

## **Information on Survey**

### **Introduction**

Teenagers and young adults people often struggle with mental health difficulties, and often turn to the internet to look for information or reach out for help. However, it is not yet well understood how young people use the internet for help and information, and to what degree different online resources help in the process.

### **What is the purpose of the study?**

This study aims to understand how young people use online resources to tackle mental health issues. We aim to understand how different online platforms are used and what young adults search for.

This knowledge can help improve access to online resources and support for young people in the future.

### **Do you have to take part?**

No, you are not obliged to take part in the study as participation is voluntary. However, participants must be over the age of 16 to participate in the study. If you decide to take part and change your mind during the study, you have the right to withdraw at any time without providing reason.

### **What will you do?**

The questionnaire will ask you to provide some demographic data and then follow up with questions on your current and past experience with mental health issues. Afterwards, you will be asked about the online resources you use and for what purposes you use them.

Most questions will request answers in a multiple-choice format, where you can tick as many answers as apply. In addition to these provided answers, you can always add your own answers. Some questions will ask for free text entry.

### **What happens to the information provided?**

Responses to the questionnaire will be completely anonymous so there will be no connection between you and the information you provide. This also means that once you have completed the questionnaire, you will be unable to withdraw your data as it cannot be traced back to you. Your responses will be combined with those of the other participants and analysed accordingly. The results of the research might be published in a peer-reviewed journal or conference proceedings.

Only members of the research team will have access to the anonymised questionnaire responses. Data will be stored on password-protected cloud services or devices until the project completion date. After this, the anonymised data will be transferred to the University Repository where it will be available for potential use in future research.

**What are the potential risks?**

We are asking about mental health issues and diagnoses, present and past. If you are painfully affected by these experiences, it is possible that this questionnaire may aggravate these feelings. Should you experience any adverse thoughts or feelings in response to any of the questions asked, we have provided contact details and online links to support you.

**Samaritans:** phone 116 123 or visit <https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/>

**Breathing Space:** phone 0800838587 or visit <https://breathingspace.scot>

Additionally, we advise contacting your local GP for support if you are experiencing ongoing concerns.

**What happens next?**

If you are willing to participate in the study, please click \*Next\* at the bottom of the page, where you will proceed to a consent form. After providing consent you will be presented with questions, predominantly multiple choice with several options, but also text entry fields. After completing the study, you will be thanked.

**Who can you contact?**

If you wish to find out more and/or have any questions prior, during or after completion of the study, please find contact details of the researchers below:

Patrizia Di Campli San Vito (Study Lead): [Patrizia.DiCampliSanVito@glasgow.ac.uk](mailto:Patrizia.DiCampliSanVito@glasgow.ac.uk)  
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