

Appendix 1

i) Interviews with children and parents/carers (acceptability study): coding template and analytic framework

Coding method	Initial category	Codes	Final themes and sub-themes
Developed a priori	Changes in anxiety	<ul style="list-style-type: none"> • Thoughts, feelings, behaviour, physical symptoms (past, current) 	<p>Theme 1: 'A positive experience'</p> <p>'Increased understanding'</p> <p>'Less anxiety, more confidence'</p> <p>'Additional benefits'</p>
	Acceptability	<ul style="list-style-type: none"> • Attitudes towards resource (likes/dislikes) • Past/present/future use 	
	Usability	<ul style="list-style-type: none"> • Barriers (e.g. memory) • Facilitators (e.g. support) 	<p>Theme 2: 'Barriers to engagement'</p> <p>'Overcoming barriers'</p>
Data-driven	Relationships	<ul style="list-style-type: none"> • Information and communication (parent and dentist) • Control • Trust 	<p>Theme 3: 'Importance of communication and positive relationships'</p> <p>'Communication and care'</p> <p>'Control and choice'</p>

ii) Interviews with dental team members: coding template and analytic framework

Coding method	Initial category	Codes	Final themes and sub-themes
Developed a priori	Attitudes	<ul style="list-style-type: none"> Attitudes towards anxiety management (importance of role) Attitudes towards CBT self-help approach (advantages/disadvantages) Acceptability (intention to use) 	<p>Theme 1: 'The value of a CBT self-help resource'</p> <p>'Anxiety management: an important part of our role'</p> <p>'Benefits of using a self-help resource'</p>
	Past behaviour / experience	<ul style="list-style-type: none"> Past experience (using self-help tools, managing dental anxiety) 	
	Subjective norms	<ul style="list-style-type: none"> Expectations of others (e.g. parents/carers, children, peers) and importance of these expectations 	<p>Theme 2: 'Patient suitability and engagement'</p> <p>'Parental involvement: beneficial but not essential'</p>
	Perceived behavioural control related to use of resource	<ul style="list-style-type: none"> Confidence to use self-help resource Barriers/difficulties Facilitators 	
Data-driven	Understanding change	<ul style="list-style-type: none"> Care/personalities Communication 	<p>Theme 3: 'Using the resource in the real world'</p> <p>'Confidence'</p> <p>'A viable management approach?'</p> <p>Theme 4: 'The whole package'</p> <p>'Communication and care'</p>