

Appendix 2. Time and costs Questionnaire summary

	Demographic characteristic	
	Intervention	Usual Care
In the last 12 months, have you signed up to any new programmes (e.g. gym membership, taken up a new activity like yoga/meditation) that might help your health?	Lots of new programmes (2%) Some new programmes (27%) No new programmes (50%) Missing (21%)	Lots of new programmes (0%) Some new programmes (36%) No new programmes (69%) Missing (4%)
Have any new programmes that you have signed up to (e.g. gym membership, taken up a new activity) cost you any money that you might have spent elsewhere?	Yes (14%) No (64%) Missing (23%)	Yes (21%) No (68%) Missing (11%)
Total amount spent on other programmes (M, SD)	363.75 (320.30)	336.25 (379.81)