**Supplementary table 1.** Additional questions at 12 months on adoption and sustained use of the three digital interventions.

|  |  |
| --- | --- |
| Questions\* | Answers |
| Have you used the intervention? | Yes/no |
| If yes, for how long have you used the intervention? | |  | | --- | | 1= I am still using it | | 2= I used it for 1-3 months | | 3= I used it for 4-6 months | | 4= I used it for 7-9 months  5= I used it for 10-12 months | |  | |
| How do you feel about using the intervention? | Free-text |
| If no, what is the reason for not using the intervention? | Free-text |

**\***All 4 questions were asked for each of the three digital interventions (total 12 questions)