

Supplementary table 1: Within group changes in outcome measures over time

Outcome	Whitu app (N=45)			Waitlist control (N=45)			Group by time Interaction P value
	Mean (SD)	Mean difference (95% CI)	P value	Mean (SD)	Mean difference (95% CI)	P value	
Emotional well-being (WHO-5)							
Baseline	50.13 (20.42)	Ref	Ref	46.84 (23.78)	Ref	Ref	
4 weeks	55.28 (23.03)	5.19 (-1.51, 11.89)	0.129	42.13 (21.02)	-4.71 (-11.06, 1.64)	0.146	<b>0.043</b>
3 months	60.51 (18.70)	10.78 (4.08, 17.48)	<b>0.0002</b>	47.09 (22.74)	0.30 (-6.10, 6.70)	0.927	
Mental well-being (SWEMBS)							
Baseline	22.36 (5.06)	Ref	Ref	22.24 (5.16)	Ref	Ref	
4 weeks	24.69 (4.98)	2.35 (0.95, 3.76)	<b>0.001</b>	22.27 (5.04)	0.02 (-1.30, 1.35)	0.974	<b>0.008</b>
3 months	24.58 (4.95)	2.33 (0.91, 3.74)	<b>0.001</b>	21.70 (5.47)	-0.57 (-1.92, 0.77)	0.404	
Depression (CES-D)							
Baseline	20.71 (12.56)	Ref	Ref	22.31 (11.51)	Ref	Ref	
4 weeks	15.72 (10.15)	-4.29 (-7.64, -1.34)	<b>0.005</b>	21.56 (11.54)	-0.76 (-3.73, 2.22)	0.619	0.061
3 months	16.26 (9.42)	-4.27 (-7.42, -1.12)	<b>0.008</b>	23.07 (12.15)	0.76 (-2.22, 3.73)	0.619	
Anxiety (GAD-7)							
Baseline	9.38 (5.87)	Ref	Ref	9.42 (5.36)	Ref	Ref	0.060
4 weeks	6.54 (4.76)	-2.71 (-4.16, -1.26)	<b>&lt;0.001</b>	8.56 (5.74)	-0.87 (-2.23, 0.50)	0.215	
3 months	6.05 (4.22)	-3.23 (-4.68, -1.78)	<b>&lt;0.001</b>	8.48 (5.15)	-0.96 (-2.34, 0.42)	0.172	
Stress (PSS-10)							
Baseline	21.84 (7.08)	Ref	Ref	21.62 (7.07)	Ref	Ref	
4 weeks	16.62 (6.34)	-5.11 (-7.14, -3.09)	<b>&lt;0.001</b>	21.42 (7.24)	-0.20 (-2.11, 1.71)	0.838	<b>0.001</b>
3 months	17.33 (6.32)	-4.43 (-6.45, -2.40)	<b>&lt;0.001</b>	21.41 (7.29)	-0.36 (-2.29, 1.57)	0.716	

Self-compassion (SCS-SF)								
Baseline	2.77 (0.68)		Ref	Ref	2.69 (0.60)		Ref	Ref
4 weeks	3.21 (0.55)	0.46 (0.27, 0.66)	< <b>0.001</b>		2.68 (0.66)	-0.01 (-0.20, 0.18)	0.922	<b>0.003</b>
3 months	3.11 (0.73)	0.35 (0.15, 0.55)	<b>0.001</b>		2.82 (0.66)	0.12 (-0.07, 0.31)	0.216	
Sleep (SQS)								
Baseline	5.20 (2.05)		Ref	Ref	4.84 (2.17)		Ref	Ref
4 weeks	6.90 (1.93)	1.75 (1.17, 2.33)	< <b>0.001</b>		5.82 (2.23)	0.98 (0.43, 1.52)	< <b>0.001</b>	0.141
3 months	7.05 (1.85)	1.89 (1.31, 2.46)	< <b>0.001</b>		6.14 (2.31)	1.32 (0.77, 1.87)	< <b>0.001</b>	