

#1

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 10:00:16 AM
Last Modified: Wednesday, July 10, 2019 10:03:31 AM
Time Spent: 00:03:14
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Facebook Messenger,
Skype,
WhatsApp****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**
 ,
Reading blogs from people with a similar experience to mine
 ,
Mental health memes ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#2

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 10:01:10 AM
Last Modified: Wednesday, July 10, 2019 10:04:09 AM
Time Spent: 00:02:59
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?**27-34****Q3** What gender do you identify as? (You may select more than one option)

Female,
 Other (please specify):
 cisgender

Q4 Do you identify as (Tick as many as applicable)

Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual)

Q5 Do you speak a language other than English at home?**No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest,
LinkedIn,
YouTube

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Twitter**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

- Share your story/Post about your own mental health online (incl. support groups and vlogs)**
- ,
- Learn from others/Read about others mental health (incl. support groups and vlogs)**
- ,
- Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Watching videos or reading articles from professionals** ,
- Watching videos from people with a similar experience to mine**
- ,
- Mental health memes** ,
- Advocacy - highlighting issues important to me** ,
- Learning more about professional services** ,
- Sharing articles about mental health** ,
- Sharing inspirational quotes** ,
- Looking for self-care techniques** ,
- Sharing things that have helped with your own mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#3

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 10:06:43 AM
Last Modified: Wednesday, July 10, 2019 10:12:59 AM
Time Spent: 00:06:15
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Respondent skipped this question****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger,
Pinterest,
Skype,
WhatsApp****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Facebook Messenger,
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Advocacy - highlighting issues important to me**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I have had to report advertising that I feel is detrimental to my mental health (usually around dieting and body image). I have found it helpful to be conscious in my decisions over which pages to follow, and to try and avoid seeing too many unrealistic pictures and stories on a daily basis. For me avoiding social media is generally the best thing for my mental health! But I appreciate that for a lot of people social media is a way of accessing information, sharing stories and connecting with like minded people.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#4

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 10:14:43 AM
Last Modified: Wednesday, July 10, 2019 10:21:52 AM
Time Spent: 00:07:09
IP Address: 118.211.84.164

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Tumblr,
Skype,
LinkedIn,
YouTube

Q7 How often do you check social media? **A few times a day**

Q8 How often do you post to social media (including stories)

Every other day

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Twitter

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,
Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine ,
Reading blogs from people with a similar experience to mine ,
Mental health memes ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health ,
Other (please specify):
Researching helpful apps

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I think that social media is a great outlet for people. It's not only being able to research, learn and discover but also some people find it very cathartic to share their story. Personally, I don't share my story online anywhere but I definitely find comfort in reading and exploring other people's journeys. It gives me a sense of community when I can say "it sucks that that happened to you. It must have been so hard" but also "the way you have dealt with it will help me" in the very same sentence. Being able to hear a vast number of experiences and recovery strategies is so supportive.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#5

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 10:15:55 AM
Last Modified: Wednesday, July 10, 2019 10:29:01 AM
Time Spent: 00:13:05
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Respondent skipped this question****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, WhatsApp, YouTube**

Q7 How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook Messenger,**
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Mental health memes ,
Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I have consciously changed my use of social media over the last few months as I was concerned I was spending too much time on social media and that this was impacting me negatively (anxiously checking it), comparing myself to others --> feeling isolated and depressed. I unfollowed a lot of pages/ people who I felt were damaging to my self-view (posting unrealistic photos/ experiences) and I started to follow pages/ people who I felt I connected more with around messages that spoke to me around mental health. I stopped reading articles that focussed on the failings/ systemic problems of mental health services and instead started to engage more with solutions/ suggestions for change and sharing lived experience of hope. I also maintained my use of Whatsapp and facebook messenger as platforms I could use to reach out to friends and family when I was needing support and to share memes/ gifs and other messages of hope. I think creating some healthy boundaries for myself has helped me to feel more positive and occupy a safer, stronger mental space.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#6

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 10:31:13 AM
Last Modified: Wednesday, July 10, 2019 10:36:20 AM
Time Spent: 00:05:06
IP Address: 193.115.100.217

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Respondent skipped this question****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Facebook Messenger,
Pinterest,
 Other (please specify):
 Strava

Q7 How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms

Facebook,
Facebook Messenger,
Other (please specify):
Strava

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Advocacy - highlighting issues important to me ,

Sharing articles about mental health ,

Sharing inspirational quotes ,

Sharing things that have helped with your own mental health

,

Other (please specify):

Posting snippets from my lived experience with an emphasis on recovery, strengths and hope that may help others

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Strongly agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Because I work in mental health and operate within a Lived Experience role, I choose to not follow/read lots of other stories, mental health pages etc. Part of my self-care after hours is being a human being and leaving the mental health stuff for work time :)

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#7

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 11:38:50 AM
Last Modified: Wednesday, July 10, 2019 11:43:12 AM
Time Spent: 00:04:21
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Person of colour****Q5** Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
Cantonese and Marinade

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest,
WhatsApp,
YouTube,
 Other (please specify):
 WeChat

Q7 How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals ,**
Advocacy - highlighting issues important to me ,
Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

N/A

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#8

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 12:13:43 PM
Last Modified: Wednesday, July 10, 2019 12:45:45 PM
Time Spent: 00:32:02
IP Address: 49.255.132.14

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Respondent skipped this question****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, LinkedIn, WhatsApp****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#9

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 9:59:41 AM
Last Modified: Wednesday, July 10, 2019 5:13:37 PM
Time Spent: 07:13:56
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

aus

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Respondent skipped this question****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest,
WhatsApp****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Snapchat,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Sharing articles about mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#10

COMPLETE

Collector: Mobile Link (Web Link)
Started: Wednesday, July 10, 2019 7:58:00 PM
Last Modified: Wednesday, July 10, 2019 8:00:52 PM
Time Spent: 00:02:51
IP Address: 60.225.198.115

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, Pinterest, LinkedIn****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
,
Reading blogs from people with a similar experience to mine
,
Being involved with a support group or forum,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#11

COMPLETE

Collector: Mobile Link (Web Link)
Started: Wednesday, July 10, 2019 8:00:10 PM
Last Modified: Wednesday, July 10, 2019 8:02:21 PM
Time Spent: 00:02:10
IP Address: 49.178.8.111

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest,
Discord,
Skype,
LinkedIn,
MySpace,
YouTube

Q7 How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Every other day

Q9 Please check your 3 favourite social media platforms

**Facebook,
Instagram,
Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#12

COMPLETE

Collector: Mobile Link (Web Link)
Started: Wednesday, July 10, 2019 8:16:04 PM
Last Modified: Wednesday, July 10, 2019 8:22:24 PM
Time Spent: 00:06:20
IP Address: 1.158.172.34

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest,
Skype****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **A few times a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine
,

Reading blogs from people with a similar experience to mine
,

Posting videos about my experience ,

Being involved with a support group or forum,

Chatting one-to-one with someone who has had a similar experience
,

Mental health memes ,

Advocacy - highlighting issues important to me ,

Sharing articles about mental health ,

Sharing inspirational quotes ,

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Neutral

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Social media helps me feel connected. It reduced my feelings of isolation when I was out of circulation due to being unwell.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#13

COMPLETE

Collector: Mobile Link (Web Link)
Started: Wednesday, July 10, 2019 8:32:45 PM
Last Modified: Wednesday, July 10, 2019 8:36:38 PM
Time Spent: 00:03:53
IP Address: 14.2.13.26

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

**Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Tumblr,
Skype,
LinkedIn,
WhatsApp,
YouTube**

Q7 How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

- Share your story/Post about your own mental health online (incl. support groups and vlogs)**
- ,
- Learn from others/Read about others mental health (incl. support groups and vlogs)**
- ,
- Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis** ,
- Watching videos or reading articles from professionals** ,
- Watching videos from people with a similar experience to mine**
- ,
- Chatting one-to-one with someone who has had a similar experience**
- ,
- Advocacy - highlighting issues important to me** ,
- Sharing articles about mental health** ,
- Sharing things that have helped with your own mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#14

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, July 10, 2019 8:32:25 PM
Last Modified: Wednesday, July 10, 2019 8:37:02 PM
Time Spent: 00:04:37
IP Address: 49.189.241.69

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
LinkedIn,
WhatsApp,
YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Twitter,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Writing blogs about my experience ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I use different platforms for different things. I don't use a Facebook to talk about mental health as my Facebook friends are not overly responsive and are very judgemental. I use Twitter all the time for mental health related content and can access people with diverse views and experiences that I wouldn't be able to on my private Facebook.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#15

COMPLETE

Collector: Mobile Link (Web Link)
Started: Wednesday, July 10, 2019 11:10:30 PM
Last Modified: Wednesday, July 10, 2019 11:14:30 PM
Time Spent: 00:03:59
IP Address: 124.169.224.243

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, LinkedIn, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Respondent skipped this question**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#16

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Thursday, July 11, 2019 9:46:00 AM
Last Modified: Thursday, July 11, 2019 9:51:00 AM
Time Spent: 00:05:00
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, LinkedIn, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Reading blogs from people with a similar experience to mine
,
Writing blogs about my experience ,
Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#17

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 11:49:14 AM
Last Modified: Thursday, July 11, 2019 11:52:14 AM
Time Spent: 00:03:00
IP Address: 49.178.73.177

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Aboriginal****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, YouTube****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos from people with a similar experience to mine
 ,
Reading blogs from people with a similar experience to mine
 ,
Being involved with a support group or forum,
Mental health memes ,
Sharing articles about mental health ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No thanks

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#18

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 11:53:44 AM
Last Modified: Thursday, July 11, 2019 11:58:46 AM
Time Spent: 00:05:02
IP Address: 202.144.170.191

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Twitter, Facebook Messenger, LinkedIn, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms

Facebook,
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Asking for help,
Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
 ,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Social media is an extremely valuable resource, especially when your situation is uncommon, and there may not be enough need in your physical local area to fund services or a support group.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#19

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 11:59:04 AM
Last Modified: Thursday, July 11, 2019 12:02:03 PM
Time Spent: 00:02:59
IP Address: 120.20.99.15

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger,
Snapchat,
YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine
,

Reading blogs from people with a similar experience to mine
,

Posting videos about my experience ,

Being involved with a support group or forum,

Chatting one-to-one with someone who has had a similar experience
,

Mental health memes ,

Advocacy - highlighting issues important to me ,

Learning more about professional services ,

Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#20

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 11:55:03 AM
Last Modified: Thursday, July 11, 2019 12:02:57 PM
Time Spent: 00:07:54
IP Address: 220.244.237.31

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

35-44

Q3 What gender do you identify as? (You may select more than one option)

Trans or gender-diverse

Q4 Do you identify as (Tick as many as applicable)

Living with a disability,
 Sexually diverse (e.g. lesbian, gay, bisexual),
 Trans or gender diverse

Q5 Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
 Instagram,
 Facebook Messenger,
 Pinterest

Q7 How often do you check social media?

A few times a day

Q8 How often do you post to social media (including stories)

Once a week

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Being involved with a support group or forum,
Advocacy - highlighting issues important to me ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face
☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health
☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#21

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:04:47 PM
Last Modified: Thursday, July 11, 2019 12:09:28 PM
Time Spent: 00:04:41
IP Address: 101.116.36.134

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

23-26

Q3 What gender do you identify as? (You may select more than one option)Non-binary,
Trans or gender-diverse**Q4** Do you identify as (Tick as many as applicable)Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse**Q5** Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Tumblr,
Pinterest,
Skype,
LinkedIn,
YouTube

Q7 How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Every other day

Q9 Please check your 3 favourite social media platforms

**Facebook,
Instagram,
Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Reading blogs from people with a similar experience to mine
- Asking for help,
- Being involved with a support group or forum,
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆ Strongly agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

It's easy to fall into a depressive scroll spiral so even though support groups are positive I find overall social media isn't good for me

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#22

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:10:36 PM
Last Modified: Thursday, July 11, 2019 12:13:32 PM
Time Spent: 00:02:55
IP Address: 58.111.252.208

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?**65+****Q3** What gender do you identify as? (You may select more than one option)**Female****Q4** Do you identify as (Tick as many as applicable)**Living with a disability****Q5** Do you speak a language other than English at home?**No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)**Facebook,
Instagram,
Facebook Messenger,
Pinterest,
YouTube****Q7** How often do you check social media?**Constantly****Q8** How often do you post to social media (including stories)**Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,

Being involved with a support group or forum

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#23

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:09:08 PM
Last Modified: Thursday, July 11, 2019 12:14:36 PM
Time Spent: 00:05:27
IP Address: 1.144.111.172

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **Aboriginal****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Instagram,
Twitter,
LinkedIn,
WhatsApp****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Twitter,**
LinkedIn,
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals ,

Being involved with a support group or forum

Advocacy - highlighting issues important to me ,

Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Advocacy for Legislative changes to various Acts that remove a person's choice & freedom.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#24

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:12:32 PM
Last Modified: Thursday, July 11, 2019 12:16:51 PM
Time Spent: 00:04:19
IP Address: 58.174.200.93

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Male,
Non-binary****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Facebook Messenger,
Snapchat,
Pinterest,
Discord,
WhatsApp,
YouTube****Q7** How often do you check social media? **Several times a
day**

Q8 How often do you post to social media (including stories)

Once a week

Q9 Please check your 3 favourite social media platforms

Facebook,
Facebook Messenger,
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

,

Watching videos or reading articles from professionals

,

Watching videos from people with a similar experience to mine

,

Reading blogs from people with a similar experience to mine

,

Mental health memes

,

Advocacy - highlighting issues important to me

,

Sharing inspirational quotes

,

Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#25

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:13:34 PM
Last Modified: Thursday, July 11, 2019 12:17:36 PM
Time Spent: 00:04:01
IP Address: 1.124.107.162

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? 12-17**Q3** What gender do you identify as? (You may select more than one option) Non-binary**Q4** Do you identify as (Tick as many as applicable) Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse**Q5** Do you speak a language other than English at home? No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Tumblr,
Pinterest,
Skype,
YouTube**Q7** How often do you check social media? Once a day

Q8 How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis,
Watching videos from people with a similar experience to mine,
Being involved with a support group or forum,
Mental health memes,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

N/A

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#26

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:28:11 PM
Last Modified: Thursday, July 11, 2019 12:32:53 PM
Time Spent: 00:04:41
IP Address: 124.191.105.104

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **65+****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Pinterest, LinkedIn, WhatsApp, YouTube****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
LinkedIn

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals**,
Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#27

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:39:11 PM
Last Modified: Thursday, July 11, 2019 12:41:52 PM
Time Spent: 00:02:41
IP Address: 120.20.198.67

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? 12-17**Q3** What gender do you identify as? (You may select more than one option) Male, Trans or gender-diverse**Q4** Do you identify as (Tick as many as applicable) Living with a disability, Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse**Q5** Do you speak a language other than English at home? No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) Facebook, Instagram, Twitter, Facebook Messenger, Tumblr, Pinterest, YouTube**Q7** How often do you check social media? Every other day

Q8 How often do you post to social media (including stories)

Once a week

Q9 Please check your 3 favourite social media platforms

Facebook, Instagram, Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

Watching videos or reading articles from professionals

Mental health memes

Advocacy - highlighting issues important to me

Learning more about professional services

Sharing articles about mental health

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#28

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:46:38 PM
Last Modified: Thursday, July 11, 2019 12:49:48 PM
Time Spent: 00:03:09
IP Address: 120.147.142.191

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week****Q9** Please check your 3 favourite social media platforms **Facebook, Facebook Messenger, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

Watching videos or reading articles from professionals

Watching videos from people with a similar experience to mine

,

Being involved with a support group or forum,

Mental health memes

Advocacy - highlighting issues important to me

Learning more about professional services

Sharing articles about mental health

Sharing inspirational quotes

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#29

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:51:51 PM
Last Modified: Thursday, July 11, 2019 12:55:19 PM
Time Spent: 00:03:28
IP Address: 14.200.99.46

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, LinkedIn, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos from people with a similar experience to mine
 ,
Asking for help,
Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
 ,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Social can be helpful but it can also do untold amounts of damage. Like in life, you must choose your friends (groups, pages) wisely

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#30

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:57:57 PM
Last Modified: Thursday, July 11, 2019 1:01:01 PM
Time Spent: 00:03:04
IP Address: 120.20.195.75

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Non-binary****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger,
Tumblr,
YouTube****Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Tumblr,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals**,
Watching videos from people with a similar experience to mine
,
Mental health memes,
Advocacy - highlighting issues important to me

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face
☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

N/A

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#31

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 12:59:56 PM
Last Modified: Thursday, July 11, 2019 1:03:34 PM
Time Spent: 00:03:38
IP Address: 58.109.176.93

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

Respondent skipped this question

Q3 What gender do you identify as? (You may select more than one option)

Female

Q4 Do you identify as (Tick as many as applicable)

Respondent skipped this question

Q5 Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
 Instagram,
 Twitter,
 Facebook Messenger,
 Snapchat,
 Pinterest,
 YouTube

Q7 How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Once a day

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Reading blogs from people with a similar experience to mine
 ,
Writing blogs about my experience ,
Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
 ,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing things that have helped with your own mental health

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I share my story however it has caused issues with people from work seeing it and assuming I am not capable at doing my job

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#32

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:06:57 PM
Last Modified: Thursday, July 11, 2019 1:09:26 PM
Time Spent: 00:02:28
IP Address: 58.174.142.225

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?**27-34****Q3** What gender do you identify as? (You may select more than one option)**Non-binary,**

Other (please specify):

Genderqueer, bigender, genderflux

Q4 Do you identify as (Tick as many as applicable)**Living with a disability,****Sexually diverse (e.g. lesbian, gay, bisexual),****Trans or gender diverse****Q5** Do you speak a language other than English at home?**No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)**Facebook,****Instagram,****Twitter,****Facebook Messenger,****Tumblr,****Pinterest,****YouTube**

Q7 How often do you check social media?

Several times a day

Q8 How often do you post to social media (including stories)

Once a week

Q9 Please check your 3 favourite social media platforms

**Facebook,
Facebook Messenger,
Tumblr**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Reading blogs from people with a similar experience to mine
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Sharing articles about mental health
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆ Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#33

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:06:37 PM
Last Modified: Thursday, July 11, 2019 1:11:24 PM
Time Spent: 00:04:47
IP Address: 121.213.186.18

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Pinterest, Skype, LinkedIn, WhatsApp, YouTube****Q7** How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook, Facebook Messenger, WhatsApp**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**, **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis**, **Watching videos or reading articles from professionals**, **Sharing inspirational quotes**, **Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful **Neutral**

Q14 I want to help other people who have had similar experiences to me **Agree**

Q15 It is easier talking about mental health online compared to face to face **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#34

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:13:21 PM
Last Modified: Thursday, July 11, 2019 1:16:39 PM
Time Spent: 00:03:18
IP Address: 1.124.111.95

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**,
Sharing inspirational quotes,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#35

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:14:51 PM
Last Modified: Thursday, July 11, 2019 1:18:00 PM
Time Spent: 00:03:09
IP Address: 49.178.13.165

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger,
Reddit,
YouTube****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Reddit

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Reading blogs from people with a similar experience to mine
 ,
Mental health memes ,
Advocacy - highlighting issues important to me

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#36

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:14:00 PM
Last Modified: Thursday, July 11, 2019 1:21:27 PM
Time Spent: 00:07:26
IP Address: 124.184.68.145

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Snapchat,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**
,
Mental health memes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Social media is terrible for mental health, I think we would all be far better of without it.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#37

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:24:37 PM
Last Modified: Thursday, July 11, 2019 1:27:21 PM
Time Spent: 00:02:44
IP Address: 60.225.143.37

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest, Skype, YouTube****Q7** How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Instagram, Facebook Messenger, Snapchat**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes, Advocacy - highlighting issues important to me**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
 ☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
 ☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me
 ☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face
 ☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health
 ☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#38

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:34:57 PM
Last Modified: Thursday, July 11, 2019 1:38:19 PM
Time Spent: 00:03:21
IP Address: 101.177.209.81

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

18-22

Q3 What gender do you identify as? (You may select more than one option)

Trans or gender-diverse

Q4 Do you identify as (Tick as many as applicable)Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse**Q5** Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Tumblr,
Pinterest,
YouTube**Q7** How often do you check social media?

Several times a day

Q8 How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook, Tumblr, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**, **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**, **Reading blogs from people with a similar experience to mine**, **Writing blogs about my experience**, **Mental health memes**, **Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful **Strongly disagree**

Q14 I want to help other people who have had similar experiences to me **Disagree**

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Strongly disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Avoiding social media helps with my mental health.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#39

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:36:21 PM
Last Modified: Thursday, July 11, 2019 1:43:05 PM
Time Spent: 00:06:44
IP Address: 149.167.116.79

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Snapchat, Pinterest, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Snapchat,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I think social media has been a strong catalyst for my problems with my mental health and have found time without it has helped me more so. I believe social media has more of a negative impact than positive impact on mental health.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#40

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 1:40:56 PM
Last Modified: Thursday, July 11, 2019 1:43:43 PM
Time Spent: 00:02:46
IP Address: 58.174.190.21

Page 1: Demographics

Q1 What country are you living in? **Respondent skipped this question**

Q2 How old are you? **18-22**

Q3 What gender do you identify as? (You may select more than one option) **Male**

Q4 Do you identify as (Tick as many as applicable) **Trans or gender diverse**

Q5 Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Reddit, Tumblr, Discord, YouTube**

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook Messenger, Reddit, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Watching videos or reading articles from professionals**
- Watching videos from people with a similar experience to mine**
- Reading blogs from people with a similar experience to mine**
- Mental health memes**
- Learning more about professional services**
- Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#41

COMPLETE

Collector: Mobile Link (Web Link)
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Last Modified: Thursday, July 11, 2019 1:50:59 PM
Time Spent: 00:02:13
IP Address: 49.178.61.16

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Twitter, Facebook Messenger, Reddit, Discord, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Reddit,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals**,
Watching videos from people with a similar experience to mine,
Reading blogs from people with a similar experience to mine

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#42

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 2:34:27 PM
Last Modified: Thursday, July 11, 2019 2:41:13 PM
Time Spent: 00:06:46
IP Address: 121.45.16.169

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Several times a day****Q9** Please check your 3 favourite social media platforms **Facebook, Facebook Messenger, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#43

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 2:59:58 PM
Last Modified: Thursday, July 11, 2019 3:03:24 PM
Time Spent: 00:03:26
IP Address: 1.124.109.205

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? 12-17**Q3** What gender do you identify as? (You may select more than one option) Male, Trans or gender-diverse**Q4** Do you identify as (Tick as many as applicable) Living with a disability, Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse**Q5** Do you speak a language other than English at home? No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) Facebook, Instagram, Facebook Messenger, Snapchat, Tumblr, Pinterest, Discord, Skype, YouTube

Q7 How often do you check social media? **A few times a day**

Q8 How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook Messenger, Snapchat, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**, **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis**, **Watching videos or reading articles from professionals**, **Watching videos from people with a similar experience to mine**, **Asking for help**, **Being involved with a support group or forum**, **Chatting one-to-one with someone who has had a similar experience**, **Mental health memes**, **Sharing articles about mental health**, **Sharing inspirational quotes**, **Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#44

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 3:32:28 PM
Last Modified: Thursday, July 11, 2019 3:34:54 PM
Time Spent: 00:02:25
IP Address: 58.174.98.208

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

27-34

Q3 What gender do you identify as? (You may select more than one option)Male,
Trans or gender-diverse**Q4** Do you identify as (Tick as many as applicable)Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse**Q5** Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)Facebook,
Instagram,
Facebook Messenger,
Pinterest,
Discord**Q7** How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Every other day

Q9 Please check your 3 favourite social media platforms **Instagram,**
Facebook Messenger,
Discord

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine
,

Reading blogs from people with a similar experience to mine
,

Posting videos about my experience ,

Mental health memes ,

Advocacy - highlighting issues important to me ,

Learning more about professional services ,

Sharing articles about mental health ,

Sharing inspirational quotes ,

Looking for self-care techniques ,

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Nah

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#45

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 3:40:17 PM
Last Modified: Thursday, July 11, 2019 3:44:59 PM
Time Spent: 00:04:41
IP Address: 49.178.67.85

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Male,
Non-binary,
Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
Tumblr,
LinkedIn,
WhatsApp,
YouTube**

Q7 How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Instagram, Twitter, Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis ,**
- Watching videos or reading articles from professionals ,**
- Watching videos from people with a similar experience to mine ,**
- Reading blogs from people with a similar experience to mine ,**
- Being involved with a support group or forum,**
- Chatting one-to-one with someone who has had a similar experience ,**
- Mental health memes ,**
- Learning more about professional services ,**
- Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I think at first I found social media detrimental because I was stuck in a bubble of people from where I lived and valued their opinions over those with shared values. Once I found more people like me I began to feel valid and important.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#46

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 4:18:56 PM
Last Modified: Thursday, July 11, 2019 4:22:58 PM
Time Spent: 00:04:02
IP Address: 124.170.234.226

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Mental health memes ,
Sharing articles about mental health ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

It can be damaging to compare myself to others who are doing (what I'd perceive to be) "better" than me - in terms of handling mental health, career fulfillment despite diagnoses, and people who are further ahead in their transition than I.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#47

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 4:31:31 PM
Last Modified: Thursday, July 11, 2019 4:35:26 PM
Time Spent: 00:03:55
IP Address: 110.141.154.227

Page 1: Demographics

Q1 What country are you living in?

australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Tumblr, Pinterest, Discord, YouTube****Q7** How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories)

Several times a day

Q9 Please check your 3 favourite social media platforms

**Instagram,
Twitter,
YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Asking for help,
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Neutral

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

no

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#48

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 4:58:17 PM
Last Modified: Thursday, July 11, 2019 5:02:09 PM
Time Spent: 00:03:51
IP Address: 92.20.158.123

Page 1: Demographics

Q1 What country are you living in?

Scotland

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Reddit,
Pinterest,
Skype,
WhatsApp,
YouTube

Q7 How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **A few times a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Twitter, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

- Share your story/Post about your own mental health online (incl. support groups and vlogs)**
- ,
- Learn from others/Read about others mental health (incl. support groups and vlogs)**
- ,
- Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis** ,
- Watching videos or reading articles from professionals** ,
- Watching videos from people with a similar experience to mine**
- ,
- Reading blogs from people with a similar experience to mine**
- ,
- Asking for help,**
- Being involved with a support group or forum,**
- Chatting one-to-one with someone who has had a similar experience**
- ,
- Mental health memes** ,
- Sharing articles about mental health** ,
- Sharing things that have helped with your own mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#49

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 5:25:26 PM
Last Modified: Thursday, July 11, 2019 5:32:57 PM
Time Spent: 00:07:31
IP Address: 120.20.217.219

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Pinterest, LinkedIn, YouTube****Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
LinkedIn

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Advocacy - highlighting issues important to me**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Some people can be very negative about remarks and posts and not try to understand

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#50

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 5:36:11 PM
Last Modified: Thursday, July 11, 2019 5:39:14 PM
Time Spent: 00:03:02
IP Address: 121.45.122.162

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger****Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Once a day****Q9** Please check your 3 favourite social media platforms **Facebook, Instagram, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

,

Watching videos or reading articles from professionals

,

Watching videos from people with a similar experience to mine

,

Reading blogs from people with a similar experience to mine

,

Being involved with a support group or forum,

Sharing articles about mental health

,

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#51

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 5:43:06 PM
Last Modified: Thursday, July 11, 2019 5:46:02 PM
Time Spent: 00:02:55
IP Address: 123.136.46.49

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#52

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 5:47:52 PM
Last Modified: Thursday, July 11, 2019 5:51:57 PM
Time Spent: 00:04:04
IP Address: 124.169.241.96

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest, LinkedIn, WhatsApp****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Reading blogs from people with a similar experience to mine**,
Chatting one-to-one with someone who has had a similar experience,
Mental health memes,
Learning more about professional services,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#53

COMPLETE

Collector: Mobile Link (Web Link)
Started: Wednesday, July 10, 2019 8:36:21 PM
Last Modified: Thursday, July 11, 2019 5:53:11 PM
Time Spent: 21:16:49
IP Address: 1.124.105.8

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Skype, LinkedIn, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals,**
Asking for help,
Advocacy - highlighting issues important to me,
Learning more about professional services,
Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me
☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face
☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health
☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#54

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 6:30:55 PM
Last Modified: Thursday, July 11, 2019 6:34:42 PM
Time Spent: 00:03:46
IP Address: 118.211.56.68

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Reddit,
Tumblr,
Pinterest,
Skype,
LinkedIn,
WhatsApp,
YouTube

Q7 How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **A few times a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Snapchat**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**, **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis**, **Watching videos or reading articles from professionals**, **Watching videos from people with a similar experience to mine**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#55

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 6:44:57 PM
Last Modified: Thursday, July 11, 2019 6:48:18 PM
Time Spent: 00:03:20
IP Address: 120.20.53.111

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger,
Snapchat****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Being involved with a support group or forum,**
Learning more about professional services,
Sharing inspirational quotes

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face
☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health
☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?
No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#56

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 6:43:15 PM
Last Modified: Thursday, July 11, 2019 6:52:01 PM
Time Spent: 00:08:45
IP Address: 211.26.122.29

Page 1: Demographics

Q1 What country are you living in?

australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Non-binary****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Tumblr,
YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes** ,
Learning more about professional services ,
Looking for self-care techniques ,
 Other (please specify):
 other people share their stories/posts about mental health, which i have no choice but to see in my feeds

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
 ☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
 ☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me
 ☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face
 ☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health
 ☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

social media can be really helpful, but i feel as if many people do not know how to use it appropriately/spend too much using it. it would be best if people used it as an additional service alongside face to face/in person support, however i think that many people (especially younger generations) use it in place of that real life experience.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#57

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 7:08:14 PM
Last Modified: Thursday, July 11, 2019 7:12:21 PM
Time Spent: 00:04:06
IP Address: 49.178.27.61

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Pinterest, LinkedIn, WhatsApp, YouTube**

Q7 How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Several times a day**

Q9 Please check your 3 favourite social media platforms

Facebook,
Facebook Messenger,
Other (please specify):
Pinterest

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#58

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 7:44:10 PM
Last Modified: Thursday, July 11, 2019 7:46:29 PM
Time Spent: 00:02:19
IP Address: 1.129.105.177

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Aboriginal****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest,
Skype,
YouTube

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis, Watching videos or reading articles from professionals**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#59

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 8:19:25 PM
Last Modified: Thursday, July 11, 2019 8:22:33 PM
Time Spent: 00:03:08
IP Address: 58.109.238.95

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
,
Reading blogs from people with a similar experience to mine
,
Being involved with a support group or forum,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#60

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 8:55:59 PM
Last Modified: Thursday, July 11, 2019 9:06:46 PM
Time Spent: 00:10:46
IP Address: 114.72.67.230

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No,**
What other language/s do you speak?:
Dutch

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Facebook Messenger,
WhatsApp**Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms

Facebook,
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Reading blogs from people with a similar experience to mine
 ,
Being involved with a support group or forum,
Advocacy - highlighting issues important to me ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Neutral

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Strongly agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I am a little bewildered why this post has come up in a Graves/Hyperthyroid group. No doubt this disease has made me more vulnerable to anxiety/depression, BUT it is a medical issue, NOT a mental health issue. IF I was not in daily chronic pain, and ongoing stress, my issues with this disease would not be a mental issue, just a medical one.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#61

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 8:12:47 PM
Last Modified: Thursday, July 11, 2019 10:01:59 PM
Time Spent: 01:49:11
IP Address: 49.178.9.62

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
Italian

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Instagram,
Facebook Messenger,
Snapchat,
Pinterest,
LinkedIn,
YouTube**Q7** How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories)

Once a month or less

Q9 Please check your 3 favourite social media platforms

**Instagram,
Facebook Messenger,
Snapchat,
YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Asking for help,
- Being involved with a support group or forum,
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

Agree

Q14 I want to help other people who have had similar experiences to me

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#62

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 11, 2019 10:26:37 PM
Last Modified: Thursday, July 11, 2019 10:30:08 PM
Time Spent: 00:03:30
IP Address: 125.168.64.201

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Reading blogs from people with a similar experience to mine
 ,
Asking for help,
Mental health memes ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#63

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 9:05:09 AM
Last Modified: Friday, July 12, 2019 9:11:09 AM
Time Spent: 00:05:59
IP Address: 101.174.23.88

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

18-22

Q3 What gender do you identify as? (You may select more than one option)Male,
Trans or gender-diverse**Q4** Do you identify as (Tick as many as applicable)Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse**Q5** Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Tumblr,
Pinterest,
Skype,
YouTube

Q7 How often do you check social media?

Several times a day

Q8 How often do you post to social media (including stories)

Once a month or less

Q9 Please check your 3 favourite social media platforms

**Instagram,
Snapchat,
YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Reading blogs from people with a similar experience to mine
- Asking for help,
- Being involved with a support group or forum,
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆ Strongly agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#64

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 9:46:02 AM
Last Modified: Friday, July 12, 2019 9:49:01 AM
Time Spent: 00:02:58
IP Address: 49.178.69.211

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Reading blogs from people with a similar experience to mine
 ,
Mental health memes ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#65

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 9:48:19 AM
Last Modified: Friday, July 12, 2019 9:51:23 AM
Time Spent: 00:03:04
IP Address: 122.151.122.42

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Tumblr,
WhatsApp,
MySpace,
YouTube

Q7 How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories)

Several times a day

Q9 Please check your 3 favourite social media platforms

**Facebook,
Instagram,
Twitter**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Asking for help,
- Being involved with a support group or forum,
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Venting about my issues

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#66

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 11:52:35 AM
Last Modified: Friday, July 12, 2019 12:04:43 PM
Time Spent: 00:12:08
IP Address: 59.167.63.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Facebook Messenger,
Reddit,
WhatsApp,
YouTube,
 Other (please specify):
 PlayStation online, The Mighty

Q7 How often do you check social media? **Every other day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms

Reddit,

Other (please specify):

PS4 online

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine

,

Asking for help,

Being involved with a support group or forum,

Chatting one-to-one with someone who has had a similar experience

,

Mental health memes ,

Advocacy - highlighting issues important to me ,

Learning more about professional services ,

Sharing inspirational quotes ,

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Disagree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Neutral

Q14 I want to help other people who have had similar experiences to me

☆

Neutral

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#67

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 12:06:21 PM
Last Modified: Friday, July 12, 2019 12:12:44 PM
Time Spent: 00:06:23
IP Address: 120.20.144.186

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest, Skype, WhatsApp, YouTube****Q7** How often do you check social media? **A few times a day**

Q8 How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Facebook Messenger, Snapchat, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#68

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 1:17:17 PM
Last Modified: Friday, July 12, 2019 1:25:28 PM
Time Spent: 00:08:10
IP Address: 59.167.63.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Reddit,
Discord,
Skype,
YouTube****Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Every other day****Q9** Please check your 3 favourite social media platforms **Discord**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals

Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Neutral

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

If used right it can be helpful but it's a bit of a two edge sword, it can be very harmful if used incorrectly (and many people do).

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#69

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Friday, July 12, 2019 1:34:35 PM
Last Modified: Friday, July 12, 2019 1:39:33 PM
Time Spent: 00:04:58
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Skype, WhatsApp, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Twitter,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
,
Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#70

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 2:39:26 PM
Last Modified: Friday, July 12, 2019 2:49:37 PM
Time Spent: 00:10:10
IP Address: 59.167.63.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
 Instagram,
 Twitter,
 Facebook Messenger,
 Snapchat,
 Reddit,
 Tumblr,
 Pinterest,
 Skype,
 LinkedIn,
 MySpace,
 YouTube,
 Other (please specify):
 Fetlife, PlayStation, Nintendo

Q7 How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Once a week

Q9 Please check your 3 favourite social media platforms

Facebook,
 Instagram,
 Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
 Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
 Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis**
- Watching videos or reading articles from professionals**
- Watching videos from people with a similar experience to mine**
- Asking for help,**
- Mental health memes**
- Advocacy - highlighting issues important to me**
- Learning more about professional services**
- Sharing articles about mental health**
- Looking for self-care techniques**
- Sharing things that have helped with your own mental health**
- Other (please specify):**
Read Instagram posts regularly about other people's experiences of mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Strongly agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Curating my social media to remove toxic things

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#71

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 3:17:07 PM
Last Modified: Friday, July 12, 2019 3:23:33 PM
Time Spent: 00:06:26
IP Address: 162.206.82.12

Page 1: Demographics

Q1 What country are you living in?

United States

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Person of colour****Q5** Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
Spanish

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Instagram,**
Twitter,
WhatsApp,
YouTube**Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Twitter

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Watching videos or reading articles from professionals**
- Reading blogs from people with a similar experience to mine**
- Chatting one-to-one with someone who has had a similar experience**
- Learning more about professional services**
- Sharing inspirational quotes**
- Looking for self-care techniques**
- Other (please specify):
Tweeting about my emotions. I usually say things in twitter that I don't say in real life. Although I do want to mention my account is anonymous.

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I've vented. It's like my inline diary.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#72

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 6:50:52 PM
Last Modified: Friday, July 12, 2019 6:54:37 PM
Time Spent: 00:03:45
IP Address: 120.23.35.17

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, WhatsApp, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis ,**
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
Reading blogs from people with a similar experience to mine

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face
☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health
☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#73

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 7:21:57 PM
Last Modified: Friday, July 12, 2019 7:26:45 PM
Time Spent: 00:04:47
IP Address: 1.124.108.222

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, Tumblr, Skype, YouTube****Q7** How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook Messenger, Tumblr, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis ,**
- Watching videos or reading articles from professionals ,**
- Watching videos from people with a similar experience to mine ,**
- Reading blogs from people with a similar experience to mine ,**
- Asking for help,**
- Mental health memes ,**
- Learning more about professional services ,**
- Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Strongly agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Find social media predominantly helpful, but also find some online communities to be extreme and exclusionary.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#74

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 7:13:19 PM
Last Modified: Friday, July 12, 2019 7:33:58 PM
Time Spent: 00:20:38
IP Address: 1.128.107.163

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, Pinterest****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Reading blogs from people with a similar experience to mine
 ,
Asking for help,
Being involved with a support group or forum

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
 ☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
 ☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me
 ☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#75

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 9:03:04 PM
Last Modified: Friday, July 12, 2019 9:06:07 PM
Time Spent: 00:03:02
IP Address: 42.241.67.177

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

12-17

Q3 What gender do you identify as? (You may select more than one option)**Male,**
Trans or gender-diverse**Q4** Do you identify as (Tick as many as applicable)**Living with a disability,**
Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse**Q5** Do you speak a language other than English at home?**Yes,**
What other language/s do you speak?:
German

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Reddit,
Tumblr,
Pinterest,
Discord,
WhatsApp,
YouTube

Q7 How often do you check social media?

Several times a day

Q8 How often do you post to social media (including stories)

Several times a day

Q9 Please check your 3 favourite social media platforms

Instagram,
Twitter,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Being involved with a support group or forum
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Agree

Q14 I want to help other people who have had similar experiences to me

☆ Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#76

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 9:16:13 PM
Last Modified: Friday, July 12, 2019 9:20:08 PM
Time Spent: 00:03:55
IP Address: 124.182.96.50

Page 1: Demographics

Q1 What country are you living in?

AUSTRALIA

Q2 How old are you?**27-34****Q3** What gender do you identify as? (You may select more than one option)**Female****Q4** Do you identify as (Tick as many as applicable)**Sexually diverse (e.g. lesbian, gay, bisexual),
Person of
colour****Q5** Do you speak a language other than English at home?**Yes,**
What other language/s do you
speak?:
Tagalog

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)**Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Pinterest,
Skype,
YouTube****Q7** How often do you check social media?**Several times a
day**

Q8 How often do you post to social media (including stories)

Several times a day

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Reading blogs from people with a similar experience to mine
,
Being involved with a support group or forum,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Na

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#77

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 12, 2019 11:55:19 PM
Last Modified: Saturday, July 13, 2019 12:00:16 AM
Time Spent: 00:04:56
IP Address: 120.20.2.144

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a day****Q9** Please check your 3 favourite social media platforms **Facebook,
Instagram,
Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Reading blogs from people with a similar experience to mine

Learning more about professional services

Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I like to read articles to help me better understand my daughter's ptsd..

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#78

COMPLETE

Collector: Mobile Link (Web Link)
Started: Saturday, July 13, 2019 3:53:39 AM
Last Modified: Saturday, July 13, 2019 4:04:57 AM
Time Spent: 00:11:18
IP Address: 118.211.67.157

Page 1: Demographics

Q1 What country are you living in? **Respondent skipped this question**

Q2 How old are you? **23-26**

Q3 What gender do you identify as? (You may select more than one option) **Male**

Q4 Do you identify as (Tick as many as applicable) **None of the above**

Q5 Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Snapchat, Discord, LinkedIn, YouTube, Other (please specify): Steam**

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook Messenger, Snapchat, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#79

COMPLETE

Collector: Mobile Link (Web Link)
Started: Saturday, July 13, 2019 8:02:33 AM
Last Modified: Saturday, July 13, 2019 8:06:53 AM
Time Spent: 00:04:19
IP Address: 49.178.47.131

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Reading blogs from people with a similar experience to mine**
,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#80

COMPLETE

Collector: Mobile Link (Web Link)
Started: Saturday, July 13, 2019 8:15:28 AM
Last Modified: Saturday, July 13, 2019 8:21:13 AM
Time Spent: 00:05:44
IP Address: 112.141.114.241

Page 1: Demographics

Q1 What country are you living in?

australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Discord, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **A few times a day**

Q9 Please check your 3 favourite social media platforms **Facebook Messenger,**
Discord,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

My mental health is fine and I'm grateful for that

I make memes (not relating to mental health however) and find joy in hearing that I've helped others out with my memes laughter is a great medicine but so are compliments.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#81

COMPLETE

Collector: Mobile Link (Web Link)
Started: Saturday, July 13, 2019 9:48:47 AM
Last Modified: Saturday, July 13, 2019 9:51:34 AM
Time Spent: 00:02:46
IP Address: 110.141.150.244

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Male, Trans or gender-diverse****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual), Trans or gender diverse****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Reddit,
Tumblr,
Pinterest,
Discord,
Skype,
YouTube

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Constantly**

Q9 Please check your 3 favourite social media platforms **Instagram, Snapchat, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

- Share your story/Post about your own mental health online (incl. support groups and vlogs)**
- ,
- Learn from others/Read about others mental health (incl. support groups and vlogs)**
- ,
- Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis** ,
- Watching videos or reading articles from professionals** ,
- Watching videos from people with a similar experience to mine**
- ,
- Asking for help,**
- Mental health memes** ,
- Sharing things that have helped with your own mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#82

COMPLETE

Collector: Mobile Link (Web Link)
Started: Saturday, July 13, 2019 4:02:37 PM
Last Modified: Saturday, July 13, 2019 4:08:18 PM
Time Spent: 00:05:40
IP Address: 180.150.115.250

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I like to share self-care ideas. I also share awareness for men's & women's mental health

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#83

COMPLETE

Collector: Mobile Link (Web Link)
Started: Saturday, July 13, 2019 10:28:02 PM
Last Modified: Saturday, July 13, 2019 10:30:24 PM
Time Spent: 00:02:21
IP Address: 49.197.21.111

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

Respondent skipped this question

Q3 What gender do you identify as? (You may select more than one option)

Female

Q4 Do you identify as (Tick as many as applicable)

Respondent skipped this question

Q5 Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)Facebook,
Snapchat,
Pinterest,
YouTube**Q7** How often do you check social media?Several times a
day**Q8** How often do you post to social media (including stories)Once a month or
less

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Reading blogs from people with a similar experience to mine**,
Mental health memes,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Disagree**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#84

COMPLETE

Collector: Mobile Link (Web Link)
Started: Sunday, July 14, 2019 9:38:50 AM
Last Modified: Sunday, July 14, 2019 9:42:25 AM
Time Spent: 00:03:35
IP Address: 14.2.84.240

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

Respondent skipped this question

Q3 What gender do you identify as? (You may select more than one option)

Trans or gender-diverse

Q4 Do you identify as (Tick as many as applicable)

Trans or gender diverse

Q5 Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Pinterest

Q7 How often do you check social media?

Once a day

Q8 How often do you post to social media (including stories)

A few times a day

Q9 Please check your 3 favourite social media platforms

Reddit

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos from people with a similar experience to mine

Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Neutral

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#85

COMPLETE

Collector: Mobile Link (Web Link)
Started: Sunday, July 14, 2019 8:31:14 PM
Last Modified: Sunday, July 14, 2019 8:34:34 PM
Time Spent: 00:03:19
IP Address: 124.169.223.174

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, YouTube****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less****Q9** Please check your 3 favourite social media platforms **Facebook, Facebook Messenger, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

Watching videos or reading articles from professionals

Watching videos from people with a similar experience to mine

,

Being involved with a support group or forum,

Mental health memes

Advocacy - highlighting issues important to me

Learning more about professional services

Sharing articles about mental health

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#86

COMPLETE

Collector: Mobile Link (Web Link)
Started: Monday, July 15, 2019 8:42:49 AM
Last Modified: Monday, July 15, 2019 8:45:44 AM
Time Spent: 00:02:55
IP Address: 116.240.42.213

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Pinterest, LinkedIn, WhatsApp**

Q7 How often do you check social media? **A few times a day**

Q8 How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, LinkedIn**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis**
- Watching videos from people with a similar experience to mine**
- Being involved with a support group or forum,**
- Mental health memes**
- Sharing inspirational quotes**
- Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#87

COMPLETE

Collector: Mobile Link (Web Link)
Started: Monday, July 15, 2019 12:27:07 PM
Last Modified: Monday, July 15, 2019 12:34:45 PM
Time Spent: 00:07:37
IP Address: 59.167.63.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Respondent skipped this question****Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Respondent skipped this question****Q9** Please check your 3 favourite social media platforms **Respondent skipped this question**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Other (please specify):
Read information eg from mayo clinic

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Neutral

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#88

COMPLETE

Collector: Mobile Link (Web Link)
Started: Monday, July 15, 2019 1:53:53 PM
Last Modified: Monday, July 15, 2019 2:01:34 PM
Time Spent: 00:07:41
IP Address: 24.214.216.19

Page 1: Demographics

Q1 What country are you living in?

United States of America

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **A few times a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Asking for help,
Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
 ,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Disagree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Strongly disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I find that many of the people on social media who post about mental health awareness, are the same ones who will be belittling and condescending if you make a post about your own struggles with mental health. I think social media is rife with bullying. It's been hard for me to find allies on social media who can work with me on my goals to improve my mental health.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#89

COMPLETE

Collector: Mobile Link (Web Link)
Started: Monday, July 15, 2019 10:21:50 PM
Last Modified: Monday, July 15, 2019 10:27:36 PM
Time Spent: 00:05:45
IP Address: 147.10.118.131

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?

Respondent skipped this question

Q3 What gender do you identify as? (You may select more than one option)

Male

Q4 Do you identify as (Tick as many as applicable)

Respondent skipped this question

Q5 Do you speak a language other than English at home?

No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)Facebook Messenger,
WhatsApp**Q7** How often do you check social media?Once a month or
less**Q8** How often do you post to social media (including stories)Once a month or
less**Q9** Please check your 3 favourite social media platformsFacebook Messenger,
WhatsApp,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals

,

Watching videos from people with a similar experience to mine

,

Reading blogs from people with a similar experience to mine

Advocacy - highlighting issues important to me

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I hardly use social media because it is a huge trigger for me. I tried to fill out the survey as best as I could though

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#90

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 18, 2019 4:15:44 PM
Last Modified: Thursday, July 18, 2019 4:18:31 PM
Time Spent: 00:02:46
IP Address: 1.124.110.124

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Instagram,
Facebook Messenger,
Tumblr,
Pinterest,
Discord,
LinkedIn,
YouTube

Q7 How often do you check social media? **A few times a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Discord**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs), Learn from others/Read about others mental health (incl. support groups and vlogs), Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis, Writing blogs about my experience, Asking for help, Chatting one-to-one with someone who has had a similar experience, Mental health memes, Advocacy - highlighting issues important to me, Sharing articles about mental health, Sharing inspirational quotes, Looking for self-care techniques, Sharing things that have helped with your own mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#91

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, July 18, 2019 5:46:51 PM
Last Modified: Thursday, July 18, 2019 5:49:14 PM
Time Spent: 00:02:22
IP Address: 1.43.76.23

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Tumblr,
Pinterest,
Skype,
WhatsApp

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

- Share your story/Post about your own mental health online (incl. support groups and vlogs)**
- ,
- Learn from others/Read about others mental health (incl. support groups and vlogs)**
- ,
- Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Writing blogs about my experience
- Asking for help,
- Being involved with a support group or forum,
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#92

COMPLETE

Collector: Mobile Link (Web Link)
Started: Monday, July 22, 2019 12:50:55 AM
Last Modified: Monday, July 22, 2019 12:54:02 AM
Time Spent: 00:03:07
IP Address: 124.168.219.213

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? 12-17**Q3** What gender do you identify as? (You may select more than one option) Trans or gender-diverse**Q4** Do you identify as (Tick as many as applicable) Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse**Q5** Do you speak a language other than English at home? No

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Skype,
WhatsApp,
YouTube**Q7** How often do you check social media? Several times a day

Q8 How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Twitter,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**
,
Reading blogs from people with a similar experience to mine
,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#93

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, July 26, 2019 4:52:25 PM
Last Modified: Friday, July 26, 2019 4:59:53 PM
Time Spent: 00:07:28
IP Address: 59.167.63.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **12-17****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
Finnish

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Instagram,
Facebook Messenger,
Snapchat,
Pinterest,
YouTube**Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Chatting one-to-one with someone who has had a similar experience
 ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#94

COMPLETE

Collector: Mobile Link (Web Link)
Started: Monday, July 29, 2019 7:30:43 AM
Last Modified: Monday, July 29, 2019 7:33:03 AM
Time Spent: 00:02:20
IP Address: 1.144.106.18

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Pinterest,
Skype,
LinkedIn,
YouTube

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, LinkedIn**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**, **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals**, **Mental health memes**, **Advocacy - highlighting issues important to me**, **Learning more about professional services**, **Sharing articles about mental health**, **Sharing inspirational quotes**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma **☆ Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful **☆ Agree**

Q14 I want to help other people who have had similar experiences to me **☆ Agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#95

COMPLETE

Collector: Mobile Link (Web Link)
Started: Wednesday, July 31, 2019 11:10:44 PM
Last Modified: Wednesday, July 31, 2019 11:20:05 PM
Time Spent: 00:09:21
IP Address: 1.124.110.154

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you?**23-26****Q3** What gender do you identify as? (You may select more than one option)

Other (please specify):

Trans man - whoever please note "trans" is not its own category separate from men/women (also male/female refers to sex not gender)

Q4 Do you identify as (Tick as many as applicable)**Sexually diverse (e.g. lesbian, gay, bisexual),
Trans or gender diverse****Q5** Do you speak a language other than English at home?**Yes,**

What other language/s do you speak?:

French

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)**Instagram,****Twitter,****Skype,****YouTube****Q7** How often do you check social media?**Several times a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Instagram,**
Twitter,
Skype

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
,
Reading blogs from people with a similar experience to mine
,
Chatting one-to-one with someone who has had a similar experience
,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Looking for self-care techniques ,
Other (please specify):
feeling Not Alone in my struggles; networking/making friends with other queer/neuro-diverse folk

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Strongly agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Social media is really just a tool and is amazing in terms of connecting with people like yourself, making friends and connections, advocating for struggles you or others face, etc. Equally it can be an amazing tool for sucking time and concentration, cutting back on the social energy you have for face-to-face interactions, the advocacy and constant information regarding the grim state of the world and struggles and mental health spirals of friends and others you follow can drag down your mental health majorly, and of course the ever present algorithm pushing both trolls and other internet nasties, and advertising, both of which are a constant drain upon the brain and energies. Social media is the double edged tool that provides this, and needs to be managed to have a balanced/overall positive impact

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#96

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 7:44:28 PM
Last Modified: Thursday, August 08, 2019 7:48:46 PM
Time Spent: 00:04:18
IP Address: 124.169.251.180

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Reddit,
Tumblr,
Skype,
WhatsApp,
YouTube

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Snapchat**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine

,

Mental health memes

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Disagree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Disagree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Trying to use it to help only ends up worse in my opinion and experience

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#97

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 7:45:03 PM
Last Modified: Thursday, August 08, 2019 7:51:21 PM
Time Spent: 00:06:18
IP Address: 58.174.55.63

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Twitter,
Facebook Messenger,
YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms

Facebook,
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Being involved with a support group or forum,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#98

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 7:43:47 PM
Last Modified: Thursday, August 08, 2019 7:51:52 PM
Time Spent: 00:08:05
IP Address: 58.174.27.118

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Pinterest,
Skype,
MySpace,
YouTube,
Other (please specify):
viber

Q7 How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Several times a day

Q9 Please check your 3 favourite social media platforms

**Facebook,
Instagram,
Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

seeing people in your social media circles tell their stories and share their experiences makes it easier to share your own, which in turn reduces stigma and helps more people feel less alone.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#99

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 7:47:36 PM
Last Modified: Thursday, August 08, 2019 7:52:48 PM
Time Spent: 00:05:12
IP Address: 147.10.136.53

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest, Skype, YouTube****Q7** How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **Constantly**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Disagree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I don't suffer from any mental health issues, but I can't imagine SM would have a positive impact, since people tend to only promote their positives and maintain a "perfect" image.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#100

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 7:49:06 PM
Last Modified: Thursday, August 08, 2019 7:53:10 PM
Time Spent: 00:04:04
IP Address: 110.150.198.208

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Skype, LinkedIn, YouTube****Q7** How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Several times a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Twitter**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**, **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**, **Reading blogs from people with a similar experience to mine**, **Being involved with a support group or forum,** **Advocacy - highlighting issues important to me**, **Sharing articles about mental health**, **Sharing things that have helped with your own mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Poetry!

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#101

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:04:04 PM
Last Modified: Thursday, August 08, 2019 8:06:58 PM
Time Spent: 00:02:53
IP Address: 123.208.227.197

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No,**
What other language/s do you speak?:
Croatian

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Instagram,
Facebook Messenger,
WhatsApp,
YouTube**Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Being involved with a support group or forum,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face
☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#102

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:03:19 PM
Last Modified: Thursday, August 08, 2019 8:07:02 PM
Time Spent: 00:03:42
IP Address: 138.130.234.85

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Twitter,
Facebook Messenger,
LinkedIn,
YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Several times a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Twitter,
LinkedIn

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Asking for help,
- Being involved with a support group or forum,
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health
- Other (please specify):
Advocacy

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

It is community capacity building and creates connection

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#103

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:12:22 PM
Last Modified: Thursday, August 08, 2019 8:15:45 PM
Time Spent: 00:03:23
IP Address: 115.70.185.59

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **18-22****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Tumblr,
Pinterest,
Skype,
LinkedIn,
WhatsApp,
Other (please specify):
Viber

Q7 How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Once a month or less

Q9 Please check your 3 favourite social media platforms

**Facebook,
Facebook Messenger,
Snapchat**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
,
Reading blogs from people with a similar experience to mine
,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

N/A

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#104

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:11:52 PM
Last Modified: Thursday, August 08, 2019 8:16:48 PM
Time Spent: 00:04:56
IP Address: 182.239.147.89

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Skype,
LinkedIn,
WhatsApp,
MySpace,
YouTube

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, WhatsApp**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**, **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis**, **Watching videos or reading articles from professionals**, **Watching videos from people with a similar experience to mine**, **Reading blogs from people with a similar experience to mine**, **Chatting one-to-one with someone who has had a similar experience**, **Mental health memes**, **Learning more about professional services**, **Sharing inspirational quotes**, **Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#105

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:17:49 PM
Last Modified: Thursday, August 08, 2019 8:21:19 PM
Time Spent: 00:03:30
IP Address: 49.198.203.225

Page 1: Demographics

Q1 What country are you living in?

AUSTRALUA

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Pinterest, Skype, LinkedIn, WhatsApp**

Q7 How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
,
Reading blogs from people with a similar experience to mine
,
Writing blogs about my experience ,
Chatting one-to-one with someone who has had a similar experience
,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Neutral**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#106

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:30:07 PM
Last Modified: Thursday, August 08, 2019 8:35:48 PM
Time Spent: 00:05:40
IP Address: 49.178.15.163

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a week****Q9** Please check your 3 favourite social media platforms **Facebook,
Instagram,
Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

None of the above

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Advocacy - highlighting issues important to me

Sharing inspirational quotes

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Disagree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Strongly disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Social media can certainly help with mental health, but I also feel it can be a dangerous tool to use also.

Spreading sources and advertising help of where to go and how to find it is excellent.

Communication between those that need assistance, I feel, requires a more personal platform.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#107

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:40:47 PM
Last Modified: Thursday, August 08, 2019 8:47:46 PM
Time Spent: 00:06:58
IP Address: 193.115.125.104

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Pinterest,
Skype,
LinkedIn,
WhatsApp,
YouTube,
Other (please specify):
WeiXin WeChat

Q7 How often do you check social media? **Once a day**

Q8 How often do you post to social media (including stories) **Once a day**

Q9 Please check your 3 favourite social media platforms **Facebook, Facebook Messenger, LinkedIn**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**, **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals**, **Chatting one-to-one with someone who has had a similar experience**, **Sharing articles about mental health**, **Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
 ☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
 ☆ **Agree**

Q14 I want to help other people who have had similar experiences to me
 ☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Learn about new app like Buddify and healthscape. I love that I can see stories about success of others.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#108

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:54:56 PM
Last Modified: Thursday, August 08, 2019 8:58:08 PM
Time Spent: 00:03:12
IP Address: 193.115.77.229

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Skype, WhatsApp, YouTube****Q7** How often do you check social media? **Several times a day**

Q8 How often do you post to social media (including stories)

A few times a day

Q9 Please check your 3 favourite social media platforms

Facebook,
Twitter,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine

,

Reading blogs from people with a similar experience to mine

,

Being involved with a support group or forum

Chatting one-to-one with someone who has had a similar experience

,

Mental health memes ,

Advocacy - highlighting issues important to me ,

Learning more about professional services ,

Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#109

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 8:51:10 PM
Last Modified: Thursday, August 08, 2019 8:58:34 PM
Time Spent: 00:07:24
IP Address: 58.174.163.115

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Respondent skipped this question****Q5** Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
French

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Reddit,
Pinterest,
LinkedIn,
YouTube

Q7 How often do you check social media?

A few times a day

Q8 How often do you post to social media (including stories)

Once a week

Q9 Please check your 3 favourite social media platforms

**Facebook,
Facebook Messenger,
YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Being involved with a support group or forum,
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#110

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 9:06:44 PM
Last Modified: Thursday, August 08, 2019 9:13:48 PM
Time Spent: 00:07:03
IP Address: 123.208.137.29

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, Pinterest, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Facebook Messenger,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos from people with a similar experience to mine
 ,
Chatting one-to-one with someone who has had a similar experience
 ,
Mental health memes ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

By connecting with people online it makes me feel less alone when I realise people are going through similar mental health experiences. I'm alot better that writing down and expressing what I'm going through than verbalizing it so connecting online is very therapeutic for me.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#111

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 9:23:43 PM
Last Modified: Thursday, August 08, 2019 9:27:09 PM
Time Spent: 00:03:26
IP Address: 103.224.52.252

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, Pinterest****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Several times a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Learning more about professional services**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Just connecting with pages which share articles, useful tips, available support groups etc. even if I don't interact with them myself

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#112

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 9:29:57 PM
Last Modified: Thursday, August 08, 2019 9:38:15 PM
Time Spent: 00:08:17
IP Address: 49.178.33.150

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less****Q9** Please check your 3 favourite social media platforms **Facebook, Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

Reading blogs from people with a similar experience to mine

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#113

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 9:34:07 PM
Last Modified: Thursday, August 08, 2019 9:40:18 PM
Time Spent: 00:06:11
IP Address: 120.20.79.115

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, LinkedIn****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day****Q9** Please check your 3 favourite social media platforms **Facebook, Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

Watching videos from people with a similar experience to mine

Writing blogs about my experience

Chatting one-to-one with someone who has had a similar experience

Advocacy - highlighting issues important to me

Sharing articles about mental health

Sharing inspirational quotes

Looking for self-care techniques

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health **Respondent skipped this question**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

It brings awareness and reduces stigma

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#114

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 10:48:23 PM
Last Modified: Thursday, August 08, 2019 10:53:02 PM
Time Spent: 00:04:38
IP Address: 115.64.120.71

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **65+****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Tumblr, YouTube****Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Once a month or less****Q9** Please check your 3 favourite social media platforms **Facebook, Instagram, Tumblr**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis

Watching videos or reading articles from professionals

Watching videos from people with a similar experience to mine

,

Being involved with a support group or forum,

Learning more about professional services

Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#115

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 10:22:43 PM
Last Modified: Thursday, August 08, 2019 11:02:41 PM
Time Spent: 00:39:58
IP Address: 49.197.26.242

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
Skype,
LinkedIn,
YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Constantly**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Twitter,
LinkedIn

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Neutral**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆

Neutral

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Strongly disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#116

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 11:39:22 PM
Last Modified: Thursday, August 08, 2019 11:46:03 PM
Time Spent: 00:06:41
IP Address: 193.115.111.15

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34**

Q3 What gender do you identify as? (You may select more than one option) **Female**

Q4 Do you identify as (Tick as many as applicable) **Aboriginal,
Sexually diverse (e.g. lesbian, gay, bisexual),
Person of colour**

Q5 Do you speak a language other than English at home? **Yes,
What other language/s do you speak?:
Aboriginal Anangu/English**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Tumblr,
Pinterest,
Skype,
LinkedIn,
MySpace,
YouTube

Q7 How often do you check social media?

A few times a day

Q8 How often do you post to social media (including stories)

Once a day

Q9 Please check your 3 favourite social media platforms

Instagram,
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Being involved with a support group or forum
- Chatting one-to-one with someone who has had a similar experience
- Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Agree

Q14 I want to help other people who have had similar experiences to me

☆ Strongly agree

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I often take social media breaks mostly if I'm unwell. If news or social is affecting me negatively I shut it down to avoid conflict drama or posting things I'll be embarrassed of later on.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#117

COMPLETE

Collector: Mobile Link (Web Link)
Started: Thursday, August 08, 2019 11:53:38 PM
Last Modified: Thursday, August 08, 2019 11:59:06 PM
Time Spent: 00:05:28
IP Address: 101.116.0.131

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **Yes**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Facebook Messenger, Skype, WhatsApp****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
WhatsApp

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Mental health memes ,
Learning more about professional services ,
Sharing inspirational quotes ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly disagree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Education

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#118

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 2:26:48 AM
Last Modified: Friday, August 09, 2019 2:30:37 AM
Time Spent: 00:03:48
IP Address: 142.165.205.16

Page 1: Demographics

Q1 What country are you living in?

Canada

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Reddit, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**
,
Reading blogs from people with a similar experience to mine
,
Mental health memes

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face
☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health
☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#119

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 5:30:55 AM
Last Modified: Friday, August 09, 2019 5:39:13 AM
Time Spent: 00:08:18
IP Address: 118.211.58.106

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, LinkedIn****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Facebook Messenger,
LinkedIn

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Reading blogs from people with a similar experience to mine
 ,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing inspirational quotes ,
Sharing things that have helped with your own mental health
 ,
 Other (please specify):
 Using my mental health page as a platform to use my voice about my experience with mental health but mental health in general as well

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#120

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 7:26:33 AM
Last Modified: Friday, August 09, 2019 7:30:39 AM
Time Spent: 00:04:06
IP Address: 42.241.58.72

Page 1: Demographics

Q1 What country are you living in?

australia

Q2 How old are you? **65+****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook****Q7** How often do you check social media? **Once a day****Q8** How often do you post to social media (including stories) **Once a day****Q9** Please check your 3 favourite social media platforms **Facebook**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

,

Learn from others/Read about others mental health (incl. support groups and vlogs)

,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Reading blogs from people with a similar experience to mine

,

Being involved with a support group or forum,

Advocacy - highlighting issues important to me

Sharing articles about mental health

Sharing inspirational quotes

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Agree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

to tackle discrimination

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#121

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 7:49:19 AM
Last Modified: Friday, August 09, 2019 7:53:42 AM
Time Spent: 00:04:22
IP Address: 116.240.136.70

Page 1: Demographics

Q1 What country are you living in?

australia

Q2 How old are you?**65+****Q3** What gender do you identify as? (You may select more than one option)**Female****Q4** Do you identify as (Tick as many as applicable)**None of the above****Q5** Do you speak a language other than English at home?**Yes,**
What other language/s do you speak?:
polish

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)**Twitter****Q7** How often do you check social media?**Constantly****Q8** How often do you post to social media (including stories)**Every other day****Q9** Please check your 3 favourite social media platforms**Twitter**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Neutral

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Agree

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Strongly disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Strongly disagree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Respondent skipped this question

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#122

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 7:52:12 AM
Last Modified: Friday, August 09, 2019 8:01:23 AM
Time Spent: 00:09:11
IP Address: 118.211.34.104

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **55-64****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less****Q9** Please check your 3 favourite social media platforms **Facebook, Facebook Messenger, WhatsApp**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos or reading articles from professionals**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#123

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 9:14:06 AM
Last Modified: Friday, August 09, 2019 9:17:46 AM
Time Spent: 00:03:40
IP Address: 49.180.43.181

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Skype,
YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **A few times a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Twitter

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine
,

Reading blogs from people with a similar experience to mine
,

Being involved with a support group or forum,
Chatting one-to-one with someone who has had a similar experience
,

Advocacy - highlighting issues important to me ,

Learning more about professional services ,

Sharing articles about mental health ,

Sharing inspirational quotes ,

Looking for self-care techniques ,

Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Though a tricky platform & hard to be heard it does reduce the isolation of MH factors

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#124

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:04:50 AM
Last Modified: Friday, August 09, 2019 10:08:36 AM
Time Spent: 00:03:46
IP Address: 59.167.62.65

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Snapchat, WhatsApp, YouTube****Q7** How often do you check social media? **Constantly****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms

Facebook,
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
 ,
Being involved with a support group or forum,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

While I strongly believe that sharing experiences of mental health on social media can reduce the stigma, I'm also aware that those who do share their own experiences are often accused of 'attention seeking'. This unhelpful rhetoric can then add to stigmatizing thoughts and beliefs around mental health - particularly for young people.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#125

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:05:32 AM
Last Modified: Friday, August 09, 2019 10:09:47 AM
Time Spent: 00:04:14
IP Address: 59.167.62.65

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share your story/Post about your own mental health online (incl. support groups and vlogs)**
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Watching videos from people with a similar experience to mine**
,
Asking for help,
Chatting one-to-one with someone who has had a similar experience
,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#126

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:05:46 AM
Last Modified: Friday, August 09, 2019 10:10:15 AM
Time Spent: 00:04:28
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Person of colour****Q5** Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
Cantonese

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Facebook Messenger,
Reddit,
Pinterest,
Skype,
WhatsApp,
YouTube**Q7** How often do you check social media? **A few times a day**

Q8 How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Skype, LinkedIn, YouTube**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Share links about mental health issues that are important to me**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Watching videos from people with a similar experience to mine**
- ,
- Reading blogs from people with a similar experience to mine**
- ,
- Advocacy - highlighting issues important to me**
- ,
- Sharing articles about mental health**
- ,
- Sharing inspirational quotes**
- ,
- Looking for self-care techniques**
- ,
- Sharing things that have helped with your own mental health**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma **Strongly Agree**

☆

Q13 Talking to others who have gone through a similar experience to me has been helpful **Agree**

☆

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

We definitely need to have better understanding about how to utilise the online world in positive ways to support the younger generation

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#127

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:04:58 AM
Last Modified: Friday, August 09, 2019 10:10:18 AM
Time Spent: 00:05:20
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Instagram,
Twitter,
Facebook Messenger,
Snapchat,
Skype,
YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms

Instagram,
Facebook Messenger,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,

Watching videos or reading articles from professionals ,

Watching videos from people with a similar experience to mine

,

Mental health memes ,

Advocacy - highlighting issues important to me ,

Learning more about professional services

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

As a clinician i worry about sharing my personal experiences. i worry about privacy and who has the potential to see and use this information without consent

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#128

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:18:58 AM
Last Modified: Friday, August 09, 2019 10:22:09 AM
Time Spent: 00:03:11
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26**

Q3 What gender do you identify as? (You may select more than one option) **Female**

Q4 Do you identify as (Tick as many as applicable) **Living with a disability**

Q5 Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
Italian And french

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Facebook,
Instagram,
Facebook Messenger,
Snapchat,
Reddit,
Tumblr,
Pinterest,
Discord,
Skype,
LinkedIn,
WhatsApp,
YouTube

Q7 How often do you check social media?

Constantly

Q8 How often do you post to social media (including stories)

Once a week

Q9 Please check your 3 favourite social media platforms

Instagram,
Facebook Messenger,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Watching videos or reading articles from professionals ,

Mental health memes ,

Learning more about professional services ,

Sharing inspirational quotes

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Neutral**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#129

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:14:47 AM
Last Modified: Friday, August 09, 2019 10:27:07 AM
Time Spent: 00:12:20
IP Address: 59.167.62.65

Page 1: Demographics

Q1 What country are you living in?

australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, WhatsApp****Q7** How often do you check social media? **A few times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
Facebook Messenger

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Watching videos or reading articles from professionals**
- Watching videos from people with a similar experience to mine**
- Reading blogs from people with a similar experience to mine**
- Sharing articles about mental health**
- Sharing inspirational quotes**
- Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#130

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:28:55 AM
Last Modified: Friday, August 09, 2019 10:31:58 AM
Time Spent: 00:03:02
IP Address: 59.167.62.65

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **Yes,**
What other language/s do you speak?:
Russian

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,**
Instagram,
Facebook Messenger,
Snapchat,
LinkedIn,
WhatsApp,
MySpace,
YouTube**Q7** How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook, Instagram, Facebook Messenger**

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Mental health memes, Learning more about professional services, Looking for self-care techniques**

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Strongly agree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

No

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#131

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 10:07:43 AM
Last Modified: Friday, August 09, 2019 10:57:24 AM
Time Spent: 00:49:40
IP Address: 110.145.183.22

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Male****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Twitter, Facebook Messenger, Snapchat, Skype, LinkedIn, WhatsApp, YouTube****Q7** How often do you check social media? **Constantly**

Q8 How often do you post to social media (including stories)

Once a month or less

Q9 Please check your 3 favourite social media platforms

Facebook,
Facebook Messenger,
Snapchat

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,
Learn from others/Read about others mental health (incl. support groups and vlogs)
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Sharing articles about mental health ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆

Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆

Neutral

Q14 I want to help other people who have had similar experiences to me

☆

Agree

Q15 It is easier talking about mental health online compared to face to face

☆

Disagree

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Neutral

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I believe that social media can have fantastic benefits for mental health, including connecting people who may be at risk of social isolation, which can definitely allow people to feel more meaning, and purpose.

However, I also know, anecdotally speaking, many of the young people I see struggle with how their social media self is portrayed, judged, viewed, by others.

I personally struggle with an urge to read comments on public posts on topical issues. When I read these comments I can often feel a sense of disconnection and frustration at the views people publicly share, which may be detrimental to others' mental health (especially minority groups or those who may be vulnerable).

So I believe that there are fantastic parts, and also some not so fantastic parts of social media.

I am a big fan of supporting young people to learn how to up-skill themselves with their own thinking styles, and teaching/learning ways to protect oneself from those online who may not consider how their public views may affect others, however, I also dream of a time where social media is a safe space for all to use, and those who abuse this use, simply change their harmful behaviour.

However, there is sometimes a distinct difference between ideology and reality. I'd love to hear from others who have 'feel good' stories on how social media has enhanced their mental health, rather than taken away.

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#132

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 8:39:54 AM
Last Modified: Friday, August 09, 2019 11:15:57 AM
Time Spent: 02:36:02
IP Address: 49.178.68.176

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **35-44****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Person of colour****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Twitter, Facebook Messenger, Reddit, WhatsApp, YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a week**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Reddit,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis ,**
Reading blogs from people with a similar experience to mine ,
Mental health memes ,
Learning more about professional services ,
Looking for self-care techniques

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆

Agree

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

I don't post my own struggles where my family can see

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Yes

#133

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 12:35:37 PM
Last Modified: Friday, August 09, 2019 12:37:57 PM
Time Spent: 00:02:19
IP Address: 49.178.38.28

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **27-34****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Facebook Messenger,
Reddit,
WhatsApp,
YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Every other day**

Q9 Please check your 3 favourite social media platforms

Instagram,
WhatsApp,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
 ,
Learn from others/Read about others mental health (incl. support groups and vlogs)
 ,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

Following pages relevant to my experience/diagnosis ,
Watching videos or reading articles from professionals ,
Chatting one-to-one with someone who has had a similar experience
 ,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Agree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#134

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 12:38:14 PM
Last Modified: Friday, August 09, 2019 12:52:21 PM
Time Spent: 00:14:07
IP Address: 120.20.212.149

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability,
Sexually diverse (e.g. lesbian, gay, bisexual)****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
Reddit,
LinkedIn****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Tumblr,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **Learn from others/Read about others mental health (incl. support groups and vlogs)**
,
Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis** ,
Watching videos or reading articles from professionals ,
Watching videos from people with a similar experience to mine
,
Reading blogs from people with a similar experience to mine
,
Being involved with a support group or forum,
Mental health memes ,
Advocacy - highlighting issues important to me ,
Learning more about professional services ,
Sharing articles about mental health ,
Sharing inspirational quotes ,
Looking for self-care techniques ,
Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Strongly disagree**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#135

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 2:47:16 PM
Last Modified: Friday, August 09, 2019 2:49:53 PM
Time Spent: 00:02:37
IP Address: 1.132.111.206

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **45-54****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **Living with a disability****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook,
Instagram,
Twitter,
Facebook Messenger,
LinkedIn,
YouTube****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **A few times a day**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
LinkedIn

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply)

Share your story/Post about your own mental health online (incl. support groups and vlogs)
,

Learn from others/Read about others mental health (incl. support groups and vlogs)
,

Share links about mental health issues that are important to me

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

- Following pages relevant to my experience/diagnosis
- Watching videos or reading articles from professionals
- Watching videos from people with a similar experience to mine
- Reading blogs from people with a similar experience to mine
- Posting videos about my experience
- Writing blogs about my experience
- Being involved with a support group or forum, Mental health memes
- Advocacy - highlighting issues important to me
- Learning more about professional services
- Sharing articles about mental health
- Sharing inspirational quotes
- Looking for self-care techniques
- Sharing things that have helped with your own mental health

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma

☆ Strongly Agree

Q13 Talking to others who have gone through a similar experience to me has been helpful

☆ Strongly agree

Q14 I want to help other people who have had similar experiences to me

☆ **Strongly agree**

Q15 It is easier talking about mental health online compared to face to face

☆ **Neutral**

Q16 Overall, I think social media has been helpful when it comes to my mental health

☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

The time for change is nigh

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**

#136

COMPLETE

Collector: Mobile Link (Web Link)
Started: Friday, August 09, 2019 2:59:37 PM
Last Modified: Friday, August 09, 2019 3:02:59 PM
Time Spent: 00:03:22
IP Address: 49.178.1.109

Page 1: Demographics

Q1 What country are you living in?

Australia

Q2 How old are you? **23-26****Q3** What gender do you identify as? (You may select more than one option) **Female****Q4** Do you identify as (Tick as many as applicable) **None of the above****Q5** Do you speak a language other than English at home? **No**

Page 2: Social Media Use

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently) **Facebook, Instagram, Facebook Messenger, Pinterest, Skype, WhatsApp****Q7** How often do you check social media? **Several times a day****Q8** How often do you post to social media (including stories) **Once a month or less**

Q9 Please check your 3 favourite social media platforms **Facebook,**
Instagram,
YouTube

Page 3: Mental Health and Social Media: Sharing your story with others

Q10 In the last 4 months have you used social media to... (tick as many as apply) **None of the above**

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply) **Following pages relevant to my experience/diagnosis**,
Watching videos or reading articles from professionals,
Watching videos from people with a similar experience to mine,
Reading blogs from people with a similar experience to mine

Page 4: Your beliefs about social media

Q12 I believe that being open about mental health online reduces stigma
☆ **Strongly Agree**

Q13 Talking to others who have gone through a similar experience to me has been helpful
☆ **Strongly agree**

Q14 I want to help other people who have had similar experiences to me
☆ **Agree**

Q15 It is easier talking about mental health online compared to face to face
☆ **Disagree**

Q16 Overall, I think social media has been helpful when it comes to my mental health
☆ **Neutral**

Q17 Finally, do you have anything else to say about how you use social media for your mental health? **Respondent skipped this question**

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane? **Yes**
