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INFORMED CONSENT

TikTok usage behaviors and mental health in adolescents and young adults

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PURPOSE

The purpose of this study is to examine the relationship between TikTok usage and mental health in adolescents and young adults (AYA). Specifically, we want to understand AYA's experiences with TikTok and what types of social media mental health interventions they think would be helpful. We will use TikTok data to examine 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 engage with most frequently. We hope to have 140 people between the ages of 13 and 25 participate in this study. You may have heard about our study because you are an adolescent or young adult who regularly uses social media and who may be interested in sharing your experiences with mental health.

PROCEDURES

This study has two parts. The first phase is an interview over HIPAA-compliant zoom which should not take more than 70 minutes to complete. During this interview, we will ask about your mental health, history with suicide, and thoughts on TikTok and other kinds of social media. After this you will be instructed on how to request your TikTok data within the application. TikTok personal data requests take approximately 5 days to process and complete. As such, five days after the interview, you will be sent a follow-up email containing a link to upload your TikTok data and complete a set of questionnaires which should take no more than 30 minutes to complete. Altogether, the entire study will take a maximum of 1 hour and 40 minutes to complete.

RISKS and DISCOMFORTS

Some of the surveys and questions in this survey deal with personal matters. Some people find it helpful to be able to talk about their experiences and gain helpful information about themselves, but others may find speaking about their experiences difficult which can lead to some negative emotions and discomfort. If there are specific questions that you do not feel comfortable answering, you are free to skip those questions. Skipping questions will in no way affect the compensation that you will receive for participation. If at any time in the study you become so distressed that you wish to drop out of the study, you may do so without penalty and losing compensation (i.e., gift cards) to which you are otherwise entitled. If your responses indicate that you are at risk for suicide, we will conduct a detailed risk assessment and take the

necessary steps to help you stay safe. Otherwise, you will be exposed to no physical, psychological, and/or social risks as a result of participation in the current study.

COMPENSATION

You will receive a total of \$75 in Amazon gift cards for completing both phases in this study. After the initial interview you will be given \$25 and after you upload your TikTok data you will receive the remaining \$50.

BENEFITS

There are no direct benefits from participating in this research study. However, participating in research that asks individuals to share their experiences with mental health, suicide, and self-jury can help decrease distress by destigmatizing these experiences.

PARTICIPATION AND ALTERNATIVES TO PARTICIPATION

Your participation in this study is voluntary; you may decline to participate without penalty. If you decide to participate, you may skip any questions or withdraw from the study at any time without penalty and without loss of benefits to which you are otherwise entitled. If you withdraw from the study before data collection is completed, your data will be returned to you or destroyed. If at any point, you should feel like the content of the study is too distressing or stressful to continue, you are encouraged to withdraw from the study. Further, if you are experiencing high levels of distress or a crisis state, you are encouraged to reach out to the principal investigator, whose information is given at the top of this form, for a referral to an appropriate provider that will help you.

We are committed to your safety and encourage you to reach out at any point should you have any thoughts, concerns, questions, or simply need to speak with those within the field of psychology.

EMERGENCY MEDICAL / PSYCHOLOGICAL TREATMENT

Seattle Pacific University does not offer to reimburse participants for medical claims or other compensation. If physical injury is suffered in the course of research, or if you experience distress as a result of participation in the study, you are welcome to contact the principal investigator, Dr. Keyne Law at lawk3@spu.edu or 206-281-2956. 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.

CONFIDENTIALITY

You will be assigned a participant number and your identifying information will be removed from all data, with the exception of this consent form. All of your data will be kept confidential and stored electronically on password-protected private computers of the investigators and will be made available only to persons conducting the study. All of your information will be kept separately by (a) data collected from you identified only by your participant number (e.g., surveys), (b) forms containing your identifying information without your participant number or data (e.g., consent forms), and (c) password protected bridge files that link your participant number to your identifying information (e.g., database for tracking study progress and contacting participants for follow-up). Separation is done at every level: separate databases or tables, separate files on the server, separate file cabinets for paper files. Permissions to electronic data are separated and only those with explicit need to know are allowed into that database (e.g., researchers analyzing data do not need permission to bridge or identified files, but doctoral

students and research assistants contacting participants for follow-up do). All data will be stored securely on Seattle Pacific University's and University of Washington Medical Center's servers for 3 years after the study has been completed. After 3 years, all information linking your child to this study will be securely destroyed.

Consistent with journal/guild expectations and the ethical principles of open science, a fully anonymous and non-identifiable version of the responses (i.e., dataset) may be posted online (e.g., to the APA-endorsed "Open Science Framework" [www.osf.io] or to the journal, submitted with the research article). All data will be thoroughly inspected prior to dissemination to confirm that no responses could inadvertently identify a participant, either directly or indirectly. Posting data (commonly referred to as 'data sharing') is necessary for reproducibility and replicability in science, allows peer reviewers and meta-analysts to check statistical assumptions, protects the field against data fraud, is required by journals and reviewers in social/personality psychology, and is increasingly seen as an ethical obligation within psychology.

SUBJECT RIGHTS

If you have questions at any time about the study or the procedures, (or you experience adverse effects as a result of participating in this study,) you may contact the Principal Investigator, Keyne Law, at Seattle Pacific University, 3307 Third Ave. W., Suite 107, Seattle, WA 98119-1922 and 206-281-2956. If you have questions about your rights as a participant, please contact the SPU Institutional Review Board Chair at 206-281-2201 or IRB@SPU.edu .

CONSENT

By clicking "continue" you are indicating that you are aged 18 or above and understand to your satisfaction the information regarding participation in this research project and agree to participate in this study. In no way does this waive your legal rights nor release the investigators, sponsors, or involved institutions from their legal and professional responsibilities.