

Supplemental Material S8. Identification of the mode(s) through which the intervention could be delivered.

Mode of delivery				Does the policy meet the APEASE criteria in the context of facilitating an adaptive response to tinnitus?
In-person	Individual			Possible
	Group			Possible
Distance	Population-level	Broadcast media	TV	No
			Radio	No
			Billboard	No
			Poster	No
			Newspaper	No
			Leaflet	No
			Internet or web app function	Yes, the present intervention discussed
			Mobile app	Possible but expensive
	Individual-level	Phone	Phone helpline	No
			Mobile phone text	No
		Individually accessed computer program		Possible