Multimedia Appendix 1

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

<table>
<thead>
<tr>
<th>Study period</th>
<th>Enrolment</th>
<th>Allocation</th>
<th>Post-allocation</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timepoints</td>
<td>-t₁</td>
<td>0</td>
<td>t₁ (HOLIDAY PERIOD)</td>
<td>t₂ (AFTER HOLIDAY)</td>
</tr>
</tbody>
</table>

**Enrolment:**
- Eligibility screen: X
- Informed consent: X
- Trial entry form: X
- Allocation: X

**Interventions:**
- **mISkin intervention**
- **SPF intervention**
- **No app control**: X

**Assessments:**
(Outcome variables)
- **Skin damage** (mDNA): X
- **Sunscreen quantity** (g): X
- **Sunscreen events** (n): X
- **Sun-protection** (self-report): X

**Process variables**