

Supplemental Material S5. Ideal Environment Check-list. This was used to ensure a good recording and assessment environment and was sent prior to each session. Below is an example of our formatting and instructions, which employed large visuals, large text, short sentences, and bolding for emphasis.

This document is to help you have the **best setting for the session**.

It has instructions for:

1) Internet Connection



3) Screen Guidelines



Internet Connection:

- **Close everything on your computer** except for our video call.
- **If possible:**
 - Connect with an **ethernet cable**.
 - Ask other people in your house to **limit or not use internet** during the session.

2) Microphones/Headphones



4) Distractions to Avoid



Microphones and Headphones:

- You need a **device with a microphone**. Most **computers have a microphone built-in**.
 - **Headphones** with a built-in microphone are preferred but you do not need them.

Screen Guidelines:

- Please **sit closely to your computer**, so we can **clearly see your face and shoulders**.



Distractions:

We want to hear you and see you well, and for you to participate at the best of your ability.

Here are some ideas to limit distractions:

- Be in a **quiet room**. Some ideas are to **close windows and the door** (if possible), **remove pets** from room, and **turn off** all other devices (like phone and TV).
- **Tell everyone in your household that you are going to be in a meeting**, to minimize interruptions.

