Supplementary Table 1

Smart Track ROM items and response categories as a function of outcome domain and assessment frequency

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Domain** | **Frequency** | **Instrument** | **Item(s)** | **Response Option(s)** |
| 1. Goal setting
 | Weekly(Weeks A and B) | Adapted from the Change Plan (26,27) | Your 7-day plan: Add task(s) for this week  | One or more tasks are added via free text and/ or selecting from some example tasks (e.g. go for a jog, phone a friend), and the participant is prompted to set the time and date for completing each task and whether/ when they wish to set a reminder |
| 1. Values
 | Weekly (Weeks A and B)[per 7-day plan task(s) set] | Adapted from the Valued Living Questionnaire (28) | This task is important to me for Family, Intimate relationships, Marriage, Parenting, Friendship, Work, Education, Learning, Recreation, Spirituality, Citizenship, Community involvement, Physical self-care, Psychological self-care, Other  | One or more domains are selected |
| 1. Self-efficacy
 | Weekly(Weeks A and B) | Confidence Ruler(26,27,29) | How confident do you feel about achieving this plan?  | Sliding scale from 0-10 |
| 1. Goal attainment
 | Weekly(Weeks A and B) | Adapted from the Client Rating of Homework Performance (30) | Your 7-day plan: Task X | For each task, progress is indexed by selecting ‘Done’, ‘Some’ or ‘Not yet started’  |
| 1. Group attendance
 | Weekly(Weeks A and B) | --- | Not counting today, how many SMART Recovery groups have you gone to in the last seven days? | 0-7 |
| 1. Frequency of addictive behaviour: Alcohol and other drug use
 | Weekly(Weeks A and B) | Adapted from the COMS Questionnaire: Drug and Alcohol Use Scale (19)a | Which of the following (if any) did you use this week?Alcohol, Cannabis, Amphetamines, Benzodiazepines, Heroin, Other opioid-based drug, Cigarettes, Other (please specify), None | One or more response options are selected |
|  |  | Adapted from the COMS Questionnaire: Drug and Alcohol Use Scale (19)a | How many days did you use each of the following? | Sliding scale (0-7) for each of the substances selected at item six |
| 1. Frequency of addictive behaviour: Other addictive behaviours
 | Weekly(Weeks A and B) | Adapted from the Screener for Substance and Behavioural Addictions (31) | Think about the statement “I did it too much”. In the last seven days, how often did this apply to:Gambling, Shopping, Sex, Pornography, Internet, Food, Video-gaming, Other | Sliding scale (0-7) for each of the behaviours listed |
| 1. Quantity of alcohol useb
 | Weekly(Weeks A and B) | Adapted from the COMS Questionnaire: Drug and Alcohol Use Scale (19)a  | On average, how many standard drinks did you have on those days when you were drinking | A number from 0-100 is selected |
| 1. Quantity of cigarette usec
 | Weekly(Weeks A and B) | Adapted from the COMS Questionnaire: Drug and Alcohol Use Scale (19)a | \*\*Only if ‘cigarettes’ is endorsed How many cigarettes/cigars/pipes did you have on a typical day when you did use tobacco? \_\_\_\_\_ cigarettes/cigars/pipes. | A number from 0-100 is selected  |
| 1. Alcohol and drug use: Impact
 | Fortnightly(Week A) | SURE: Drinking and Drug Use Subscale (21) | Items 4-6 (e.g. I have coped with problems without misusing drugs or alcohol) | ‘All of the time’, ‘Most of the time’, ‘A fair amount of the time’, ‘A little of the time’, ‘None of the time’ |
| 1. Self-care
 | Fortnightly(Week A) | SURE: Self-Care Subscale (21) | Entire subscale (items 7-11; e.g. I have been taking care of my physical health) | As above |
| 1. Social support
 | Fortnightly(Week A) | SURE: Relationships subscale (21) | Entire subscale (items 12-15; e.g. I have been getting on well with people | As above |
| 1. Resources
 | Fortnightly(Week A) | SURE: Material Resources subscale (21) | Entire subscale (items 16-18; e.g. I have had stable housing) | As above |
| 1. Optimism
 | Fortnightly(Week A) | SURE: Outlook on Life subscale (21) | Entire subscale (items 19-21; e.g. I have felt positive) | As above |
| 1. Mental health
 | Fortnightly(Week B) | Kessler – Six Item Questionnaire (22) | Entire questionnaire | ‘None of the time’, ‘A little of the time’, ‘Some of the time’, ‘Most of the time’, ‘All of the time’ |
| 1. Quality of life
 | Fortnightly(Week B) | EUROHIS-QOL 8-item index (32) | Item One:How would you rate your quality of life?  | ‘Very Good’, ‘Good’, ‘Neither poor nor good’, ‘Poor’, ‘Very Poor’ |
| 1. Urges
 | As needed | Adapted from The Urge Log (26,27) | --- | Date and time are automatically captured when the participant clicks on the ‘Urge’ button |
|  |  |  | How intense is your urge? | ‘Low’, ‘Medium’, ‘Strong’ |
|  |  |  | What was going on? (e.g. think about where you were, who was there, what was around you and what you were doing) | Open text |
|  |  |  | How were you feeling? Tired, Stressed, Hungry, Bored, Upset, Lonely, Relaxed, Happy, Excited, Angry, Worried, Frustrated, Energized, Ashamed, Other | Select one or more of the experiences listed |
|  |  |  | Were you happy with how you handled it? | Yes/ No |
|  |  |  | If yes: What worked for you this time? | Free text |
|  |  |  | If no: What would you like to do differently next time? | Free text |

aThis subscale of the Client Outcome Management System is derived from the Brief Treatment Outcome Measure (33); bOnly if participant endorses ‘alcohol’ use over the preceding one week (item six); bOnly if participant endorses ‘cigarette’ use over the preceding one week (item six); COMS: Client Outcome Management System (34); SURE: Substance Use Recovery Evaluator (21);