

## Supplementary Materials

### File 3: Recovery Support Program Participant Experience Survey

#### Introduction:

Please take a few moments to provide feedback on the Body Brave Recovery Support Program on Careteam. Please note, all survey responses will be kept strictly confidential, and data will only be reported in the aggregate.

#### Questions:

1. Which, if any, of the following Recovery Support Program services do you find helpful? Select all that apply.

- Recovery sessions
- Workshops
- Reoccurring check-ins
- Recommended self-guided recovery workbooks
- Administrative support from Virtual Care Assistant's (VCA's) through the Careteam message center/Health Desk
- I do not find any of these services helpful
- Other (please specify)

2. Please rate your agreement with the following statements:

Because of the Body Brave Recovery Support Program...

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I feel more supported in my recovery journey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have gained insight that helps me to better address my struggles with the eating disorder/disordered eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The insights I have gained will help me to deal with life's challenges more effectively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a better understanding of support services available to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I am more equipped to recognize the signs and symptoms of an eating disorder/disordered eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3. Please rate your outlook on the following themes of recovery:

Because of the Body Brave Recovery Support Program...

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am hopeful toward my recovery journey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am compassionate towards myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am empowered to make recovery-oriented change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Overall, the Body Brave Recovery Support program is helpful.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

5. Overall, I am satisfied with the Recovery Support Program.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

6. What do you like most about the Recovery Support Program on the Careteam platform?

7. Do you have any suggestions of how we can improve the Recovery Support Program on the Careteam platform?