

Supplementary table 1 – Mental health outcomes and non-response at follow-up

Post Training Measure	Responded n (%) (sample n)	Non-response n (%) (sample n)	‡OR (95% CI)
<b>Common Mental Disorder (GHQ-12 ≥4 symptoms)</b>	74 (15.4) (480)	26 (14.9) (175)	1.04 (0.64-1.68)
<b>PTSD symptoms (PC-PTSD5 ≥3 symptoms)</b>	23 (4.8) (476)	9 (5.1) (175)	0.93 (0.42-2.05)
<b>Alcohol Misuse (AUDIT-C scores ≥4 for Women, ≥5 men)</b>	172 (35.8) (480)	59 (33.7) (175)	1.09 (0.75-1.56)
<b>Mental Health Stigmatisation ≥5 item endorsements (out of 15)</b>	106 (22.1) (480)	50 (28.9) (173)	0.72 (0.48-1.07)
<b>Experienced Homesickness a little or a lot</b>	173 (36.0) (480)	67 (38.7) (173)	0.88 (0.62-1.26)

‡ Reference category is non-response at follow-up