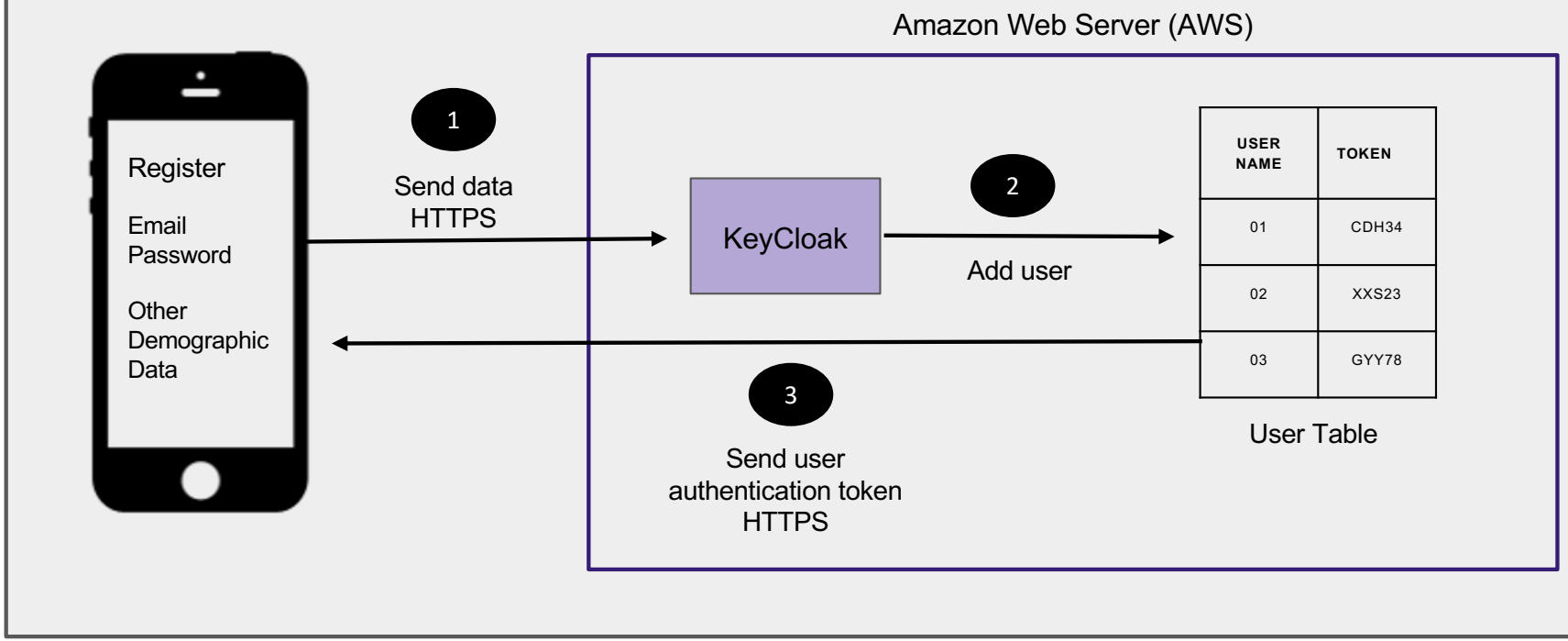
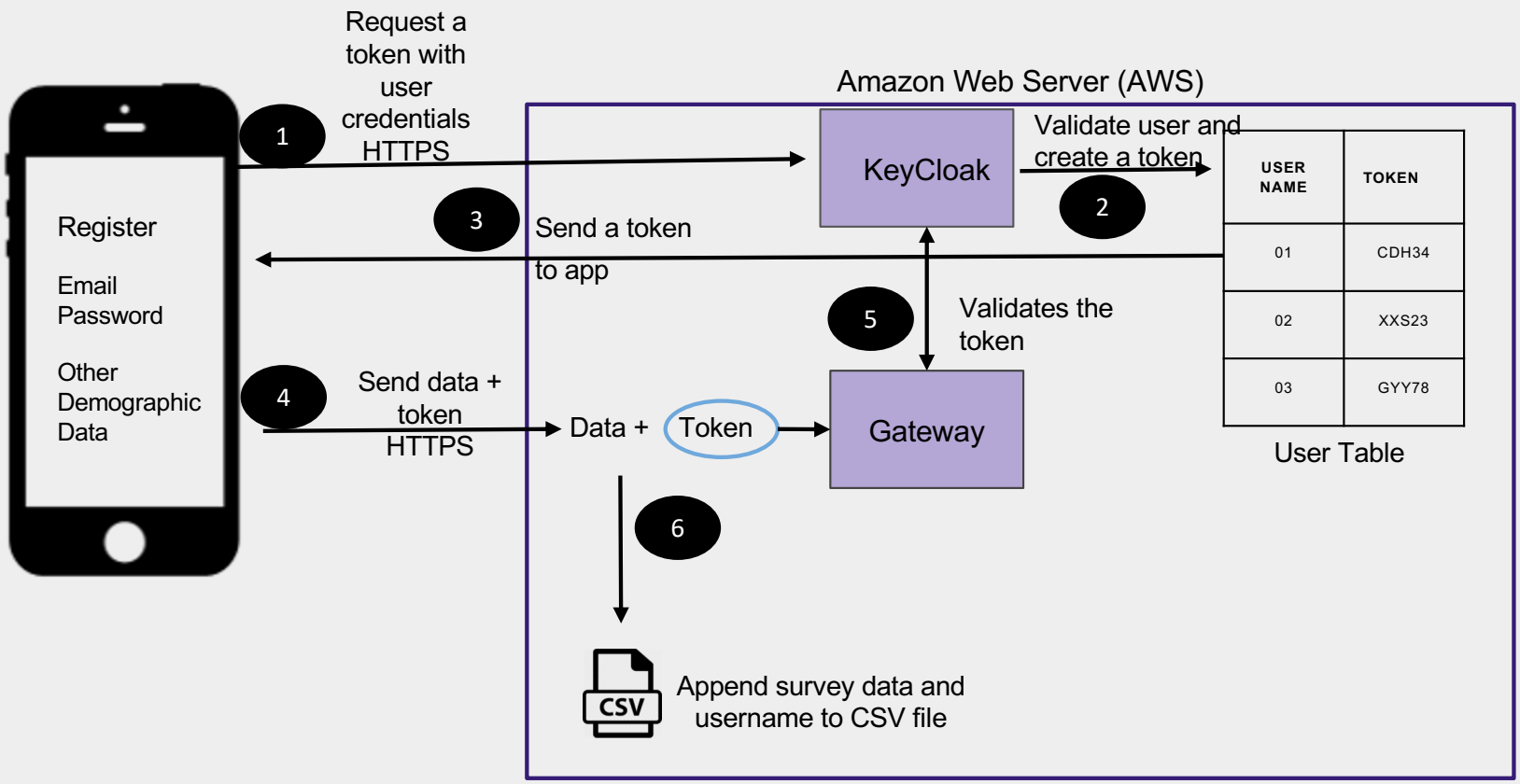
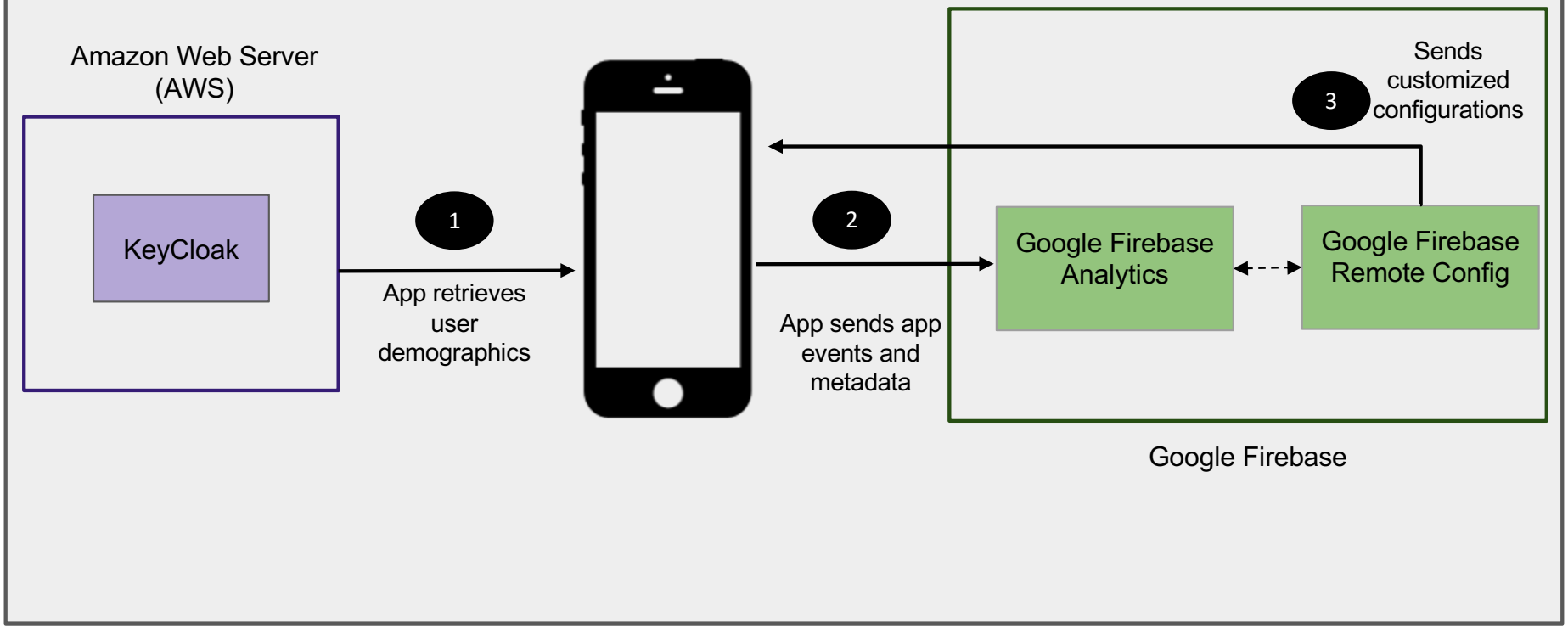
1. Participant Registration



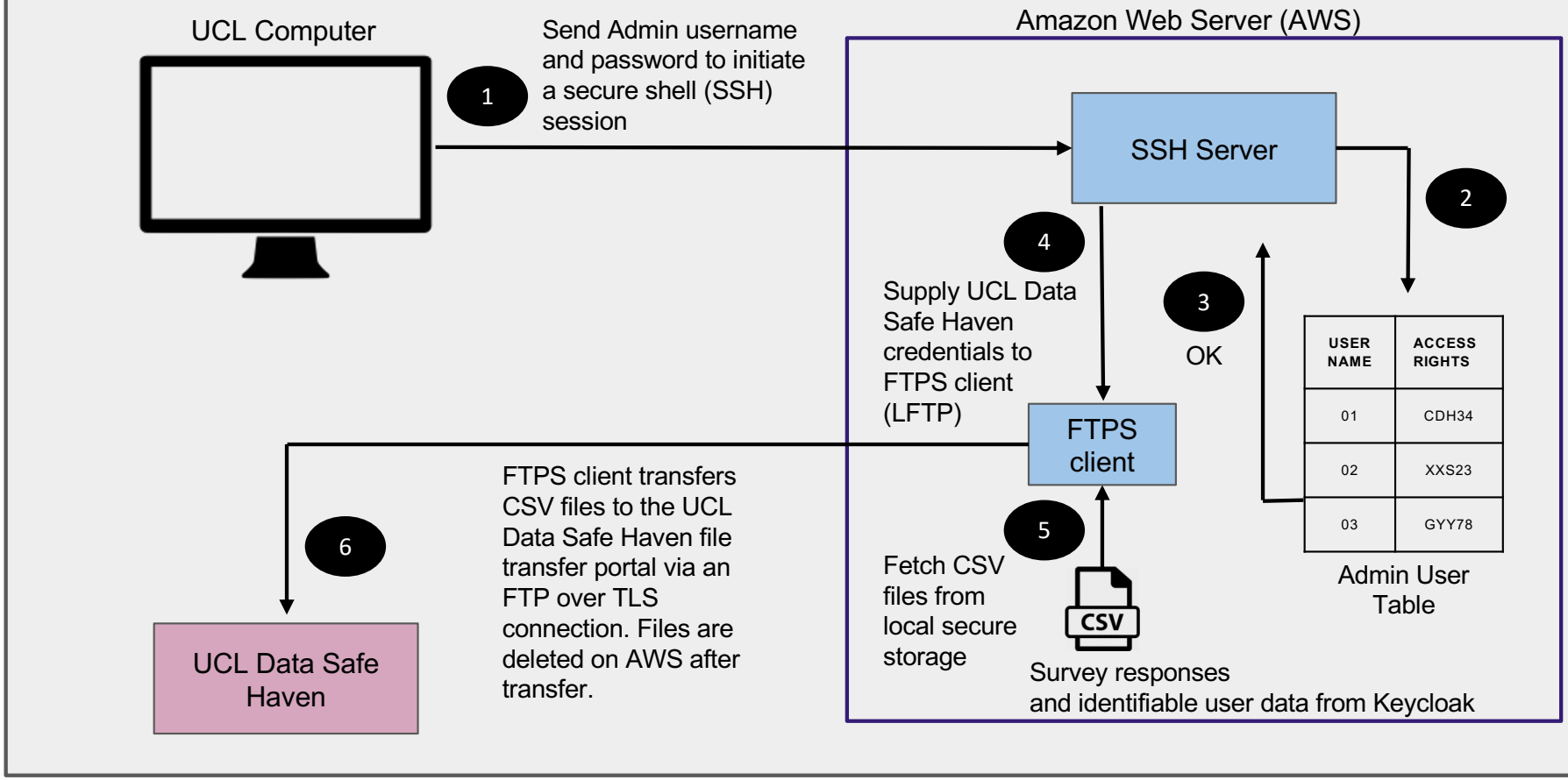
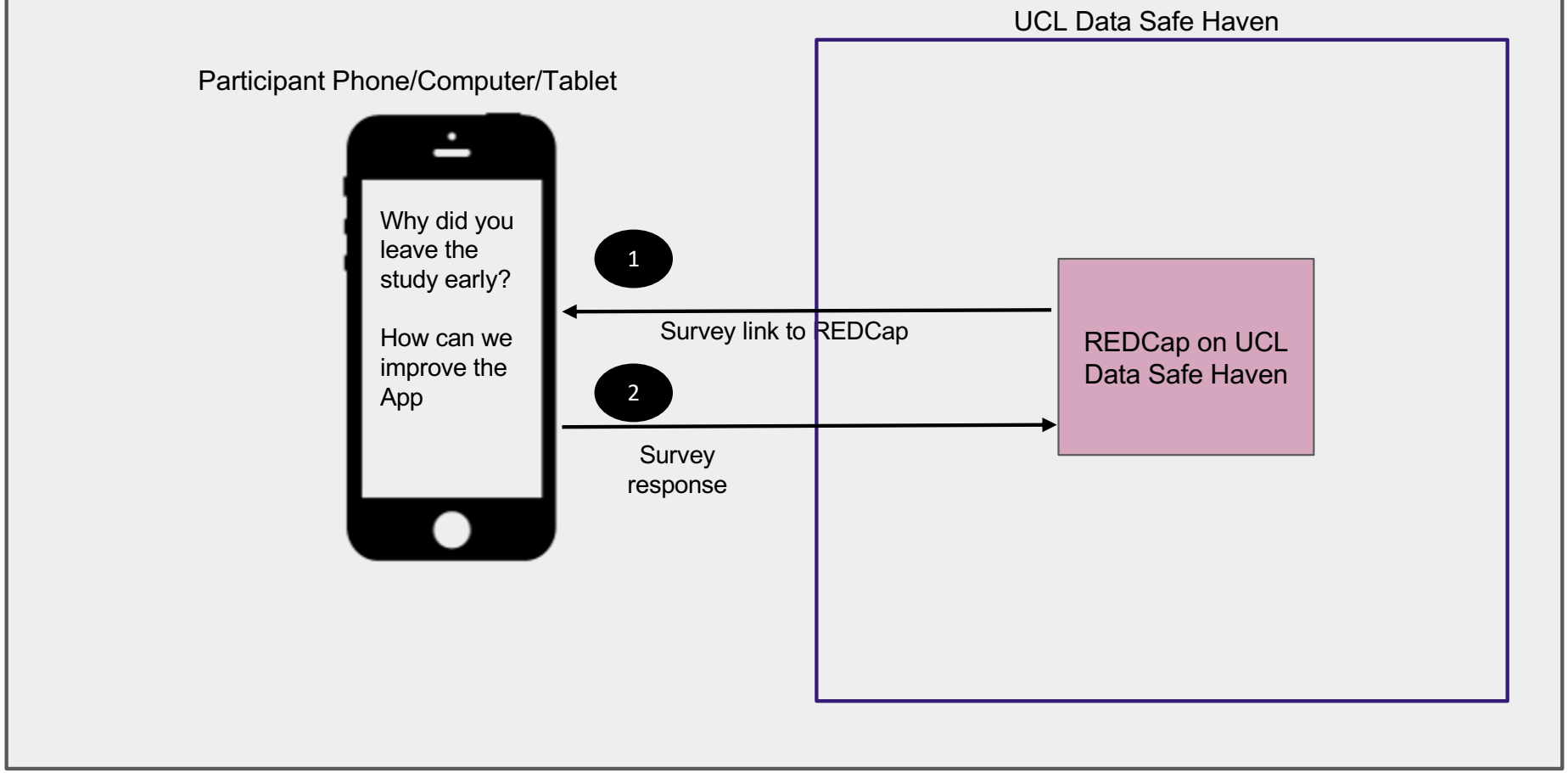
2. Sending Survey Data



3. Sending Survey Notifications (Micro-randomised process evaluations)



4. Data Extraction by Researchers



5. REDCap follow up survey