



|                         |  |           |           |           |           |           |           |           |           |
|-------------------------|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
|                         | menu hierarchies?  |           |           |           |           |           |           |           |           |
|                         | Were modules/ lessons presented in clearly defined steps? <sup>e</sup> | N         | N         | N         | N         | N         | Y         | N         | Y         |
| <b>Interface design</b> |  |           |           |           |           |           |           |           |           |
|                         | Was there a stable interface? <sup>f</sup>                             | Y         | Y         | Y         | Y         | Y         | Y         | N         | Y         |
|                         | Was there a visually simplistic interface design?                      | Y         | Y         | Y         | Y         | Y         | Y         | N         | N         |
| <b>Media type</b>       |  |           |           |           |           |           |           |           |           |
|                         | Did the MT include audio?  | Y         | Y         | N         | Y         | Y         | -         | N         | N         |
|                         | Did the MT include text?   | Y         | Y         | Y         | Y         | Y         | Y         | Y         | Y         |
|                         | Did the MT include pictures/ graphics?                                 | Y         | Y         | Y         | Y         | Y         | Y         | Y         | Y         |
|                         | Did the MT include video?  | N         | N         | N         | Y         | Y         | -         | Y         | N         |
|                         | Was animation present?   | Y         | Y         | N         | N         | Y         | -         | N         | N         |
|                         | Was the MT a combination of more 2 or more of the above categories?    | Y         | Y         | Y         | Y         | Y         | Y         | Y         | Y         |
| <b>Score (from 20):</b> |  | <b>16</b> | <b>15</b> | <b>13</b> | <b>16</b> | <b>17</b> | <b>15</b> | <b>11</b> | <b>13</b> |

Abbreviations: BG, background; Dep Center, Depression Center 4.0; GSH, getselfhelp CBT Self Help Course; info, information; MG, moodgym; myCom, MT, media type; myCompass; N, no; OT - A&D, OnTrack – Alcohol and Depression course; OT - D, OnTrack – Depression course; vocab, vocabulary; WB course, the MindSpot Clinic’s Wellbeing Course (demo version); Y, yes.

Symbols: -, could not be evaluated.

<sup>a</sup>using Flesch-Kincaid grade levels

<sup>b</sup>14-point or larger

<sup>c</sup> As measured with ruler on a 15.6 inch diameter laptop screen; 100% webpage zoom; screen resolution set at 1366 x 768

<sup>d</sup> rather than embedding points in paragraphs of running pose

<sup>e</sup>i.e., numbered

<sup>f</sup>i.e., contents of screen were predictable, did not change order or contain pop-ups