



Supplementary Figure 1. Levels of perceived stress according to the PSS-10 for the iSMI and WLC groups at all assessment points for the ITT sample at pre-test (T1), post-test (T2), and six months (T3).

Abbreviations: PSS-10: Perceived Stress Scale (10 item version); WLC=Waitlist control group; and iSMI=Internet-based stress management intervention.