

Multimedia Appendix 1

Schedule of events for the trial, including enrolment, interventions, and outcome assessments.

| Timepoints                                 | Study period |            |                        |                       |
|--|--------------|------------|------------------------|-----------------------|
|  | Enrolment    | Allocation | Post-allocation        | Follow-up             |
|  | - $t_1$      | 0          | $t_1$ (HOLIDAY PERIOD) | $t_2$ (AFTER HOLIDAY) |
| <b>Enrolment:</b>                          |              |            |                        |                       |
| Eligibility screen                         | X            |            |                        |                       |
| Informed consent                           | X            |            |                        |                       |
| Trial entry form                           | X            |            |                        |                       |
| Allocation                                 |              | X          |                        |                       |
| <b>Interventions:</b>                      |              |            |                        |                       |
| <i>mISkin</i> intervention                 | ◆————◆       |            |                        |                       |
| <i>SPF</i> intervention                    | ◆————◆       |            |                        |                       |
| <i>No app control</i>                      |              |            |                        | X                     |
| <b>Assessments:</b><br>(Outcome variables) |              |            |                        |                       |
| <i>Skin damage</i> (mDNA)                  | X            |            |                        | X                     |
| <i>Sunscreen quantity</i> (g)              | X            |            |                        | X                     |
| <i>Sunscreen events</i> (n)                | X            |            |                        | X                     |
| <i>Sun-protection</i> (self-report)        | X            |            |                        | X                     |
| <i>Process variables</i>                   | X            |            |                        | X                     |