**APPENDIX A: Overview of Trial Measures**

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| **Measure/Questionnaire** | **Description** |
| Demographic questionnaire  | Captures data on age, gender, ethnicity, educational level, marital status, employment and annual income category, and past and current psychiatric care.  |
| Global Psychotrauma Screen - **GPS** (Olff et al., 2020,2021) | A transdiagnostic 23-item (17 symptoms, five risk/protective factors, one functioning) screener for stress, trauma, and related reactions in the past month. Current data indicates it is a reliable and valid screening tool for trauma exposure and possible consequences (e.g., the likelihood of posttraumatic stress disorder (PTSD) (Frewen et al., 2021; Olff et al., 2020, 2021).  |
| Mini-International Neuropsychiatric Interview - **MINI 7.0.0** (Sheehan & Lecrubier, 1998) | A structured clinician-administered diagnostic interview covering current and lifetime psychiatric disorders. Psychiatrists and clinicians initially developed it for the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM -III) (Sheehan & Lecruibier, 1998). The MINI 7.0.0 aligns with the DSM, fifth edition (DSM-5). The MINI has been used in low to middle-income countries (LMICs), including South Africa (Ayazi et al., 2014; Suliman et al., 2014) (License agreement Study# N18/05/058 PACTR202108755066871).  |
| Clinician-Administered PTSD Scale for DSM-5- **CAPS-5** (past month)(Weathers et al., 2013) | A 30-item structured clinician administered diagnostic interview considered as the gold standard in evaluating the frequency and severity of 20 posttraumatic stress disorder (PTSD) symptoms (Weathers et al., 2018). Previous versions have shown sound psychometric properties in over 200 studies (Weathers et al., 2001). The CAPS-5 is also deemed psychometrically sound and used effectively in South Africa (Suliman et al., 2014; Weathers et al., 2013, 2018). |
| Childhood Trauma Questionnaire (Short Form) - **CTQ-SF** (Bernstein et al., 1998) | A 28-item, retrospective, self-report questionnaire used to measure abuse (emotional, physical, sexual) and neglect (emotional and physical) before the age of 18 (Bernstein & Fink, 1998). The questionnaire has shown excellent validity for the full scale and acceptable to excellent validity for the subscales (Aloba et al., 2020; Scher et al., 2001). The CTQ-SF has evidenced as psychometrically sound when applied in South Africa (Roomaney et al., 2021).  |
| Life Events Checklist for DSM-5 – **LEC-5**(Weathers et al., 2013) | A 17-item self-report measure that screen for lifetime traumatic event exposure. The original LEC demonstrated convergent validity with other measures evaluating trauma exposure levels (Gray et al., 2004). Psychometric properties are currently unavailable for the newer LEC-5; however, similar psychometric properties are expected (Weathers et al., 2013). The LEC-5 has been evidenced as psychometrically sound when applied in South Africa (Stevenson et al., 2023).  |
| PTSD Checklist for DSM-5 - **PCL-5** (Wortmann et al., 2016) | A 20-item self-report assessing 20 PTSD symptoms used to screen, provisionally diagnose, or monitor self-reported PTSD symptom severity. The PCL-5 assesses how much someone is bothered by the PTSD symptoms over the past month. As expected, the PCL-5 is psychometrically sound (Roberts et al., 2021; Wortmann et al., 2016). This measure has been evidenced as psychometrically sound when applied in South Africa (Kagee et al., 2022).  |
| Depression, Anxiety and Stress Scale 21 - **DASS-21**(Henry & Crawford, 2004) | Developed from the lengthier 42-item measure, this shortened 21-item version has shown adequate reliability and validity in both clinical and non-clinical populations, as well as when used in non-English speaking cultures (Henry & Crawford, 2004; Jun et al., 2018; Lovibond, 1998; Vignola et al., 2013). It consists of three subscales evaluating self-reported depression, anxiety, and stress symptoms. The DASS-21 has been successfully applied with sound psychometric properties in South Africa (Tsabedze et al., 2021; Tshabalala et al., 2019).  |
| Resilience evaluation scale – **RES** (van der Meer et al., 2018) | A 9-item self-report measure that is freely available, brief, with sound psychometric properties (van der Meer et al., 2018). This scale identifies and measures psychological resilience post personal adversities faced by individuals. It has shown sound psychometric properties in other studies (Qing et al., 2022).  |
| Multidimensional Scale of Perceived Social Support - **MSPSS** (Zimet et al., 1990) | A 12-item inventory that measures perceived adequacy of social support from three sources: family, friends and significant other (Zimet et al., 1990). The measure has sound psychometric properties (Zimet et al., 1988). It has been evidenced as psychometrically sound when applied in South Africa (Bruwer et al., 2008; Myint & Mash, 2008; Ogunbajo et al., 2020).  |
| Alcohol Use Disorders Identification Test - **AUDIT**(Saunderset al., 1993) | A 10-item self-report questionnaire used to identify harmful alcohol use. This tool was developed by the World Health Organisation (WHO) and has good reliability and validity in diverse contexts (Bohnet al., 1995). It has been applied successfully in South Africa (Macleod et al., 2021; Ndungu et al., 2020; Stoloff et al., 2013).  |
| Drug Use Disorders Identifications Test - **DUDIT**(Matuszka et al., 2013) | A 11-item self-report questionnaire used to identify hazardous substance use. Developed by the WHO to use in parallel with the AUDIT and has good validity and reliability in both inpatient and outpatient settings (Matuszka et al., 2014; Voluse, et al., 2012). It has been applied successfully in South Africa (Stoloff et al., 2013; Vythilingum et al., 2012).  |
| **Perceived helpfulness of the PTSD Coach app**(Kuhn et al., 2017) | A 15-item self-report scale used with permission from the developer Dr E. Kuhn (Kuhn, et al., 2017). The first 14 items of the scale evaluate the user's experience of the PTSD Coach mobile application (from 0 = *"Not at all helpful"* to 4 = *"Extremely helpful."* The last item evaluates the user's overall satisfaction with the app (from 0 = *"Not at all satisfied"* to 4 = *"Extremely satisfied."* It was used successfully in non-English populations (Cernvall et al., 2018; Hensler et al., 2022). To our knowledge this scale has not been applied in South Africa apart from during pilot testing, and the 14 items measuring the perceived helpfulness of the app demonstrated high internal consistency (Cronbach's α = 0.93) (Bröcker et al., 2022). |
| **PTSD Coach self-efficacy scale**(Kuhn et al., 2017) | A 10-item self-report scale used with permission from the developer Dr E. Kuhn (Kuhn et al., 2017). This scale evaluates the person's degree of confidence in managing their PTSD-related symptoms. Responses are based on a scale from 0 – 100, with 0 = *"Cannot do at all"*, 50 = *"Moderately can do"* and 100 = *"Highly certain can do."* To our knowledge this scale has not been applied in South Africa apart from during pilot testing and demonstrated good internal consistency (Cronbach's α = 0.84) in our sample. |

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