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

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| --- | --- |
| 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 months5= 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)