Project title:

Digital Mental Health & Wellbeing Tools: A Qualitative Study Exploring the Perspectives of Young Asian New Zealanders

Researchers
Principal Investigator and Supervisor: Dr Karolina Stasiak, Department of Psychological Medicine, University of Auckland.
Master of Science Student Researcher: Gloria Kim, School of Psychology, University of Auckland

You are invited to take part in our study
My name is Gloria, and I am a Masters student in Psychology. I am a young Asian New Zealander, a New Zealand born Korean, and I am interested in what other young Asian New Zealanders think about digital mental health tools.

Who can take part?
We are inviting young Asian New Zealanders who:
- Are aged 16 – 25 years old
- Identify as Asian
- Have lived in New Zealand for the past five years or more
- Can speak conversational level English

What are digital mental & wellbeing health tools?
By digital mental health & wellbeing tools, we mean online and smartphone (apps) resources designed to support emotional wellbeing. These tools may include apps such as Headspace, Mentemia and mood trackers or websites such as The Lowdown and Just a Thought.

Why are we doing this study?
Mental health and wellbeing are increasingly important. The public health system is under considerable strain. Digital technology offers opportunities to give more people access to engaging wellbeing
interventions. Aotearoa is a diverse country, and it is important that people feel culturally supported. This study aims to explore the views and needs of young Asian New Zealanders regarding digital wellbeing tools.

**What is involved?**
We would like to invite you to a one-on-one interview. The interview will be conducted via Zoom or in person (if you are based at the Auckland University campus and would like that option). We anticipate it to take about 1 hour. It will be arranged at a time that is convenient to you and carried out by the Master's student involved in this research – Gloria. You are more than welcome to bring a family member/whānau or a friend as a support person to the interview.

We do not require participants to be fluent in English but to have conversational English language skills. All interviews will be conducted in English, as we are not able to provide translation or interpretation services.

We will also offer a brief summary of what was shared in the interview. If you would like to make any changes to this brief summary, there will be seven days after the interview to do so. An audio recording of the interview is available upon request if you would like a copy.

**Your rights as a participant**
Taking part is your choice. Your participation in this research is voluntary. During the interview, you can stop at any time with no questions asked. After the interview has finished, you can withdraw your data for up to two weeks by contacting the researchers.

Confidentiality
If you choose to take part in the interview, we will not identify you.

We protect your data
All data collected in this study will be stored in a password protected file within the University of Auckland storage system (which is backed up and secure) for a minimum of six years.

Interviews will be recorded either with an audio recording device (if in person) or via Zoom. Audio data will be transcribed, analysed and stored securely as described above. Data will be accessible only by the named researchers. Zoom recordings will be made to help us analyse what participants share with us. We will invite you to have your camera on, but you can opt to have it off. If your camera is on, the Zoom recording will include video but we will only keep the audio track. Video files will be

Approved by the Auckland Health Research Ethics Committee on 30/08/21 for three years.
Reference number AH22660.
deleted after the interview, and only audio files will be kept stored securely.

Benefits and Risks
We know of no significant risks involved in this study.

We hope this study will provide valuable insight for researchers and clinicians to implement culturally relevant digital wellbeing tools.

If during the interview, anything makes you distressed, we advise you to seek support. A range of options is available:

- Auckland University domestic students can get free health and counselling services. Call 0800 698 427 to make an appointment.
- You can also call or text 1737 any time to talk with a trained counsellor or peer support worker.
- Asian Family Services offers free and confidential services with trained counsellors. Their service is available in ten languages, including Mandarin, Cantonese, Korean, Vietnamese, Thai, Japanese, Hindi, and English on 0800 862 342 or free text 832.

To thank you for your time
If you take part in the interview, you will receive a $30 gift Westfield voucher as a thank you.

Contact Details
If you would like to discuss this research, please contact us:

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<th>Principal Investigator</th>
<th>Master of Science Student</th>
<th>Head of Department</th>
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<tr>
<td>Dr Karolina Stasiak</td>
<td>Gloria Kim</td>
<td>Prof Trecia Wouldes</td>
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<tr>
<td>Department of Psychological Medicine</td>
<td>School of Psychology</td>
<td>Psychological Medicine</td>
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<td>University of Auckland</td>
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Māori cultural support

If you require Māori cultural support, talk to your whānau in the first instance. Alternatively, you may contact the administrator for He Kamaka Waiora (Māori Health Team) by telephoning 09 486 8324 ext. 2324. If you have any questions or complaints about the study, you may contact the Auckland and Waitematā District Health Boards Māori Research Committee or Māori Research Advisor by phoning 09 486 8920 ext. 3204.
Ethics inquiries

AHREC Chair contact details: For concerns of an ethical nature, you can contact the Chair of the Auckland Health Research Ethics Committee at ahrec@auckland.ac.nz or 373 7599 ext. 83711, or at Auckland Health Research Ethics Committee, The University of Auckland, Private Bag 92019, Auckland 1142.