

Supplementary File 2. Full survey questionnaire

Please note that the original questionnaire was in Danish. The author has translated this questionnaire to English, which is a copy of the PAPI questionnaire.

Questionnaire

Welcome! We would like to hear more about your opinions on digital tools in psychiatry—whether you have tried them or not. Participation in this survey is voluntary. We will not ask about your mental illness or personal difficulties. If you feel unwell while answering the survey, you can stop at any time. If you do not wish to participate, check “No” to consent below. We will not contact you any further.

Once responses are collected, they will be linked to registry data, such as your psychiatric treatment history, to explore whether specific patient groups benefit from digital tools. We process register data regardless of whether you consent to participate, under data protection regulations that allow [institution] to use your data for research without consent. Read more about our data processing here: [GDPR link]

Your answers and identity are treated confidentially. Sensitive information will be anonymized, meaning:

- [institutions] will not share your information.
- Only selected personnel at these institutions will have access to your responses.
- Your answers will only be used in aggregated form, such as tables or graphs.

Your responses are stored securely and encrypted. Data will be deleted within one year of collection and used exclusively for research. Anonymous data may be archived for future research, ensuring no one can identify you.

You can withdraw your consent at any time, and your responses will be removed from the survey. Contact [name] at [contact information] to do so. Withdrawal is possible until publications based on the survey are released. At the end of the survey, you can provide comments.

I confirm I have read the invitation and information above. I consent to participate in this survey.

- ☐ Yes
☐ No

Guide for answering the survey:

- **Bold text** indicates a statement or question.
- *Italic text* provides instructions for completing the survey.
- Answer by marking one box. If you change your answer, fill the box entirely and mark a new one. Most questions allow only one answer unless stated otherwise.

Now we will ask some questions about who you are. First, we will ask some questions about your relation to others.

We will now ask questions about how others have helped you in the last four weeks.

1. How often has someone suggested some action you should take in a particular situation?

- ☐ Often
- ☐ Occasionally
- ☐ Rarely
- ☐ Never
- ☐ Do not know
- ☐ Prefer not to answer

2. Imagine that you have a problem that you cannot resolve. How willing do you think people around you would be to help you find a solution to the problem?

- ☐ A great deal
- ☐ Some
- ☐ A little
- ☐ Not at all
- ☐ Do not know
- ☐ Prefer not to answer

3. In the past two weeks, how often have you seen your family?

- ☐ More than six times
- ☐ Three to six times
- ☐ Once or twice
- ☐ Not at all
- ☐ Do not know
- ☐ Prefer not to answer

4. In the past two weeks, how often have you seen your friends?

- ☐ More than six times
- ☐ Three to six times
- ☐ Once or twice
- ☐ Not at all
- ☐ Do not know
- ☐ Prefer not to answer

Now we will ask questions about your technology use.

5. What IT devices do you use daily?

(You can choose multiple options)

- ☐ Desktop computer
- ☐ Laptop
- ☐ Landline or basic phone
- ☐ Smartphone
- ☐ Headphones
- ☐ Tablet
- ☐ Smartwatch
- ☐ Other
- ☐ I do not use IT devices daily
- ☐ Do not know
- ☐ Prefer not to answer

6. How much do you agree or disagree with this statement? "I prioritize having the latest IT devices, e.g., the newest phone or computer."

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Prefer not to answer

7. Have you searched for information about mental health or illness on the internet?

- ☐ Yes → *Go to question 9.*
- ☐ No
- ☐ Do not know → *Go to question 10.*
- ☐ Prefer not to answer → *Go to question 10.*

8. Which of these statements fits your situation the best? I have not searched for information about mental health or illness on the internet because...

(You can choose multiple options)

- ☐ I do not have access to necessary IT devices (e.g., computer or phone)
- ☐ I do not want to use more IT devices in my daily life (e.g., computer or phone)
- ☐ I get the information I need elsewhere
- ☐ I do not know how to search for this information online
- ☐ I do not trust data security
- ☐ Do not know
- ☐ Prefer not to answer



If you have answered question 8, go to question 10.

9. What have you searched for information about?

(You can choose multiple options)

- ☐ Diet, exercise, or sleep
- ☐ Diagnosis
- ☐ Symptoms
- ☐ Medication or side effects
- ☐ Treatment options
- ☐ Other
- ☐ Do not know
- ☐ Prefer not to answer

There are many online groups and communities about mental health or illness. These could be on Facebook or other forms of social media. They could also be on internet pages where you can communicate with other people who have experienced mental health issues.

10. Have you participated in online groups or communities related to mental health or illness?

- ☐ Yes
- ☐ No
- ☐ Do not know
- ☐ Prefer not to answer

11. Where is the first place you typically search for information about mental health or illness?

- ☐ Web pages on the internet or apps
- ☐ Groups or communities on the internet
- ☐ My welfare professional
- ☐ My friends or family
- ☐ Other places
- ☐ I do not search for information about mental health or illness
- ☐ Do not know
- ☐ Prefer not to answer

Now we would like to ask about your experience with digital tools aimed at mental health or mental illness.

There are many types of digital tools. These could include video consultations, where you talk to a therapist via video. They could also be apps that you have found on your own or that are part of your treatment. For example, you might use apps to structure your daily life or monitor how you're feeling.

Digital tools can also include online therapy programs, where you might do online exercises, communicate with a therapist, or participate in online group therapy. This could, for instance, be through services like Internetpsykiatrien or Mindhelper.

There are also new digital tools, such as sensor technology. For example, this could be a smartwatch that measures your sleep or tracks your physical activity. Virtual reality is another new digital tool that can be used for treating conditions like anxiety or schizophrenia.

Lastly, artificial intelligence is being used for chatbots. A chatbot is a computer-programmed conversational partner. Examples include MyAI on Snapchat or ChatGPT, which can provide guidance and support regarding your mental health and well-being.

12. Have you used digital tools for mental health or mental illness?

- ☐ Yes
- ☐ No → Go to question 22.
- ☐ Do not know → Go to question 27.
- ☐ Prefer not to answer → Go to question 27.

13. Which tools have you used?

(You can choose multiple options)

- ☐ Video consultations
- ☐ Apps
- ☐ Online therapy
- ☐ Sensor technology
- ☐ Virtual reality
- ☐ Artificial intelligence (chatbots)
- ☐ Prefer not to answer

14. When have you used digital tools?

Place a checkmark in the table for each digital tool you selected in question 13 (You can check multiple boxes if you have used it for an extended period or on multiple occasions)

	2019 or earlier	2020-2021	2022-2023	Using it now	Do not know	Prefer not to answer
Video consultations						
Apps						
Online therapy						
Sensor technology						
Virtual reality						
Artificial intelligence (chatbots)						

If you answered *Prefer not to answer* in question 13, please check the boxes indicating when you have used digital tools (You can check multiple boxes if you have used them for an extended period or on multiple occasions).

	2019 or earlier	2020-2021	2022-2023	Using it now	Do not know	Prefer not to answer
Video consultations, apps, online therapy, sensor technology, Virtual reality, or artificial intelligence (chatbots)						

15. How did you start using digital tools?

Place a checkmark in the table for each digital tool you selected in question 13.

	My welfare professional suggested it	I found it myself	I had it recommended by acquaintances, friends, or family	I started in a different way	Do not know	Prefer not to answer
Video consultations						
Apps						
Online therapy						
Sensor technology						
Virtual reality						
Artificial intelligence (chatbots)						

If you answered *Prefer not to answer* in question 13, please place a checkmark based on how you got started using digital tools.

	My welfare professional suggested it	I found it myself	I had it recommended by acquaintances, friends, or family	I started in a different way	Do not know	Prefer not to answer
Video consultations, apps, online therapy, sensor technology, Virtual reality, or artificial intelligence (chatbots)						



Only answer questions 16 and 17 if you selected the option 'Apps' in question 13.

16. What have you used apps for?

(You can choose multiple options)

- ☐ Keep track of my mood and my symptoms
- ☐ Keep track of my medicine
- ☐ Remind me of my appointments
- ☐ Get information about mental health and illness
- ☐ Communicate with my welfare professional
- ☐ Other
- ☐ Do not know
- ☐ Prefer not to answer

17. Which apps for mental health and illness have you used?

(Please mention all the ones you remember)

Now we will ask about how you have experienced using digital tools aimed at mental health or mental illness. Think about your experiences with using video consultations, apps, online therapy programs, sensor technology, virtual reality, or artificial intelligence (chatbots).

“Strongly agree” means you completely agree with the statement. “Strongly disagree” means you completely disagree with the statement. This does NOT mean that digital tools have negatively impacted you.

18. How much do you agree or disagree with this statement?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Do not know	Prefer not to answer
Overall, I have benefited from using digital tools							
Digital tools have made it easier for me to manage on my own in my daily life							
I have felt left to myself when using digital tools							
Digital tools have given me a better understanding of my mental health							
Digital tools have made me more aware of my symptoms							

Now we will ask about how you perceive the impact of digital tools on your treatment in psychiatry. It may be that you believe digital tools have had a significant influence on your treatment. It may also be that you do not feel digital tools have had an impact on your treatment. Think about your experiences with using video consultations, apps, online therapy programs, sensor technology, virtual reality, or artificial intelligence (chatbots).

“Strongly agree” means you completely agree with the statement. “Strongly disagree” means you completely disagree with the statement. This does NOT mean that digital tools have negatively impacted you.

19. How much do you agree or disagree with this statement?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Do not know	Prefer not to answer
Digital tools have made it easier to determine where and when my treatment should take place							

Digital tools have made it easier to get information about my treatment options							
I have only used digital tools because there were no other treatment options							
Because of digital tools, I need less contact with my welfare professional							

20. Have you needed help or guidance in using digital tools?

- ☐ Yes
☐ No → Go to question 27.
☐ Do not know → Go to question 27.
☐ Prefer not to answer → Go to question 27.

21. Have you been able to get help or guidance in using digital tools?

- ☐ To a great extent
☐ To some extent
☐ To a small extent
☐ Not at all
☐ Do not know
☐ Prefer not to answer



If you have answered question 21, go to question 27.

Now we would like to ask about your opinions on digital tools aimed at mental health or mental illness

22. Which of these statements fits your situation the best? I have not used digital tools because...

(You can choose multiple options)

- ☐ I do not have access to necessary IT devices (e.g., computer or phone)
☐ I do not want to use more IT devices in my daily life (e.g., computer or phone)
☐ I do not think it is as beneficial as meeting in-person with my welfare professional
☐ I do not think I have the right technical skills
☐ I do not trust the data security
☐ I do not know which tools are available
☐ Do not know
☐ Prefer not to answer

23. You can be introduced to digital tools in psychiatry in different ways. Which way do you think would motivate you the most to try digital tools?

- ☐ My welfare professional recommends it
☐ A person close to me recommends it
☐ I read about it myself
☐ None of the options would motivate me
☐ Do not know
☐ Prefer not to answer

24. As of right now, could you imagine trying digital tools for mental health and illness?

- ☐ Yes
☐ No → Go to question 27.
☐ Do not know → Go to question 27.
☐ Prefer not to answer → Go to question 27.

25. Which digital tools could you imagine trying?

(You can choose multiple options)

- ☐ Video consultations
- ☐ Apps
- ☐ Online therapy
- ☐ Sensor technology
- ☐ Virtual Reality
- ☐ Artificial intelligence (chatbots)
- ☐ Do not know
- ☐ Prefer not to answer



Only answer question 26 if you have chosen the option Apps in question 25.

26. What would you use apps for?

(You can choose multiple options)

- ☐ Keep track of my mood and my symptoms
- ☐ Keep track of my medicine
- ☐ Reminding me of my appointments
- ☐ Get information about mental health and illness
- ☐ Communicate with my welfare professional
- ☐ Other
- ☐ Do not know
- ☐ Prefer not to answer

27. How much do you agree or disagree with this statement? "I am afraid digital tools will replace in-person contact with my welfare professional over time."

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Prefer not to answer

Now we would like to ask about the advantages and disadvantages you believe are generally associated with digital tools in psychiatry. The advantages and disadvantages should be considered in relation to psychiatric treatment with physical attendance. You only need to respond based on your immediate thought.

28. In your opinion, what is the biggest advantage of digital tools?

- ☐ Digital tools make it easier to choose the time and place for treatment yourself
- ☐ Digital tools make it easier to manage daily life independently
- ☐ Digital tools make it easier to reach people who live far away from treatment
- ☐ None of the options are an advantage
- ☐ Do not know
- ☐ Prefer not to answer

29. In your opinion, what is the biggest disadvantage of digital tools?

- ☐ Digital tools require access to a computer or a mobile phone
- ☐ Digital tools mean that you are left to yourself to a greater degree
- ☐ Digital tools pose risks regarding data security

- ☐ None of the options are disadvantages of digital tools
- ☐ Do not know
- ☐ Prefer not to answer

30. Imagine that you need psychiatric treatment. You are informed that there is a 4-month waiting period for a treatment program with physical attendance. As an alternative, you are offered an online treatment program that you can start immediately. If you accept the online program, you will not be offered a program with in-person attendance. What do you think you would choose?

- ☐ I would wait for the program with in-person attendance
- ☐ I would accept the online treatment program
- ☐ Do not know
- ☐ Prefer not to answer

Thank you very much for your time. If you have comments for the survey, please write them here.