Feasibility

All service users

1) Do you use health and wellbeing Apps?	0 Not sure	If yes please specify:
	1 Yes	
	2 No	

2) Roughly how often do you use health and wellbeing Apps?	0 Not sure	
	1 Not at all	
	2 Rarely	
	3 Sometimes	
	4 Often	

3) In the last three months how often have you sought help in relation to your early warning signs?	0 Not sure	
	1 Not at all	
	2 Rarely	
	3 Sometimes	
	4 Often	

4) In the last three months how often has your family member or a carer sought help on your behalf in relation to your early warning signs?	0 Not sure	
	1 Not at all	
	2 Rarely	
	3 Sometimes	
	4 Often	

5) How often has this resulted in a change in your clinical care e.g. appointment brought forward, changes in medication, referral to crisis team?	0 Not sure	
	1 Not at all	
	2 Rarely	
	3 Sometimes	
	4 Often	

Service users in the EMPOWER arm

1. Roughly how often do you use the App?

1   Not at all - If 'not at all' then please skip the rest of this questionnaire

2   Once a month

3   A few times a month

4   Weekly

5   Daily

2. Roughly how often do you share information from the App (e.g. charts) with your keyworker?

0   Not sure

1   Not at all

2   Rarely

3   Sometimes

4   Often

3. Roughly how often do you share information from the App (e.g. charts) with your family member/carer?

0   Not sure

1   Not at all

2   Rarely

3   Sometimes

4   Often

4. Roughly how often have you accessed charts on EMPOWER?

0   Not sure

1   Not at all

2   Rarely

3   Sometimes

4   Often

Adapted from the Mobile App Rating Scale user version (uMARS[145]) and used by service users in the EMPOWER arm.

1. Is the app interesting to use?

 1 Not interesting at all

 2 Mostly uninteresting

 3 OK, neither interesting nor uninteresting;

 4 Moderately interesting; would engage user for some time

 5 Very interesting, would engage user in repeat use

2. How easy is it to learn how to use the app; how clear are the menu labels, icons and instructions?

 1 No/limited instructions; menu labels, icons are confusing; complicated

 2 Takes a lot of time or effort

 3 Takes some time or effort

 4 Easy to learn (or has clear instructions)

 5 Able to use app immediately; intuitive; simple (no instructions needed)

3. Does moving between screens make sense; does app have all necessary links between screens?

 1 No logical connection between screens at all /navigation is difficult

 2 Understandable after a lot of time/effort

 3 Understandable after some time/effort

 4 Easy to understand/navigate

 5 Perfectly logical, easy, clear and intuitive screen flow throughout, and/or has shortcuts

4. Is app content (including messages) correct, well written, and relevant to the goal/topic of the app?

 1 Irrelevant/inappropriate/incoherent/incorrect

 2 Poor. Barely relevant/appropriate/coherent/may be incorrect

 3 Moderately relevant/appropriate/coherent/and appears correct

4	Relevant/appropriate/coherent/correct
5	Highly relevant, appropriate, coherent, and correct

5. Does the information within the app (including messages) seem to come from a credible source?

1	Suspicious source
2	Lacks credibility
3	Not suspicious but legitimacy of source is unclear
4	Possibly comes from a legitimate source
5	Definitely comes from a legitimate/specialised source

6. Would you recommend the EMPOWER app to people who might benefit from it?

1	[Not at all] I would not recommend this app to anyone
2	There are very few people I would recommend this app to
3	[Maybe] There are several people I would recommend this app to
4	There are many people I would recommend this app to
5	Definitely I would recommend this app to everyone

7. What is your overall star rating of the app?

*	One of the worst apps I've used
**	
***	Average
****	
*****	One of the best apps I've used
NA	This is the first App I've used so I can't fully judge

8. This app has increased my awareness of the importance of monitoring my mental health and wellbeing

Strongly   Strongly agree
disagree

    1   2   3   4   5

9. This app has increased my knowledge/understanding of my mental health and wellbeing

Strongly   Strongly agree
disagree

    1   2   3   4   5

10. The app has changed my attitudes toward improving my mental health and wellbeing

Strongly   Strongly agree
disagree

    1   2   3   4   5

11. The app has increased my intentions/motivation to support my mental health and wellbeing

Strongly   Strongly agree
disagree

    1   2   3   4   5

12. This app would encourage me to seek further help for my mental health and wellbeing (if I needed it)

Strongly   Strongly agree
disagree

    1   2   3   4   5

13. Further comments about the EMPOWER App

Carers

1) In the last three/six months how often has [person cared for] discussed their early warning signs with you?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

2) In the last three/six months how often times has [person cared for] sought help in relation to their early warning signs?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

3) In the last three/six months how often have you sought help on their behalf in relation to early warning signs?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

4) In the last three/six months how often has this resulted in a change in clinical management, e.g. appointment brought forward, changes in medication, referral to crisis team.

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

5) Has there been a relapse or readmission in the last three/six months?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

Care coordinators

1) In the last three/six months how often has [person in the study] discussed their early warning signs with you?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

2) In the last three/six months how often times has [person in the study] sought help in relation to their early warning signs?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

3) 3. In the last three/six months how often has their family member or a carer sought help on their behalf in relation to early warning signs?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

4) In the last three/six months how often has this resulted in a change in clinical management, e.g. appointment brought forward, changes in medication, referral to crisis team.

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

5) Has there been a relapse or readmission in the last three/six months?

0	Not sure
1	Not at all
2	Rarely
3	Sometimes
4	Often

Mechanisms

Criticism and Warmth Measure

Adapted from the Perceived Criticism Measure (PCM)[160] and used with service users and carers.

How critical do you think you are of [person]?

Not at all									Very critical indeed
1	2	3	4	5	6	7	8	9	10

How critical do you think [person] is of you?

Not at all									Very critical indeed
1	2	3	4	5	6	7	8	9	10

How warm are you towards [person]?

Not at all									Very warm indeed
1	2	3	4	5	6	7	8	9	10

How warm is [person] towards you?

Not at all									Very warm indeed
1	2	3	4	5	6	7	8	9	10

How supported do you feel by [person]?

Not at all									Very supported indeed
1	2	3	4	5	6	7	8	9	10