Have you ever been interested in improving your mental wellbeing using an app?
If yes, this study may be for you!

I am part of a group of researchers from the University of Auckland - and we are interested in what young Asians in New Zealand have to say!

We would like to invite you to take part in our study. It involves talking to us about your views and user experience of a mental wellbeing app called ‘Tune In’.

We want to tell you more about the study so you can decide if you want to take part or not. Before you decide you may want to talk about the study with other people, such as family, whānau, and friends. Feel free to do this.

Why are we doing this study?

Many young people sometimes feel down, stressed or worried. We have made an app that helps young people of Aotearoa/New Zealand deal with these issues.

We would like to make sure this app works for everyone in the community, including Asians. Your views will help us to see if this app is usable and culturally appropriate for young Asians in New Zealand.

It is your choice!

No one will mind if you don't take part. If you don't want to take part, you don't have to give a reason.

If you have any questions or would like more information, please contact us:
Naomi Inoue-Rajapaksa (primary contact for study)
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What will happen in the study?

We are inviting young Asians in New Zealand to come and try the app and take part in an interview. Interviews will mostly take place at the Grafton campus of the University of Auckland, in a safe and private space. The whole process will take around 60-90 minutes. We will meet you, explain the study, and check if you want to take part. We will also show you the app at this point.

We will ask you to try the app for a short amount of time. During the interview, we will then ask what you do and don’t like about the app and how we could make it more likeable and helpful.

We will record the audio of the interview to help us remember what you said. This will be transcribed by a member of the research team.

To thank you for your time, we will offer you a $30 Westfield gift voucher as koha.

Who can take part?

You can take part in this study if:

- **You identify yourself as being of Asian ethnicity.** This could include, but not limited to Chinese, Indian, Filipino, Korean, and Japanese people.
- You’re aged **16-24 years**.
- You are interested and willing to **try a mental wellbeing app** designed to support improving wellbeing, learning strategies to regulate feelings, and making positive behaviour change.
- You consent to taking part in **in-person interviews** if COVID-19 Alert Levels allow it. If COVID-19 Alert Levels do not allow for in-person interviews, interviews will be held via Zoom.

Will others know what I have said?

All information that you give to us will be confidential (private). We will not identify anyone who takes part. The researcher conducting the interview will know what you say. You do not have to answer any questions if you don’t want to. Transcripts of the audio recording of the interview will be de-identified (any identifying information will be removed).

You may leave the interview at any time, and you don’t have to say why. You can ask to remove the information you have shared with us in the interview from the study.

Are there any risks?

We don’t think there are any risks in the study.

If the study causes you to become upset, please talk to an adult you can trust, a counsellor, or call youthline on 0800 376 633, text them on 234, or check out [www.youthline.co.nz](http://www.youthline.co.nz)