

Enrolment

Assessed for
eligibility

Excluded:

- not meeting the criteria
- declined to participate
- other reasons

Randomized

Baseline assessment

Allocation

Pre-tests: 4 weekly EMA measurements during 1 month
before the intervention

Allocated to
WDYD intervention

Allocated to no
intervention

Follow-up

Post-tests: 26 weekly EMA measurements during 9
months after the intervention