Supplementary File 4. Process and implementation outcomes (according to the RE-AIM framework)

Outcome	Remarks	Data source
Reach:		
Proportion and **representativeness** of individuals receiving the intervention (individual level)		
Rate of BSH users invited to participate	# BSH users invited / # BSH users among all patients of the participating GPs	GPs' records
Rate of refusals, with reasons	# BSH users invited but refused participation / # BSH users invited	GPs' records
Rates of patient drop-outs and losses-to-follow up, with reasons	# BSH users included but not followed up for 6 months / # BSH users included	SC's records
Patients' characteristics and representativeness	To be compared with refusals and with Swiss health census data	Patients' records
Efficacy:		
Success rates of the intervention (incl. **satisfaction outcomes**) under study conditions (individual level)		
BSH use change rates	Primary outcome	GPs' records
Rates of patients willing/refusing at T0 to change their BSH use	Secondary outcomes 1 & 2	GPs' records
Incidence rates of falls and other events between T0 and T1	Secondary outcome 3	GPs' records, patients' records
Mean changes from T0 to T1 in cognitive function levels, depressive symptoms, subjective sleep quality, anxiety symptoms, and quality of life	Secondary outcomes 4-8	Patients' records
Reasons for motivation to change BSH use and for successful change (facilitators)	Of GPs (T2) and patients (T1)	GPs' records
Reasons for refusing changes in BSH usuage and for failure to change BSH use (barriers)	Of GPs (T2) and patients (T1)	GPs' records
Usefulness of the patient support tool (decision-making guidance, tapering schedule, non-pharmaceutical alternative		Patients' records

treatments for insomnia), as perceived by patients		
Adoption:		
Proportion and **representativeness** of organizations willing to adopt the intervention, with consideration of **enablers and barriers** to adoption (organizational level)		
Rate of GPs invited to participate	# GPs invited / # total GPs eligible	SC's records,
Rate of GPs' refusals, with reasons	# GPs invited but refused participation / # GPs invited	SC's records
Dropout rate of GPs, with reasons	# GPs included but not delivering coaching / # GPs included	SC's records
GPs' characteristics and representativeness	To be compared to data from networks or professional associations of physicians, or from federal sources	GPs' records
Implementation:		
Extent to which the intervention is implemented under real world conditions: **Patient adherence** (individual level) and **adherence of staff to study protocol** ("protocol fidelity") (organizational level)		
Completeness/integrity of data reported by patients and GPs	From returned CRFs, logs etc.	SC's records
Usefulness of the patient support tool, as perceived by GPs		GPs' records
GPs' implementation fidelity	Adaptations made and inconsistencies incurred to the intervention during the ongoing study	GPs' records
GPs' reasons for implementation success or failure		GPs' records
Maintenance:		
Sustainability of intervention over time: **Relapse rate**s (individual level) and **integration of intervention into institutional routine** (organizational level)		
GPs' use of the support tool after T1		GPs' records
Recommendations to peers		GPs' records

GP(s) = general practitioner(s); SC = study center; T0 = initial consultation (patient-specific); T1 = 6 Months after T0 (patient-specific); T2 = 14 Months after First T0 (GP-specific).