

Supplementary Materials: Multimedia Appendix 1
Guiding Principles for Development of the Digitalised Intervention Materials

Guiding Principles for the “What Are Intrusive Memories?” Materials

Video and Quiz Design Objectives – “What Are Intrusive Memories?”	Key Features
Know how to accurately identify what an intrusive memory is and what it is not in a way that can be understood by the general public	<ul style="list-style-type: none"> • Identify the definition of an intrusive memory. • Understand what an intrusive memory is not (e.g. rumination, “thinking in words” about the event).
Understand the phenomenology of intrusive memories	<ul style="list-style-type: none"> • Understand they can be vivid, short, broken-up, and fleeting. • Understand that they most commonly take the form of visual memories, but may include other sensory sensations as well (e.g. sounds, smells). • Understand how they may be triggered (e.g. by seeing something similar on the news, or in real life that reminds one of the event). • Understand the functional impact of intrusive memories (e.g. that they can impact social functioning such as making it harder to keep in touch with friends, and concentration).
To provide a low-cost, scalable explanation and visual demonstration of what intrusive memories are in a thoughtful and generalisable way	<ul style="list-style-type: none"> • Limit the need for researcher/clinical explanation of what intrusive memories are. • Visually showing intrusive memories can be related to distress, by adding a character with a concerned facial expression. • Creating a character that is gender ambiguous. • Choosing broad yet not disturbing visual examples of trauma memories (e.g. a picture of a car to represent a car accident, or three droplets of blood to represent a violent memory).

Guiding Principles for the “How to Play Tetris” Materials

Video and Quiz Design Objectives – “How to Play Tetris”	Key Features
Be able to understand the basic concept of the game	<ul style="list-style-type: none"> • Place blocks in a way that will clear the rows. • How to drag and move the blocks. • How to rotate the blocks.
Know how to use mental rotation	<ul style="list-style-type: none"> • Plan where to place the blocks by really twisting and turning them in the mind’s eye to decide where they should go next. • Refer to the 3 upcoming blocks displayed on the right side of the game.
Understand that importance of playing Tetris with these special instructions	<ul style="list-style-type: none"> • Process over points – using mental rotation and planning is more important than scoring points. • It is important to play the game carefully, to allow time for planning.
To provide a low-cost, scalable explanation and demonstration of how to play the game in adherence to previous study protocols	<ul style="list-style-type: none"> • Limit the need for researcher/clinician explanation of how to play the game and what is meant by mental rotation. • A brief yet informative overview of the special game instructions that includes examples. • Reminders of the main goal of game.