

Supplement 1. Metrics of feasibility (Adapted from Bowen et al, 2009). ²²

Metric	Definition
Acceptability	The extent to which intended recipients and implementers (e.g., participants and providers) perceive an intervention, service, or study procedure as agreeable, satisfactory, and appropriate, reflecting how well it is received and whether it meets their needs.
Demand	The extent to which a target population demonstrates willingness and ability to use or engage with an intervention, assessed through estimates of anticipated uptake or by documenting actual utilisation within a defined setting.
Implementation	The extent, likelihood, and manner in which an intervention can be delivered as intended within a specific setting, including assessment of practical, operational, and contextual factors (e.g., fidelity, acceptability, feasibility) that determine whether full-scale or real-world rollout is achievable.
Practicality	The extent to which an intervention can be successfully delivered and function as intended under real-world constraints, such as limited time, resources, or personnel commitment, with emphasis on ease of execution rather than clinical effectiveness.
Integration	The extent to which a new intervention or protocol can be incorporated into existing systems or routine practice, including the degree of organisational or structural change required for successful adoption and alignment with current service delivery processes.
Limited-efficacy testing	A preliminary, small-scale evaluation of an intervention's potential impact – often using convenience samples, intermediate outcomes, shorter follow-up, or limited statistical power – to estimate effect sizes and inform the viability of a full-scale trial.