

Engaging Teenagers in Asynchronous Online Groups to Design for Stress Management

Appendix B: Study protocol for online group design activities, exit interview, and surveys.

Online group design activities

-----WEEK 1-----

[ACTIVITY: INTRODUCTIONS]: @channel Let's begin by introducing ourselves! Send a message on this group with:

- (1) your name (some of us chose an alias so use that),
- (2) something you like to do for fun or hobbies,
- (3) an animal that you think is your spirit animal or favorite animal, and
- (4) share a meme or a quote on how stressful your week has been (you can search online/just add an image and write a quote in the message/just a quote)!

Click on the "+" sign on the left of the message box to add an image from "your computer". You can also always feel free to comment and/or react on each other's posts on Slack (Slack allows us to react with so many emojis!).

-----WEEK 2-----

[ACTIVITY, RECOGNIZING STRESS]: Hi all @channel! This week's activities are to help notice your physical and emotional reactions when you are stressed. It has the following 4 parts:

- (1) Watch this video from Ted-Ed on "_How stress affects the body_"(approximately 5 minutes): <https://www.youtube.com/watch?v=v-t1Z5-oPtU>
- (2) After watching the video, message and discuss your reaction to the video on the group: for example, what is a new thing you learned from it/something you could relate to from your experience with stress or something you disliked.
- (3) Message on group: what are some physical and emotional reactions that you have which make you recognize that you are stressed?
- (4) Draw what stress looks like to you and post a photo of your drawing on the group. It can look something like the monster on the video or something totally different (it does not have to be elaborate, you can also use text to describe what stress looks like to you).

These should take about 20 minutes in total. You don't have to do it all at once (e.g.; you see the video and message your reactions one day, observe your physical and emotional signs for some days then message that, and you can draw and post by the end of the week). I look

forward to reading your responses!! Also feel free to discuss, react, and respond to other's messages. :)

-----WEEK 3-----

[ACTIVITY, VALUES]: What you find meaningful can also be stressful. @channel there are 3 parts to activity for this week:

(1) *Value sorting*: From the list of values below, select *15 values* and sort them into 3 categories based on how important you think they are to you (add maximum of 5 values per category). The 3 categories are:

1. Very important to me (5 values)
2. Important to me (5 values)
3. Less important to me (5 values)

Share your sorted list as a message on this group. You can add your own values and define what it means to you but stick to the upper limit of 5 values per category.

----*List of Values:* -----

A value is what you believe is meaningful to you. Values can include but are not limited to:

- `1. DISCIPLINED -- being restrained and self controlled`
- `2. HEALTHY AND FIT -- soundness of body and mind.`
- `3. IN CONTROL`
- `4. ON TOP OF THINGS`
- `5. RESPONSIBLE`
- `6. ATHLETIC`
- `7. COMPETENT -- being productive, efficient and skillful`
- `8. CONFIDENT`
- `9. SPIRITUAL -- with God, self, religious beliefs.`
- `10. ENERGETIC`
- `11. ADVENTUROUS -- pursuing excitement and taking risks.`
- `12. SUCCESSFUL -- attainment of goals and aspirations.`
- `13. AUTONOMY -- being self-directing, self-reliant, and freedom in thought and lifestyle`
- `14. POPULARITY/FAME -- recognized and known for your contributions.`
- `15. CREATIVE -- being inventive, original and innovative`

- `16. ATTRACTIVE`
- `17. RELATIONSHIP WITH FAMILY—close relations and support of loved ones.`
- `18. FELLOWSHIP—having important relationships with friends.`
- `19. HUMOROUS -- being light-hearted, witty and funny`
- `20. KIND -- being helpful to others`
- `21. LEISURE -- entertainment, pleasure, relaxation and fun.`
- `22. FLEXIBILITY—being adaptable and able to change`
- `23. FORGIVENESS—being able to excuse and let go`
- `24. TOLERANCE—being open, accepting and patient`
- `25. OTHER? (add your own)`

(2) Next, list **5 or more activities that you do or want to do in your daily life that align with the values you chose in your list** (list the activity and corresponding values). Do these activities also stress you out? How? One activity can align with multiple values. _E.g., going to the gym aligns with my value of wanting to be healthy (it stresses me out when I don't feel like I have the time or feel low on energy)

(3) Conflicting values: Message on the group if there are values in your list that you think are in conflict. What are these conflicting values? Do any of these conflicts lead to your stress? How? _E.g., I value being healthy and being regular and I have to leave some tasks incomplete if I want to go to sleep on time. Leaving work incomplete is a difficult stressor for me. _

The activity should take about 20 minutes. Values can change over time and you can have many more values but the task is to sort, prioritize, and share them for now. Please feel free to comment, react, and discuss in group. Hoping you can complete this activity by next week (1/9). Thank you! :slightly_smiling_face:

-----WEEK 4-----

[ACTIVITY, ADVICE COLUMN]: Hi all! @channel Following are 7 scenarios for _fictional_ personas of teens who are in stressful situations. The activity is to **pick 5 scenarios**, post ideas or advice for the persona on how you think tools (e.g., digital technologies/apps, physical tools, paper-based tools) can be used to help them manage stress in each scenario. These tools can be something that you know of, have used yourself, or something you imagine but doesn't exist. The tools can be used by the main persona or anyone else in the scenario (e.g., a friend).

In your advice message, for each scenario, *add the number/name of the persona, describe the tool, who is using the tool, and how can the tool be used to manage stress in that situation.* One tool can be used in different scenarios. You can also draw and post a picture, but drawing is not mandatory. Also feel free to build off of each other's ideas and discuss.

-----Scenarios-----

- (1) Rosaline had a break up with her significant other with whom she had been together for a year.
- (2) Broc applied to 7 colleges and is waiting on hearing college decisions. So far, he has had 3 rejects in a row. He has 4 decisions remaining, but he is feeling anxious and stressed out, unable to concentrate much on his current work.
- (3) Sofia returned home late one night after shopping with friends and got into a conflict with her parents about who she should be hanging out with.
- (4) Francis was involved in a car accident but her family does not know, yet. No one was hurt but the car suffered significant damage. Her insurance is under her dad's name but she is afraid to inform her dad about this situation. She does not have finances to pay for the damage herself.
- (5) Gary is passionate about playing drums in the school band and they have a crucial live performance in 2 weeks. He has been doing good academically, but now he needs to put in extra hours for band practice and gym regularly to increase his physical stamina to play drums. He is trying to study late nights to finish weekly school assignments. He feels stressed about how he is going to make it through the two weeks.
- (6) Johanna wants to join the swimming team but feels conscious about her body image. She starts to skip food which also makes her feel tired most of the time, she is not attentive in school, and missing social activities with her friends.
- (7) Ian posted about his hobby on social media. He gets bullied and called names online by other students in school who are in his network. He does not feel like going to school and does not feel like he fits in.

Hope you can complete it by 1/17. It should take 20 minutes. Thank you! :slightly_smiling_face:

-----WEEK 5-----

[STRESS DIARY]: This week's activity is called **Stress Diary**. It is a personal daily diary entry online where each day you will have a different prompt for journaling about stress (3-5 minutes/day).

You need to go on the following link to complete one entry per day on **at least 4 days**:

<http://www.surveygizmo.com/s3/4042055/Stress-Diary>

The diary will be open from tonight, 12/4/2017 to 12/12/2017 night. Tonight and tomorrow will be the same prompt. We hope you can complete 4 entries at least on any 4 days of the week (including weekends).

It should take around **20 minutes**. It is optional to do the journal entry on more than 4 days if you think it is helpful and we are thankful for your time, but there won't be additional monetary compensation for the extra time.

The data from these diary entries will not be shared outside the research team. Let me know if you have questions. Thank you!

-----WEEK 6-----

[ACTIVITY: SUPPORT NETWORK MAP (15 min)]: There may be different people who can support us in different ways through stressful times. In this activity, map the type of support that you find helpful when you are stressed to who can you approach to receive that support. There are 3 parts:

First, from the following, pick the types of support you expect from others when you are stressed:

- (1) Informational support: practical advice or suggestions, providing resources and information, sharing their own experience
- (2) Logistical support: Helping me with chores or school work, driving me places, help me with planning or saving time
- (3) Companionship: holding me accountable, distraction, doing activities together
- (4) Emotional support: listens to me or I can vent to them, positivity/encouragement, validates/acknowledges how I feel, comforting.

You can modify these or add your own categories or subcategories.

Second, under each type of support you expect, list the people in your social network who you can approach for that support (if any). You can also include whom not to approach when you need one type of support (e.g. someone can be good at giving advice but bad at listening to you). One person can offer multiple types of support too.

Message your support network map on the group or email it to me if you don't want to post on group (you can draw it or type it out)

Third, if you feel like you need more support in a given area, message on the group: what are some things you might try to do to find more support there? What difficulties do you see in being able to grow your support network?

You can complete it by 2/5! Thank you! 😊

-----WEEK 7-----

[ACTIVITY, CUSTOM STRESS DIARY]: @channel This week's activity is to design and customize your own stress diary that you think is helpful.

The online custom diary is a blank text box and you can also upload images or other files as well. The only constraint is that your entry should be related to stress or stress management

Link to add your diary entries: <http://www.surveygizmo.com/s3/4097424/Custom-Stress-Diary>

Please complete entries on at least **4 days (3-5 minutes per day)**. Responses will not be shared outside research team without anonymizing.

I am attaching the document with 8 online stress diary prompts we used in week 5, if you want to refer or use it.

Some ideas: you can write about stress (current, past, future), write to stress, plan how you could manage it, vent/complaint, use prompts from last time, or design your own. You can write the entry when you feel stressed or when you find time. You can use the same prompt every day, use different prompts, or just free write, whatever is helpful to you! Thank you! 😊

-----WEEK 8-----

[ACTIVITY: There's an app for that!]: Hi all @channel! In this activity, use one mobile app or web based app related to stress management, mood, or mental health. Install and try out *one* free app (preferably, one that you have not used before) for 4-7 days and let us know your feedback on the app, after. Below, are suggested prompts for your feedback and a list of apps based on tools you shared and some others we know. You can pick one from the list or find one of your own choice.

We recommend spending 20 minutes to complete the activity. Message your feedback on Slack after 4-7 days.

---Prompts for feedback---

- (1) Which app did you choose and why?
- (2) When did you use this app? (e.g., set reminders, when stressed, while working)
- (3) What do you like in this app (if anything)? Why?
- (4) What do you not like in this app (if anything)? Why?
- (5) Do you want to continue using this app in the longer term? Why or why not?
- (6) What would you want to change in this app (if anything)?

-----List of apps-----

The app should be free of cost, but it may require you to send data. We will not have access to any data you send through the app and we want to know your feedback on your experience.

- (1) Mindfulness/meditation:

HeadSpace-- <https://www.headspace.com/headspace-meditation-app>

- (2) Time management/task management:

-- Wunderlist

(android):

<https://play.google.com/store/apps/details?id=com.wunderkinder.wunderlistandroid&hl=en>

(iphone) <https://itunes.apple.com/in/app/wunderlist-to-do-list-tasks/id406644151?mt=8>

-- SplenDO

(android): <https://play.google.com/store/apps/details?id=com.splendapps.splendo&hl=en>

(3) Connecting with listeners/professionals:

7CupsOfTea -- <https://www.7cups.com/> (note that you have to register and login for this by providing email and date of birth which they say is secure, we won't have access to that information or what you chat about)

(4) Calming/relaxing/distraction from stress:

-- Quiet space -- thequietplaceproject.com

-- I Love Hue: <http://i-love-hue.com/>

(5) Mood and mental health related apps:

-- Happify: for Stress & Worry

(iphone) <https://itunes.apple.com/us/app/happify-activities-games-for-stress-anxiety/id730601963?mt=8>

(android) <https://play.google.com/store/apps/details?id=com.happify.happifyinc&hl=en>

-- Pacifica: For Stress & Anxiety

(android): <https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica>

(iphone) <https://itunes.apple.com/us/app/pacifica-for-stress-anxiety/id922968861?mt=8>

-- Moods: Tracking for better mental health (iphone only) --

<https://itunes.apple.com/us/app/moods-tracking-for-better-mental-health/id1023271188?mt=8>

-- MindShift (anxiety)

(iphone) <https://itunes.apple.com/us/app/mindshift/id634684825?mt=8>

(android) <https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>

-- What's up: A mental health app

(android) <https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup>

(iphone) <https://itunes.apple.com/us/app/whats-up-a-mental-health-app/id968251160?mt=8>

(8) App ideas for in-the-moment support from a community or adult during distress: (these apps are not functional now, I think. So, you can watch the video/read the article and give feedback on the idea)

-- CodeBlue (https://www.youtube.com/watch?time_continue=4&v=1-8l5mtwvyE)

-- XPlan (<https://bertfulks.com/2017/02/23/x-plan-giving-your-kids-a-way-out-xplan/>)

-----WEEK 9-----

[ACTIVITY: Design Ideas]: Hi all @channel! In this activity, we seek your feedback on 4 design ideas for technologies that can be used with family for stress management. The ideas are at very early stage, presented as a story and some diagrams on how the technology might look like. Please feel free to critique them, provide us feedback and suggest ideas for what you think can be helpful for teens.

Below, there are 4 threads for each design idea and one discussion question. We encourage discussions so **please maintain one thread for each design idea**. (Please respond by clicking on "reply" under each thread). Spend about 3-4 minutes for feedback/discussion on each.

Click on "reply" or "replies" under each design idea, my first reply has link to 2 images under each thread (page 1 of 2 and page 2 of 2), please see both pages, then add your feedback as a reply. You can read all replies. It should take **20 minutes** for all and you can complete by next week (3/5). Thanks!

-----Suggested prompts for feedback on each design-----

- (1) What do you think can be helpful or what do you like about it (if anything)? Why?
- (2) What do you think can be unhelpful or what do you not like about it (if anything)? Why?
- (3) It does not have to be used with parent(s). Who would you rather use it with (if you would)?
- (4) What would you change about it (if anything)?

[Followed by links to four design ideas (Appendix C) hosted on Dropbox]

-----WEEK 10-----

[ACTIVITY: Codesign week]: Codesign means we design together and we consider you all to be experts of the teenager experience. Two parts to this codesign activity:

1. Post 3 design ideas: We ask you to post 3 design ideas for tools or means of support that you consider can be helpful for challenges that you or other teens have with stress management

and/or accessing social support when stressed (from a parent, trusted adult, counselor, peer, or family).

You can modify ideas from past weeks or make completely new ones. You can also answer the following prompts to write about challenges and what you expect for support on stress management,

"Current challenges with stress and/or social support...."

followed by,

"In my ideal world...." (what you expect)

It doesn't have to be technology: I learned that some of you do not favor the use of technology or app during communication and challenges still exist. In your ideas, you can brainstorm other ways to help the other person support you or find the support you need, e.g., who can be a conversation mediator if it is a person?

Spend about **5 minutes on each of the three ideas**. Your ideas can be simple drawings.

2. SWAP an idea: Finally, swap at least one idea that another person on the group posts, and provide feedback, discuss, and/or build on the idea(s). Spend about 5 minutes on this.

Total 20 min, and hope you can complete by 3/15. I look forward to your responses! Thank you!!



Exit Interview Protocol

40-60 minutes, \$15 compensation

Hi, is this [name]? I am [researcher name] from [University name] regarding the interview on teen stress study. Thank you for taking the time out! Is this still a good time to chat?

First, I will go over some information regarding the interview.

Interview will take 40-60 min. I would like to learn about your experience in the study and stress management.

Please share only what you are comfortable with. If you feel like you don't want to answer a question, you can feel free to let me know and we can move on. You can also let me know if you want to end the interview at any time or ask me questions anytime.

Is it okay if I audio record this interview? I will delete all identifying information (name, location) and recording will be transcribed anonymously.

Do you have any preference for an alias when you are quoted?

Reflection on Method

1. Have you used Slack before you joined the study? How was your experience using Slack? (probe: Compared to Facebook or other social network tools you use, notifications)
2. Overall, how was your experience in this study during the last 3 months? (probes: activity timing -- asynchronous nature, **activities**, exam/midterm time, flexibility)
 - a. When did you usually do the activities?
 - b. What do you think about the 20-minute time frame for each activity?
3. What would have made it an easier or better experience for you (if anything)? (timing, break)
4. Who would you recommend to participate in the study? Why? (your friends, other teens?)
5. Did you maintain any records of your responses for yourself and/or reflect on any responses, later? (e.g., paste or write in a diary or notes)
6. Imagine we had done this study face to face. What would change if anything? (probes: schedule, anonymity)

Dynamics of social interaction on group

7. On a scale of 1-5, how comfortable did you feel disclosing personal issues in the group? Why do give it that rating? What were your challenges in sharing? (probe: diary activities vs group sharing)
8. Did you read other's responses on the group (for activities in which feedback was not mandated)?
 - a. Did others' responses influence your thinking or your response? If so, how?

9. Did you feel like others responded to you on the group as much as you expected?
 - a. How can we make it so people on the group talk to each other more if you would like that?
10. Did you have any negative interactions you did not expect on the group? Please elaborate.
11. Did you have any positive interactions on the group that you did not expect? Please elaborate.
12. Do you think the study influenced your mental health in any way?
13. What does a “safe space” mean to you and how can one help create it? Do you think this space exists in your daily life?

On technology use:

14. What are some apps that you already use for health? (probe based on their responses in the online the study, e.g., planner app, 7 cups of tea).
15. What Social media tools do you use? Do you think they are source of stress or help you to manage stress? How so?
16. Which app did you pick and use in week 7 during the study? Did you use it over time after week 8?
17. When you are really stressed out whom or what do you turn to? What are your current challenges with stress?

Family and stress:

18. How do you primarily communicate with your parents related to stress?
 - a. During conflict or when stressed is there anything you wish that would be different?

(Note: If time permits, ask 19-21, else wrap up)

19. Do you think your parents mental health care or stress impacts you in anyway?
20. What is your advice to parents on helping teens in managing their stress?
21. Do you want to use journals or letters to communicate with your parents asynchronously or do you want to communicate face to face?
22. Anything else you would like to share with me regarding the study, stress and accessing social support for stress and mental health. (probe: other ideas, trailing thoughts)

Wrap up:

Do you have any questions for me or regarding the study?

Would you like to be contacted in future to provide feedback on iterations of the designs or their ideas?

Finally—please fill out a survey similar to what you answered upon entry on stress response scale and feedback on how helpful you found each of the activities. 5-10 min

Explain compensation.

Thank you!

Entry survey

Perceived Stress Scale

This is the entry survey for [anonymous university's] study on designing for adolescent stress management. These questions will help us understand perceived stress and communication level of teens with their parent or legal guardians. All questions in this survey are required except question 33. Answer what is true for you. The survey should take about **10-15 minutes**.

Contact: [anonymous]

The following 10 questions are to ask you about your feelings and thoughts during the last month. In each question, you will be asked to indicate by clicking how often you felt or thought a certain way.

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

1) In the last month, how often have you been upset because of something that happened unexpectedly?

*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

2) In the last month, how often have you felt that you were unable to control the important things in your life?

*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

3) In the last month, how often have you felt nervous and “stressed”?

*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

4) In the last month, how often have you felt confident about your ability to handle your personal problems?

*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

5) In the last month, how often have you felt that things were going your way?

*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

6) In the last month, how often have you found that you could not cope with all the things that you had to do?

*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

7) In the last month, how often have you been able to control irritations in your life?

*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

8) In the last month, how often have you felt that you were on top of things?*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

9) In the last month, how often have you been angered because of things that were outside of your control? *

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

10) In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?*

() 0: Never () 1: Almost Never () 2: Sometimes () 3: Fairly Often () 4: Very Often

11) What areas do you believe are the source of your stress? (you can select multiple options)*

[] Family

[] School

[] Work

[] Romantic relationships

[] Friends

[] Thinking about the future

[] Health

[] Finances

[] Self-image

[] Social media

[] Other (please specify): _____ *

Parent Adolescent Communication Scale

In the next 21 questions below, please indicate how much you agree or disagree with each of the following statements about the **general communication between you and your parent/guardian**.

Response choices:

1: Strongly Disagree , 2: Disagree, 3: Neither Agree Nor Disagree, 4: Agree, 5: Strongly Agree

12) Choose one parent or legal guardian that you are answering the following questions for, e.g. mom, dad, guardian.

Who is the parent/guardian you choose to answer these questions for? *

☐ Mother

☐ Father

☐ Other:: _____ *

13) I can discuss my beliefs with my parent/guardian without feeling restrained or embarrassed. *

☐ 1: Strongly Disagree ☐ 2: Disagree ☐ 3: Neither ☐ 4: Agree ☐ 5: Strongly Agree

14) Sometimes I have trouble believing everything my parent/guardian tells me. *

☐ 1: Strongly Disagree ☐ 2: Disagree ☐ 3: Neither ☐ 4: Agree ☐ 5: Strongly Agree

15) My parent/guardian is always a good listener.*

☐ 1: Strongly Disagree ☐ 2: Disagree ☐ 3: Neither ☐ 4: Agree ☐ 5: Strongly Agree

16) I am sometimes afraid to ask my parent/guardian for what I want.

*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

17) My parent/guardian has a tendency to say things to me which would be better left unsaid. *

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

18) My parent/guardian can tell how I'm feeling without asking. *

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

19) I am very satisfied with how my parent/guardian and I talk together.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

20) If I were in trouble, I could tell my parent/guardian.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

21) I openly show affection to my parent/guardian.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

22) When we are having a problem, I often give my parent/guardian the silent treatment.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

23) I am careful about what I say to my parent/guardian.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

24) When talking to my parent/guardian, I have a tendency to say things that would be better left unsaid.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

25) When I asked questions, I get honest answers from my parent/guardian.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

26) My parent/guardian tries to understand my point of view. *

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

27) There are topics I avoid discussing with my parent/guardian.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

28) I find it easy to discuss problems with my parent/guardian.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

29) It is very easy for me to express all my true feelings to my parent/guardian.*

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

30) My parent/guardian nags/bothers me. *

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

31) My parent/guardian sometimes insults me when she/he is angry with me. *

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

32) I don't think I can tell my parent/guardian how I really feel about some things. *

() 1: Strongly Disagree () 2: Disagree () 3: Neither () 4: Agree () 5: Strongly Agree

33) Any comments related to your answers above? (optional)

Thank you for taking our survey! If you have any questions, please contact me at [anonymous].

Exit survey

Perceived Stress Scale (same as entry survey)

Feedback on study activities

The following 12 questions are to ask about how helpful or unhelpful did you find the activities in this study. Comments are optional i.e., if you have any specific feedback about a particular activity.

11) Activity 1: Introductions and sharing stress memes *

() 0: Did not participate or do not remember () 1: Very unhelpful () 2: Somewhat unhelpful
() 3: Neither helpful nor unhelpful () 4: Somewhat helpful () 5: Very helpful

Comments:

12) Activity 2: Video on stress, sharing emotional and physical reactions to stress, and drawing how stress looks like to you*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

13) Activity 3: Ranking values and sharing activities that align with those values*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

14) Activity 4: Advice column: giving advice on stressful scenarios of fictional personas*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

15) Activity 5: Online stress diary with daily prompts*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

16) Activity 6: Creating a support network map (who do you ask for support and what type of support)*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

17) Activity 7: Custom stress diary (write about stress or stress management)*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

18) Activity 8: Trying out and providing feedback on existing mobile apps (e.g., Happify, Headspace)*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

19) Activity 9: Feedback on research teams' design ideas *

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

20) Activity 10: Sharing design ideas and codesign*

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

21) Optional activity: VENT Line to send messages and voice mails

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

22) Optional activity: Three good things (posting 1-3 good things)

☐ 0: Did not participate or do not remember ☐ 1: Very unhelpful ☐ 2: Somewhat unhelpful
☐ 3: Neither helpful nor unhelpful ☐ 4: Somewhat helpful ☐ 5: Very helpful

Comments:

Any suggestions on ways we can improve the study or activities (e.g., remove an activity/change it)

Would you recommend this study to someone else? Why or why not?*

Your Slack name*

Thank you! We are very grateful for your time and participation.

If you have any questions, please contact me at [researcher email].

Demographic survey

Following 10 questions are to gather your demographic information for research study on designing for teen stress management. All data will be anonymized.

1) What is your age? (rounded to the nearest whole number)*

2) What gender do you identify with?

☐ Female

☐ Male

☐ Non binary

☐ Other:: _____

☐ I do not wish to disclose

3) What is your race or ethnicity? (Check all that apply)

☐ I do not wish to disclose

- ☐ Asian
- ☐ Black or African American
- ☐ Native American or American Indian
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White
- ☐ Other:: _____

4) Are you Hispanic, Latino, or Spanish origin?

- ☐ Yes
- ☐ No

5) What type of area do you live in?

- ☐ Urban
- ☐ Sub urban
- ☐ Rural

6) Your current city/town

7) In which state do you currently live? (leave blank if not applicable)

8) In which country do you currently live?

9) What is your highest level of education?

- ☐ Less than high school
- ☐ High School degree or equivalent
- ☐ Some college education, but no degree
- ☐ College education with degree (Bachelor's level)
- ☐ Professional degree
- ☐ Graduate education
- ☐ Other:: _____

10) What type of school do you attend?

- ☐ Public High School
- ☐ Private High School
- ☐ Public University/College
- ☐ Private University/College
- ☐ Other - Write In: _____

11) Area of studies or work (e.g., major)? (optional)

12) What is your household income level?

- ☐ Less than \$20,000
- ☐ \$20,000 to \$34,999
- ☐ \$35,000 to \$49,999
- ☐ \$50,000 to \$74,999
- ☐ \$75,000 to \$99,999
- ☐ \$100,000 to \$149,999
- ☐ \$150,000 to \$199,999
- ☐ \$200,000 or more

☐ I do not wish to disclose

Thank you for taking our survey!