2 (3.4)	1 (1.6)
Having problems with people close to me	12 (20.3)	18 (28.1)
<b>Primary and Secondary Outcomes</b>	<b>0 (0)</b>	<b>0 (0)</b>
Positive Affect– Mean (SD)	23.9 (8.4)	24.4 (7.9)
Negative affect– Mean (SD)	20.4 (7.8)	22.5 (10.0)
Psychological distress (K10)- Mean (SD)	28.3 (9.5)	27.9 (10.2)
Barriers to Seeking Help (BASH)- Mean (SD)	37.9 (9.7)	37.9 (9.2)

SD = Standard deviation

<sup>a</sup>Percentages may not sum to 100% due to rounding and totals may vary due to missing responses. <sup>b</sup>Counts and percentages presented unless otherwise stated. <sup>c</sup>Number of missing responses presented as count and % of total allocated to intervention arm (n=205) and control arm (n=208), respectively. <sup>d</sup>Index of Relative Socio-Economic Advantage and Disadvantage (IRSAD) Australian Bureau Statistics. <sup>e</sup>Sub-categories are not mutually exclusive.