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INFORMED CONSENT

TikTok usage behaviors and mental health in adolescents and young adults

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Why are we doing this research study?

We are doing this research to understand how teens and young adults use TikTok. We will use your TikTok data to look at how frequently you log in, how much time you spend on TikTok, the hashtags and users you follow, what you search for, how frequently you post, and the type of content you tend to like or comment on. We want to know what you think about social media. We also want to know how using TikTok makes you feel, or how it impacts your mental health and any thoughts you may have had about harming and killing yourself. There will be 140 other teens and young adults participating in this study.

What will you be asked to do?

There will be two main parts of this study. First, you will be interviewed by someone from our team over zoom about how you are feeling right now, if you have ever had any thoughts about killing yourself, and your thoughts on TikTok and other kinds of social media. You may ask the interviewer questions at any time, and they will be able to help you along the way. Next, the interviewer will show you how to download your TikTok data. Because it takes a few days to receive your TikTok data, we will send you a link and directions on how to upload it online a few days later. There will also be a few more surveys for you to fill out then. The first part of the study will take a little over an hour while the second part will take about half an hour. In total, the study will take no more than 1 hour and 40 minutes to complete.

Are there any risks for me if I participate?

Some of the surveys and interview questions will ask you about difficult things you have experienced. Some people find it helpful to talk about their feelings while others may find it uncomfortable. If you find these questions too upsetting, you may skip them or even quit the study at any time. Even if you quit, you will still receive your gift card. Otherwise, there are no other risks if you participate. During the study, if you feel like you might hurt yourself, the interviewer will help you find support and the resources you need.

Are there any benefits to me being in this study?

Although there are no direct benefits, studies have found that talking about mental health can be healing.

Will I get paid for being in this study?

You will be given a \$25 Amazon gift card for meeting with a member of our team to answer questions. You will also be given a \$50 gift card after you upload your TikTok data for a total of \$75.

Do I have to participate in this study?

You do not have to participate if you don't want to. You can always skip questions or stop the interview at any time. Skipping or quitting will not impact you receiving your gift card. If you do quit the study, all of your data will be deleted. If you at any time become too upset or stressed during the study, you will be encouraged to stop participating. We will help you get in contact with someone who can help you. We care about your safety and well-being. Please let us know if you have any concerns.

What if I need emergency medical or psychological help?

Seattle Pacific University does not offer to reimburse participants for medical claims or other compensation. If you get hurt or you feel upset as a result of being part of this study, you are welcome to contact Dr. Keyne Law at lawk3@spu.edu or 206-281-2956 who will help you find the help you need. Additionally, if you experience any thoughts of suicide, you can call the National Suicide Prevention Lifeline at 988 for free, anonymous, 24-7 help. You can also access www.suicidepreventionlifeline.org for 100% anonymous, free, and confidential live chat, or text 'HELP' to 741741 for assistance from a trained counselor.

Who will see my answers I provide?

Other than the people working on this project, no one will see your answers. Not even your parents. The only time we will need to talk to your parents is if you say something to us that tells us you might hurt yourself or someone else soon. Otherwise, everything you say in this study is completely private.

What if I have questions?

You can ask questions at any point of the study. The interviewer will answer any of your questions and provide you with extra resources if you need them.

Saying yes or no to participating:

You can agree or disagree to be in this study. If you agree to participate, remember that you can quit at any time. The researchers will answer any questions you have at any point. No one will see your answers except the researchers.