

Overview of all measures used in the analyses

Measure	Reference	Abbreviation	Construct	No. of Items	Description	Time points measured		
						T0	T1	T2
Timeline-Follow-Back	[23]	TFB	Drinking Behavior	7	Average daily alcohol consumption within the last 7 days. E.g. "How many glasses of which beverage did you drink last Monday?"	X	X	X
Binge-Drinking-Days		BDD	Drinking Behavior	1	Number of binge-drinking-days within the last 30 days. E.g. "On how many days within the past 30 days did you drink more than five drinks on one occasion?"	X	X	X
Five-Minute-Blocks		FMB	Engagement	/	Server-log data measuring the time spent using the intervention in blocks of five minutes. Measured continuously and summed up for the first and second 90 days of the usage period.		X ^a	X ^a
Daily Alcohol Check		DAC	Engagement / Drinking Behavior	1	Intervention questionnaire measuring the number of standard units of alcoholic drinks consumed yesterday. Item: "How much did you drink yesterday?" 12 Options: "Nothing" – „More than 5 standard drinks“	X ^a	X ^a	X ^a
Weekly Alcohol Check		WAC	Engagement / Drinking Behavior	2	Intervention questionnaire measuring the number of standard units of alcoholic drinks consumed last week. Items: <ul style="list-style-type: none"> • "During the last week: On how many days did 	X ^a	X ^a	X ^a

you drink alcohol?"

8 Options: "None" - „On 7 days“

- "During the last week: On a drinking day, how much did you drink on average?"

7 Options: "1 or 2 standard drinks" - "More than 12 standard drinks"

Mood Check	MC	Engagement	6	Intervention questionnaire measuring the current mood on five-point Likert scales. E.g. "Today, so far I feel stressed and frustrated."	X ^a	X ^a
Self-reported usage	SRU	Engagement	1	Intervention usage assessed by self-report. Item: "Please state how often you used Vorvida within the last three months?" <u>Options:</u> "Weekly more than 4 hours", "Weekly 3 - 4 hours", "Weekly 2 - 3 hours", "Weekly less than 2 hours", "Weekly less than 1 hour", "I didn't use Vorvida at all".	X	X
Sociodemographic Data		User characteristic	7	Different socio-demographic data on the participant, including age , gender (female / male), relationship status (single / non-single), children (one ore more / no children), education (General higher education entrance qualification (Abitur) / no general higher education entrance qualification (No Abitur)), job qualification (academic studies / no academic studies) and job status (working / not working)	X	

Age of first alcohol consumption	AFC	User characteristic	1	Age of the participant, when they first consumed alcohol.	X
Age of regular alcohol consumption	ARC	User characteristic	1	Age of the participant, when they started to consume alcohol on a regular basis.	X
Baseline Drinking Frequency [23]	QFI-Days	User characteristic	1	Days of alcohol consumption within the last 30 days, measured as part of the Quantity-Frequency-Index. Item: "On how many days within the last 30 days did you drink alcohol?"	X
Readiness Ruler [25]	RR	User characteristic	2	Participants ratings on 10-point scales of how important it is to them to drink less (RR-I) and of how confident they are to achieve a reduction (RR-C).	X
Alcohol abstinence self-efficacy scale [26]	AASE	User characteristic	40	Participants rating on two scales with the same 20 items, describing different situations, e.g. "When I am feeling angry inside." Two Subscales: Temptation (AASE-T) to drink in given situations, rated on a 5-Point Likert scale ("No temptation at all" - "Very strong temptation") and Confidence (AASE-C) not to drink in given situation, rated on a 5-Point Likert scale ("Not confident at all" - "Absolutely confident")	X
Comprehensive Alcohol Expectancy Questionnaire [27]	CAEQ	User characteristic	19	Self-assessment of the expectation of the effects of alcohol on five different subscales, where every Item is prefaced with "When I drink alcohol...". E.g. "I am more	X

relaxed and more at ease socially”

Five Subscales: 5-point Likert scales (“not at all” - “definitely”) measuring expectations concerning the topics of aggression (**CAEQ-A**), cognitive impairment and physical discomfort (**CAEQ-CP**), sexual enhancement (**CAEQ-SE**), social assertiveness and positive affect (**CAEQ-SP**) and tension reduction (**CAEQ-T**).

Readiness to
Change
Questionnaire

[28]

RCQ

User characteristic

12

Participants rating of their readiness to change on three **X** subscales, representing the three original stages of change. E.g. “I enjoy my drinking, but sometimes I drink too much”

Three Subscales: 5-point Likert scales (“don’t agree at all” - “agree a lot”) with items representing the Precontemplation stage (**RCQ-P**), the contemplation stage (**RCQ-C**) and the Action stage (**RCQ-A**)

^aData was measured continuously, but aggregated to match time points.