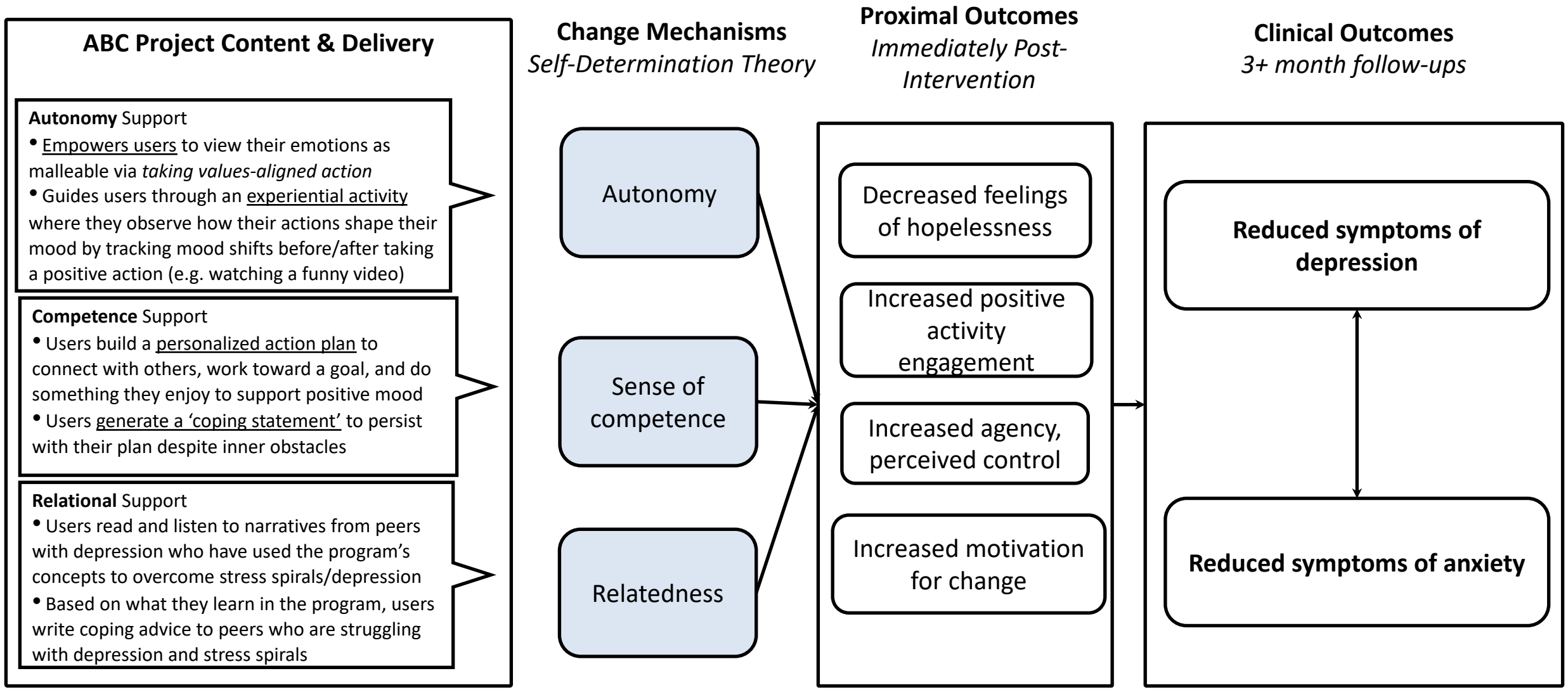ABC Project components, hypothesized change mechanisms, and proximal & clinical outcomes