Supplementary File 3. Item response probabilities for both LCAs

Item response probabilities for MHDS users.

Variable	Categories	Neither good nor bad	Self-help	Not useful
I have felt left to manage on my own when using digital tools*	Agree or strongly agree	0.165	0.632	0.276
	Neither agree nor disagree	0.510	0.171	0.218
	DIsagree or strongly disagree	0.325	0.197	0.506
Digital tools have given me a better understanding of my mental health	Agree or strongly agree	0.314	0.677	0.031
	Neither agree nor disagree	0.607	0.269	0.222
	DIsagree or strongly disagree	0.079	0.054	0.747
Overall, I have benefited from using digital tools	Agree or strongly agree	0.434	0.977	0.289
	Neither agree nor disagree	0.501	0.011	0.316
	DIsagree or strongly disagree	0.065	0.012	0.395
Digital tools have made it easier for me to manage on my own in my daily life	Agree or strongly agree	0.182	0.770	0.096
	Neither agree nor disagree	0.726	0.186	0.220
	DIsagree or strongly disagree	0.092	0.044	0.684
Digital tools have made it easier to determine where and when my treatment should take place	Agree or strongly agree	0.462	0.662	0.286
	Neither agree nor disagree	0.467	0.138	0.207
	DIsagree or strongly disagree	0.072	0.201	0.507
I have only used digital tools because there were no other treatment options*	Agree or strongly agree	0.328	0.673	0.353
	Neither agree nor disagree	0.417	0.120	0.190
	DIsagree or strongly disagree	0.255	0.207	0.457
Digital tools have made it easier to get information about my treatment options	Agree or strongly agree	0.404	0.610	0.180
	Neither agree nor disagree	0.574	0.200	0.175
	DIsagree or strongly disagree	0.022	0.190	0.645
Because of digital tools, I need less contact with my provider	Agree or strongly agree	0.071	0.387	0.054
	Neither agree nor disagree	0.451	0.149	0.083
	DIsagree or strongly disagree	0.478	0.464	0.863

Digital tools have made me more aware of my symptoms	Agree or strongly agree	0.432	0.684	0.194
	Neither agree nor disagree	0.507	0.214	0.237
	DIsagree or strongly disagree	0.062	0.103	0.569

*These items have been reverse coded to follow the same scale as the other indicators (high values showing positive experiences).

Item response probabilities for MHDS non-users.

Variables (Category: Yes)	Wanting in-person treatment	Lacking knowledge	Multiple reasons for non-use
I do not have access to necessary IT equipment (e.g., computer or phone)	0.001	0.009	0.146
I do not want to use more IT equipment in my daily life (e.g., computer or phone)	0.052	0.001	0.480
I do not think it is as beneficial as meeting in-person with my provider	0.999	0.167	0.529
I do not think I have the right technical skills	0.022	0.029	0.332
I do not trust the data security	0.123	0.049	0.200
I do not know which tools are available	0.174	0.999	0.311