Appendix 2: Flow chart of the feasibility trial process

Young people who have a visible difference are identified via GP practices or charities and invited to take part in the feasibility trial in consultation, via letter of invitation or adverts. Young people and their parent/carer are provided with an information sheet and/or a leaflet.

If participant is interested, contacts the YP Face IT research team. Research co-ordinator discusses trial involvement with young person and parent/carer and screens for eligibility.

Participants wishing to take part in the trial complete informed consent (written or verbal).

Young people complete baseline questionnaires (Body Esteem Scale, Social Anxiety Scale-Adolescents, Social Skills Improvement System, Self-Perception Profile, Perceived Stigmatisation Questionnaire) and Parent/Carer completes baseline questionnaires (Social Anxiety Scale-Adolescents and Social Skills Improvement System).

Research co-ordinator uses the online randomisation service provided by the Bristol Randomised Trials Collaborative at the University of Bristol.

30 young people assigned to ‘YP Face IT’ and 30 young people assigned to ‘TAU’.

Young people complete 8 sessions of YP Face IT.

Follow-up questionnaires at 13 (post-intervention), 26 and 52 weeks:
- Young people complete follow-up questionnaires (Body Esteem Scale, Social Anxiety Scale-Adolescents, Social Skills Improvement System, Self-Perception Profile, Perceived Stigmatisation Questionnaire and a health care resource use questionnaire).
- Parent/Carer completes follow-up questionnaires (Social Anxiety Scale-Adolescents and Social Skills Improvement System; a health care resource use questionnaire).

Qualitative Interviews:
- A purposeful sample of young people and parents/carers will be invited to participate in semi-structured interviews on the acceptability and feasibility of recruitment processes, randomisation, retention, and outcome measures.
- GP practice staff who have experienced supervising young people through the intervention will be invited to provide feedback on the feasibility of supervising young people completing the programme, recruitment processes, barriers to recruitment and retention, and any solutions.