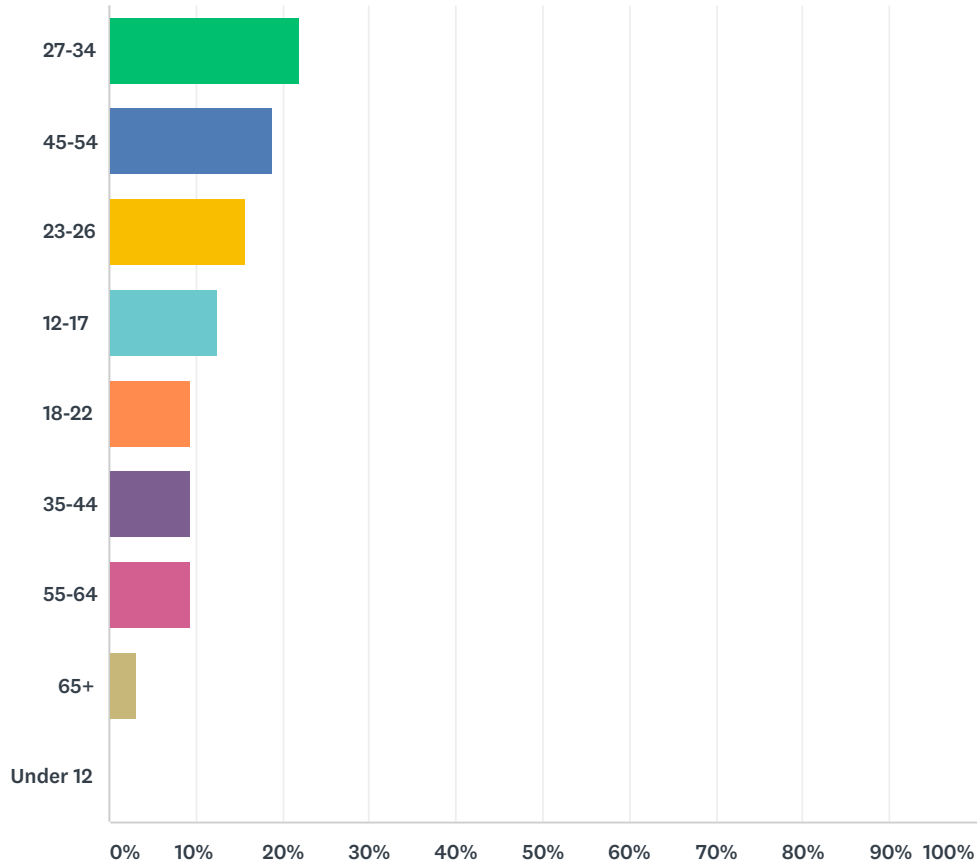


## Q1 What country are you living in?

Answered: 32 Skipped: 0

## Q2 How old are you?

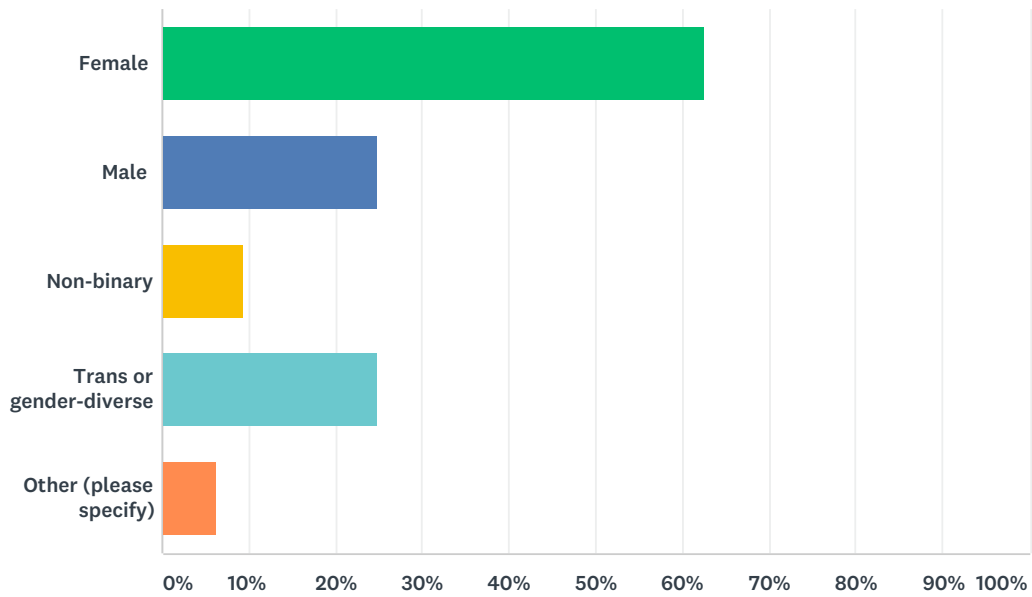
Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
27-34	21.88%	7
45-54	18.75%	6
23-26	15.63%	5
12-17	12.50%	4
18-22	9.38%	3
35-44	9.38%	3
55-64	9.38%	3
65+	3.13%	1
Under 12	0.00%	0
<b>TOTAL</b>		<b>32</b>

### Q3 What gender do you identify as? (You may select more than one option)

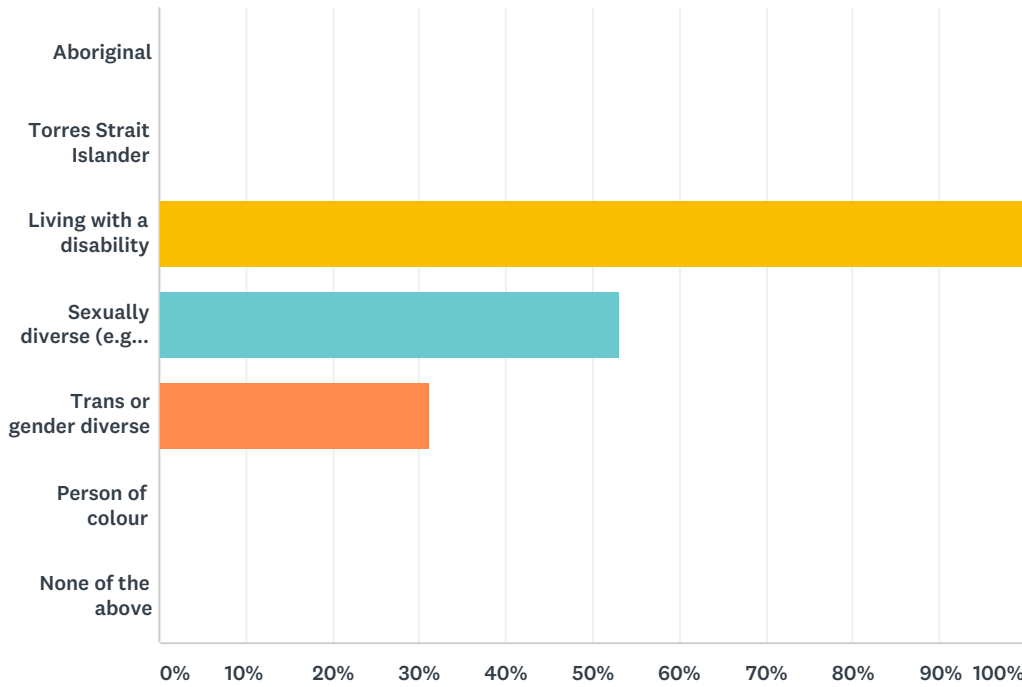
Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
Female	62.50%	20
Male	25.00%	8
Non-binary	9.38%	3
Trans or gender-diverse	25.00%	8
Other (please specify)	6.25%	2
Total Respondents: 32		

### Q4 Do you identify as (Tick as many as applicable)

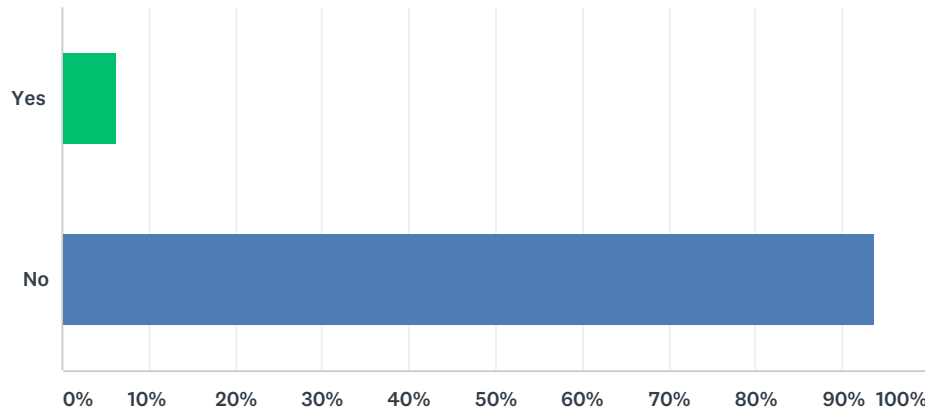
Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
Aboriginal	0.00%	0
Torres Strait Islander	0.00%	0
Living with a disability	100.00%	32
Sexually diverse (e.g. lesbian, gay, bisexual)	53.13%	17
Trans or gender diverse	31.25%	10
Person of colour	0.00%	0
None of the above	0.00%	0
Total Respondents: 32		

### Q5 Do you speak a language other than English at home?

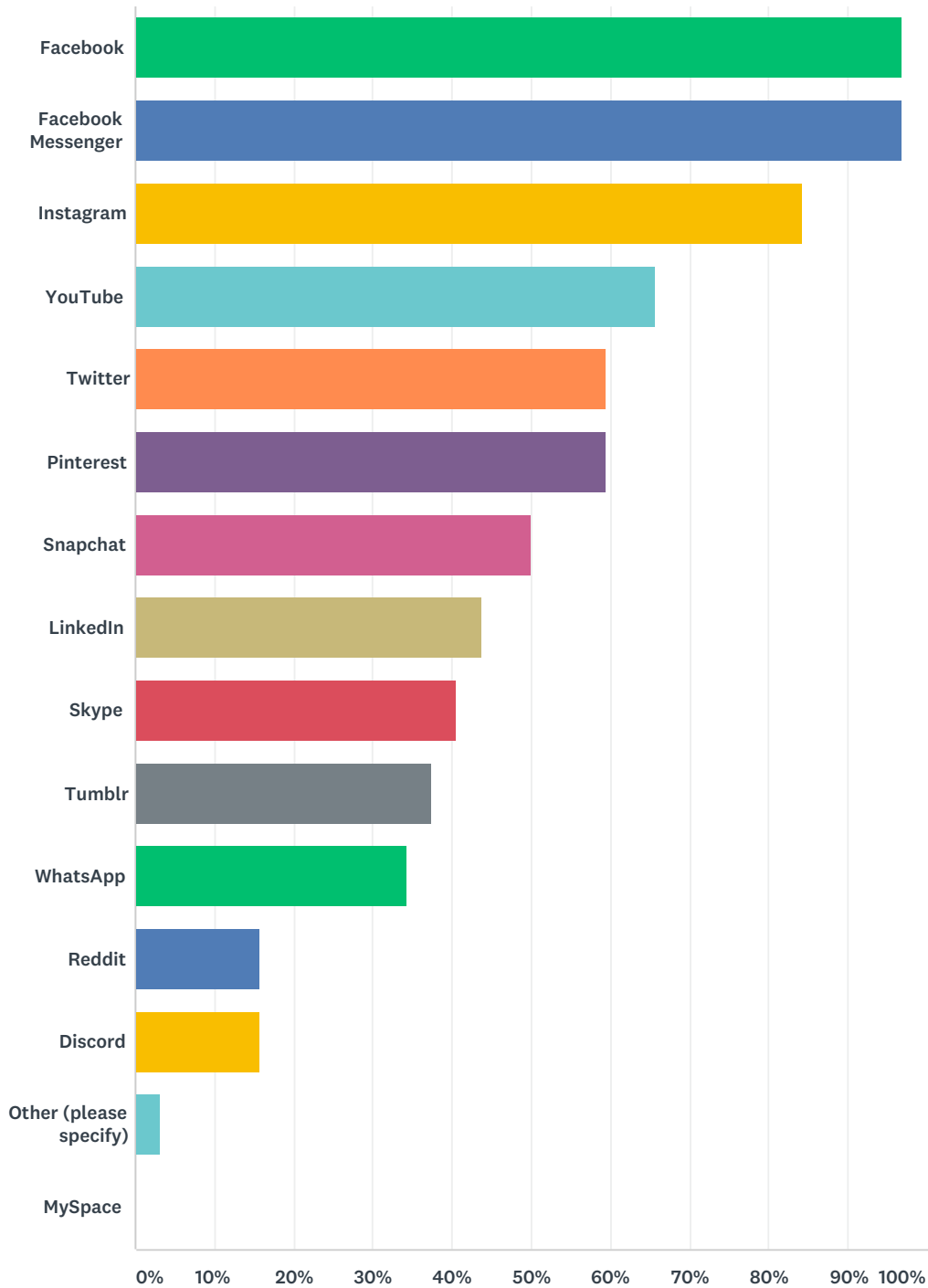
Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	6.25%	2
No	93.75%	30
TOTAL		32

### Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Answered: 32 Skipped: 0

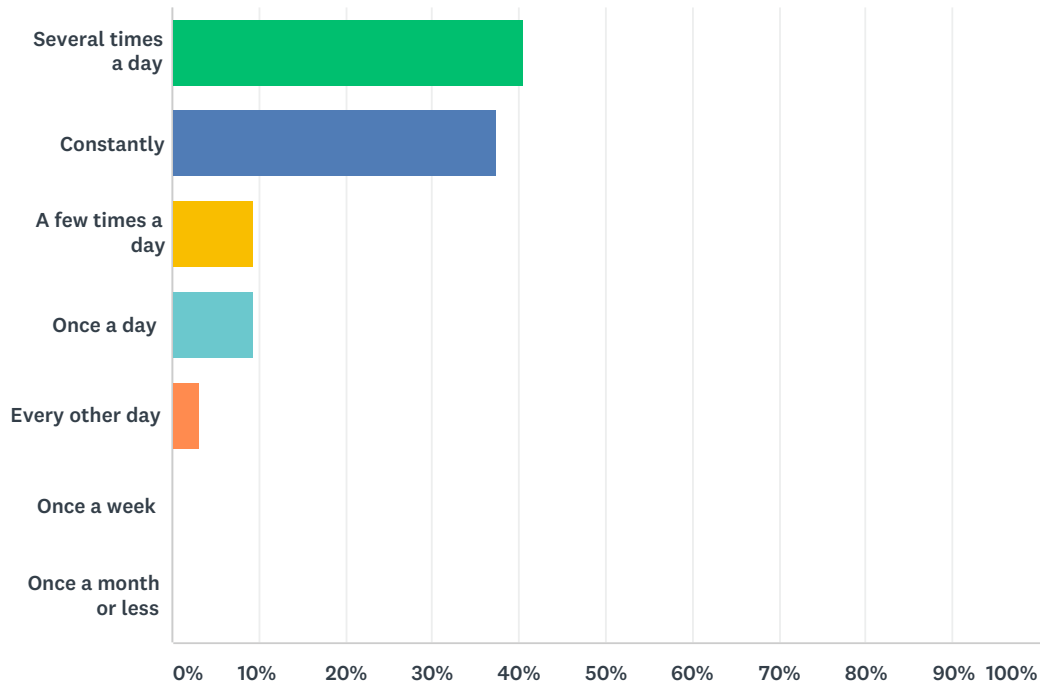


ANSWER CHOICES	RESPONSES
Facebook	96.88% 31
Facebook Messenger	96.88% 31

Instagram	84.38%	27
YouTube	65.63%	21
Twitter	59.38%	19
Pinterest	59.38%	19
Snapchat	50.00%	16
LinkedIn	43.75%	14
Skype	40.63%	13
Tumblr	37.50%	12
WhatsApp	34.38%	11
Reddit	15.63%	5
Discord	15.63%	5
Other (please specify)	3.13%	1
MySpace	0.00%	0
Total Respondents: 32		

## Q7 How often do you check social media?

Answered: 32 Skipped: 0

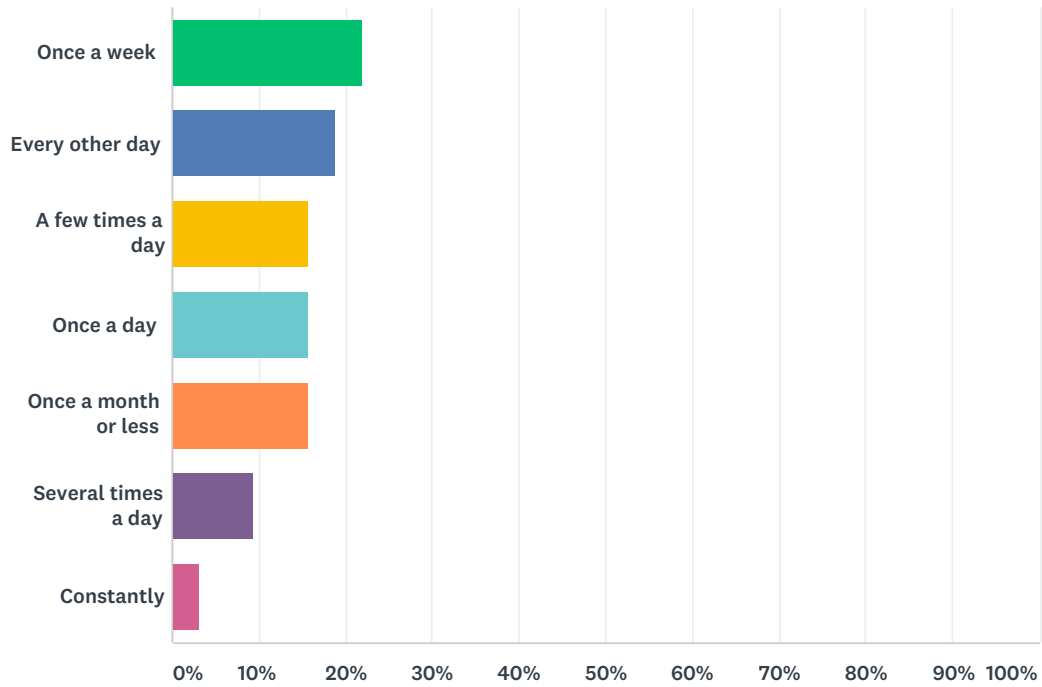


ANSWER CHOICES	RESPONSES	
Several times a day	40.63%	13
Constantly	37.50%	12
A few times a day	9.38%	3
Once a day	9.38%	3
Every other day	3.13%	1
Once a week	0.00%	0
Once a month or less	0.00%	0
<b>TOTAL</b>		<b>32</b>



## Q8 How often do you post to social media (including stories)

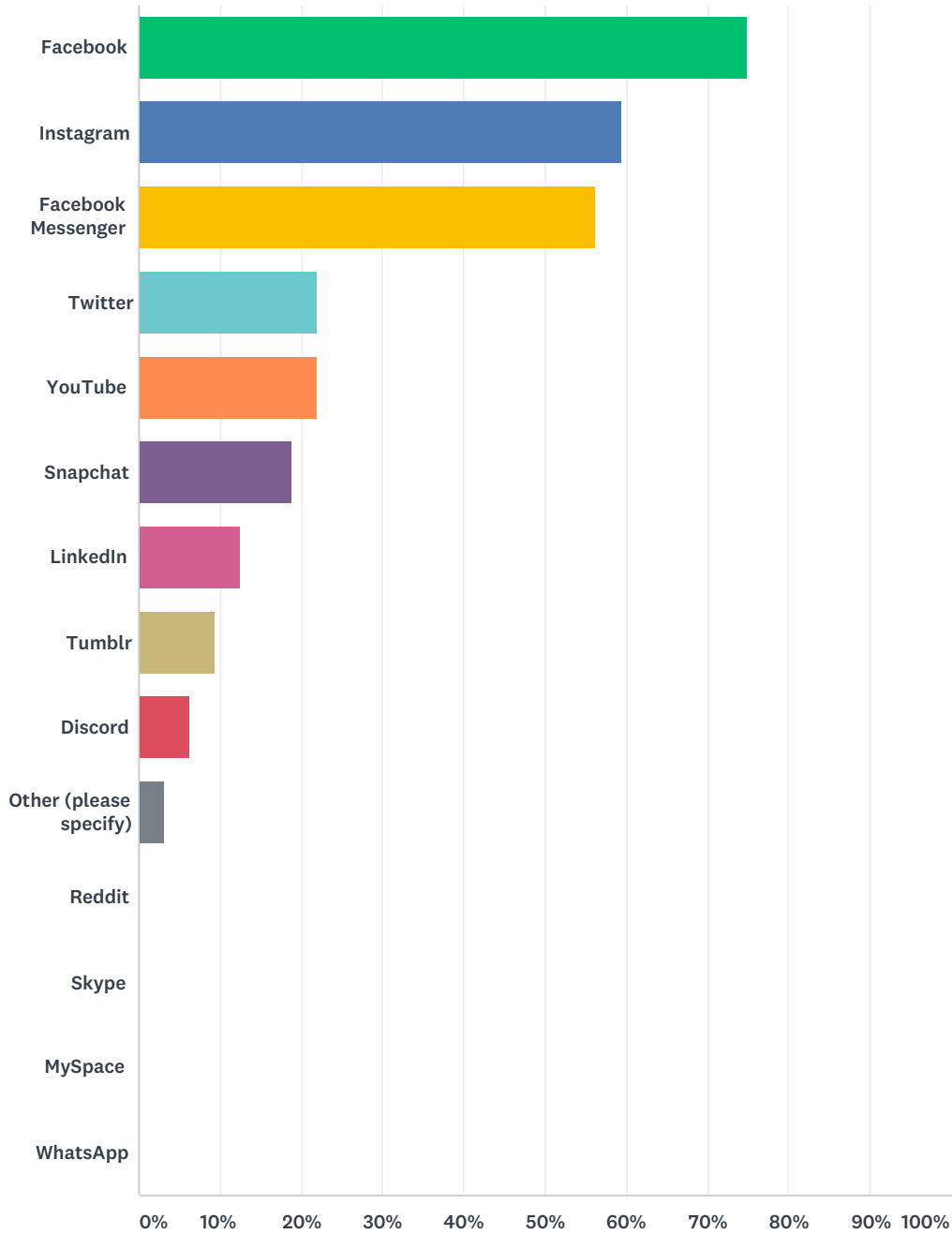
Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
Once a week	21.88%	7
Every other day	18.75%	6
A few times a day	15.63%	5
Once a day	15.63%	5
Once a month or less	15.63%	5
Several times a day	9.38%	3
Constantly	3.13%	1
<b>TOTAL</b>		<b>32</b>

### Q9 Please check your 3 favourite social media platforms

Answered: 32 Skipped: 0

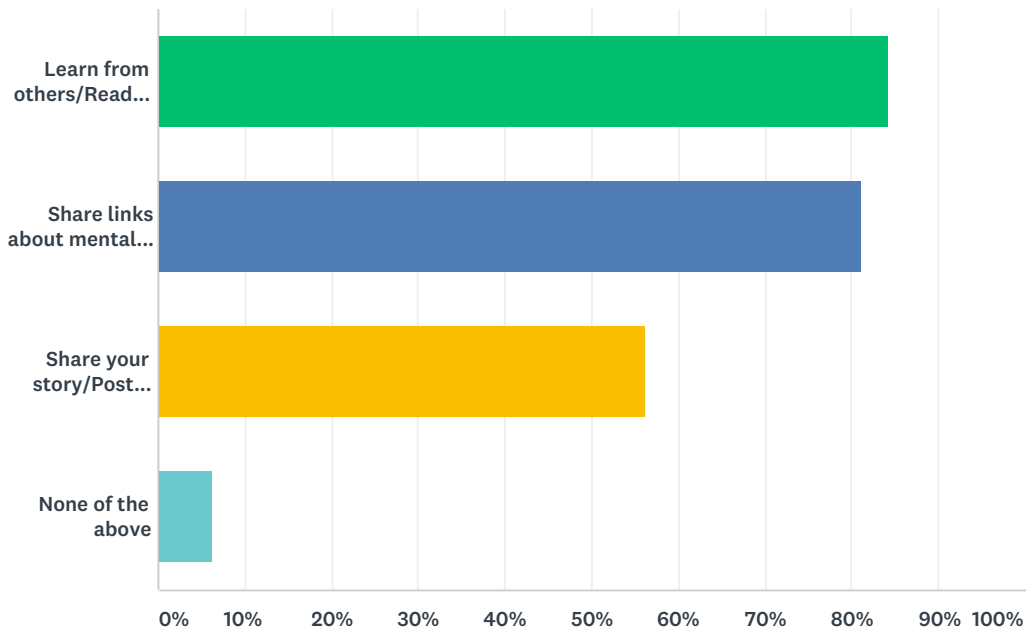


ANSWER CHOICES	RESPONSES	
Facebook	75.00%	24
Instagram	59.38%	19
Facebook Messenger	56.25%	18
Twitter	21.88%	7
YouTube	21.88%	7

Snapchat	18.75%	6
LinkedIn	12.50%	4
Tumblr	9.38%	3
Discord	6.25%	2
Other (please specify)	3.13%	1
Reddit	0.00%	0
Skype	0.00%	0
MySpace	0.00%	0
WhatsApp	0.00%	0
Total Respondents: 32		

### Q10 In the last 4 months have you used social media to... (tick as many as apply)

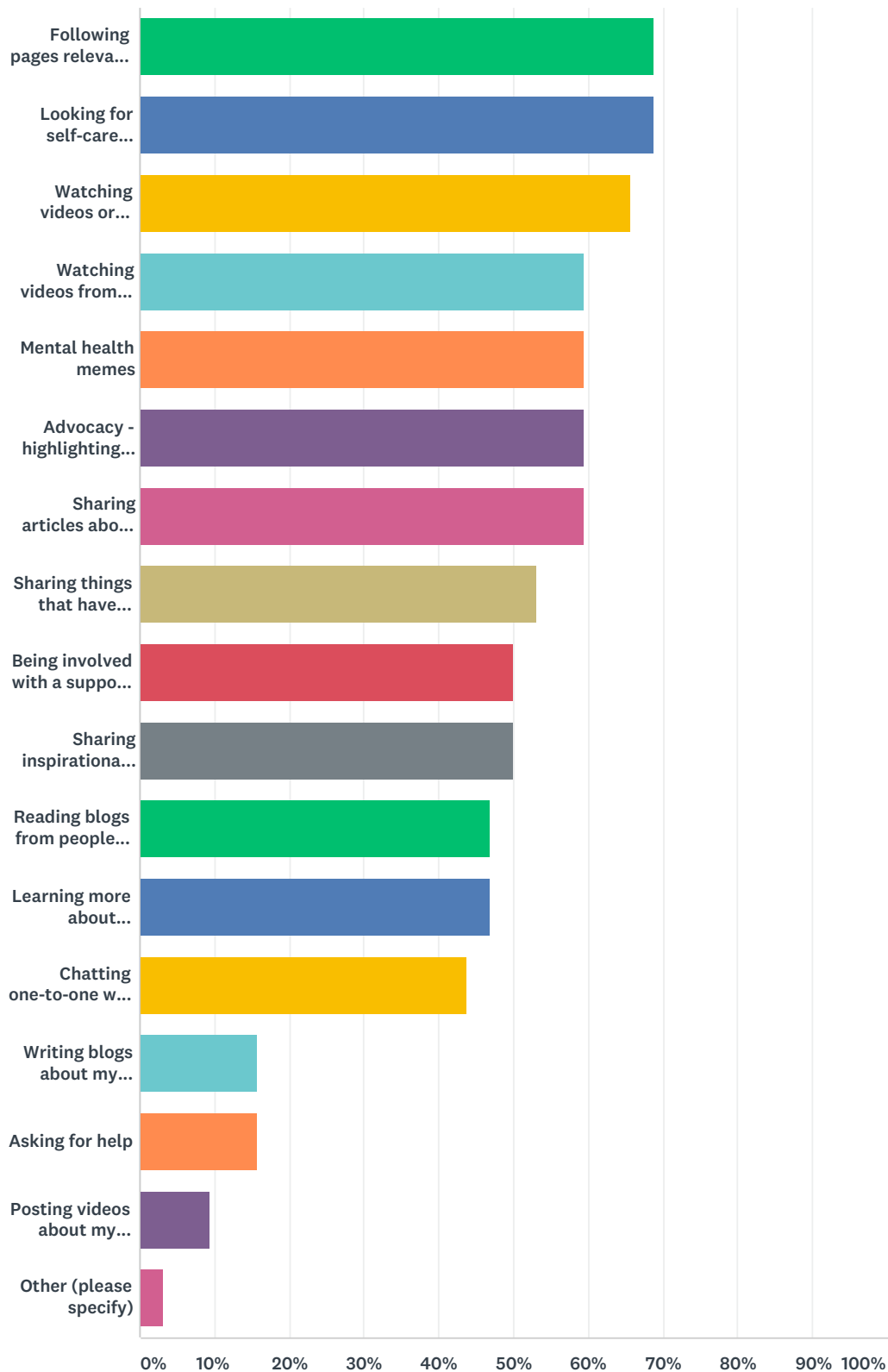
Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
Learn from others/Read about others mental health (incl. support groups and vlogs)	84.38%	27
Share links about mental health issues that are important to me	81.25%	26
Share your story/Post about your own mental health online (incl. support groups and vlogs)	56.25%	18
None of the above	6.25%	2
Total Respondents: 32		

### Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

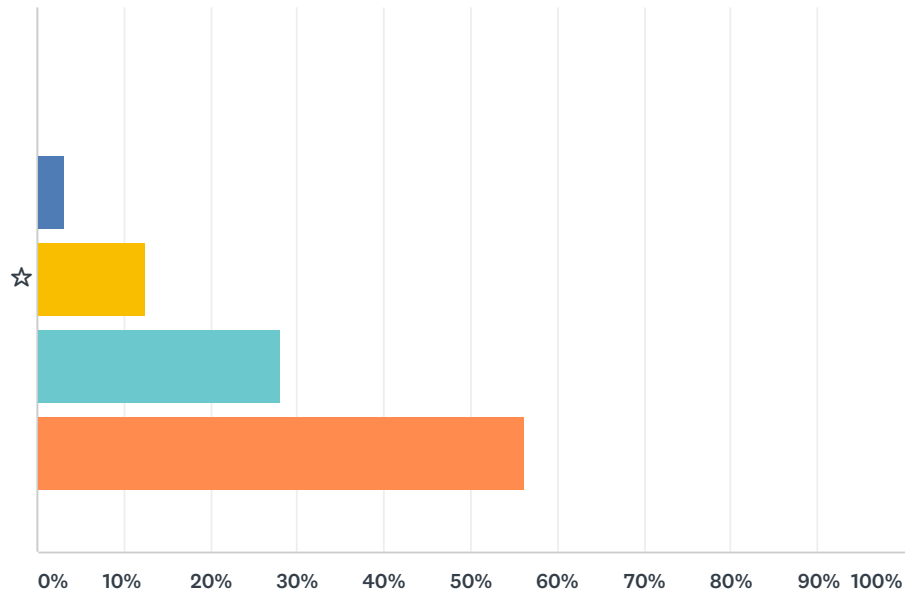
Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
Following pages relevant to my experience/diagnosis	68.75%	22
Looking for self-care techniques	68.75%	22
Watching videos or reading articles from professionals	65.63%	21
Watching videos from people with a similar experience to mine	59.38%	19
Mental health memes	59.38%	19
Advocacy - highlighting issues important to me	59.38%	19
Sharing articles about mental health	59.38%	19
Sharing things that have helped with your own mental health	53.13%	17
Being involved with a support group or forum	50.00%	16
Sharing inspirational quotes	50.00%	16
Reading blogs from people with a similar experience to mine	46.88%	15
Learning more about professional services	46.88%	15
Chatting one-to-one with someone who has had a similar experience	43.75%	14
Writing blogs about my experience	15.63%	5
Asking for help	15.63%	5
Posting videos about my experience	9.38%	3
Other (please specify)	3.13%	1
Total Respondents: 32		

# Q12 I believe that being open about mental health online reduces stigma

Answered: 32 Skipped: 0

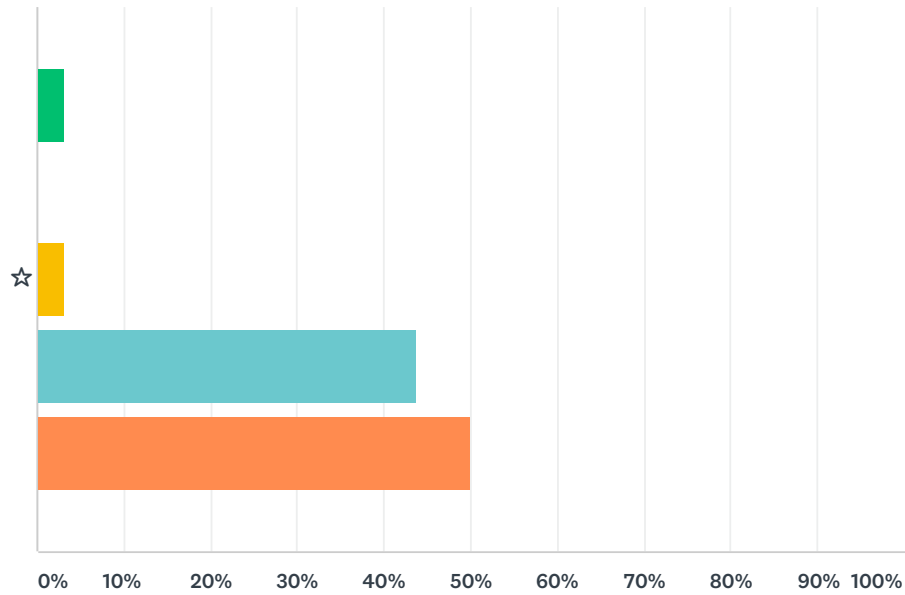


■ Strongly disagree 
 ■ Disagree 
 ■ Neutral 
 ■ Agree 
 ■ Strongly Agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.00%	3.13%	12.50%	28.13%	56.25%	32	4.38
	0	1	4	9	18		

# Q13 Talking to others who have gone through a similar experience to me has been helpful

Answered: 32 Skipped: 0



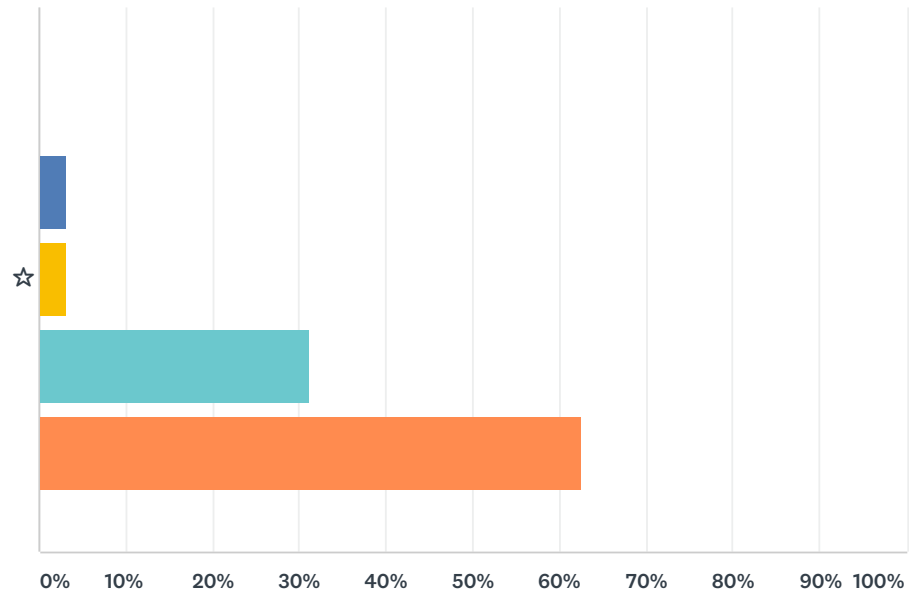
■ Strongly disagree 
 ■ Disagree 
 ■ Neutral 
 ■ Agree 
 ■ Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	3.13%	0.00%	3.13%	43.75%	50.00%	32	4.38
	1	0	1	14	16		



# Q14 I want to help other people who have had similar experiences to me

Answered: 32 Skipped: 0

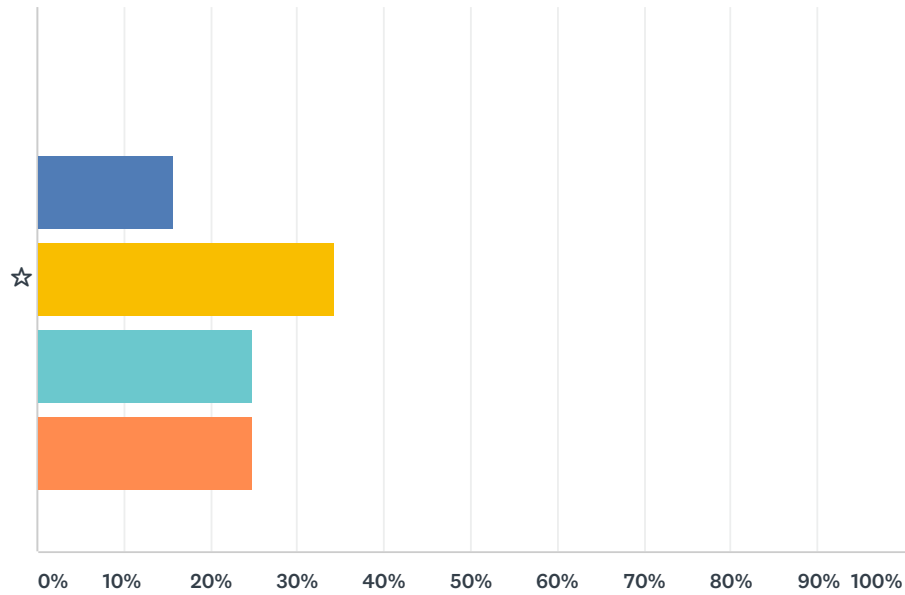


■ Strongly disagree  
 ■ Disagree  
 ■ Neutral  
 ■ Agree  
 ■ Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.00%	3.13%	3.13%	31.25%	62.50%	32	4.53
	0	1	1	10	20		

# Q15 It is easier talking about mental health online compared to face to face

Answered: 32 Skipped: 0

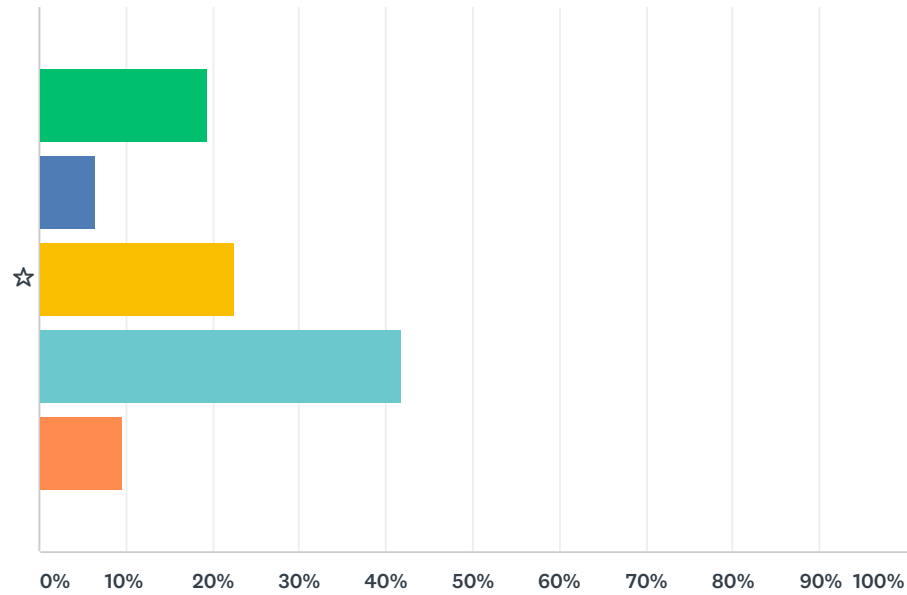


■ Strongly disagree  
 ■ Disagree  
 ■ Neutral  
 ■ Agree  
 ■ Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.00%	15.63%	34.38%	25.00%	25.00%	32	3.59
	0	5	11	8	8		

# Q16 Overall, I think social media has been helpful when it comes to my mental health

Answered: 31 Skipped: 1



■ Strongly disagree  
 ■ Disagree  
 ■ Neutral  
 ■ Agree  
 ■ Strongly agree

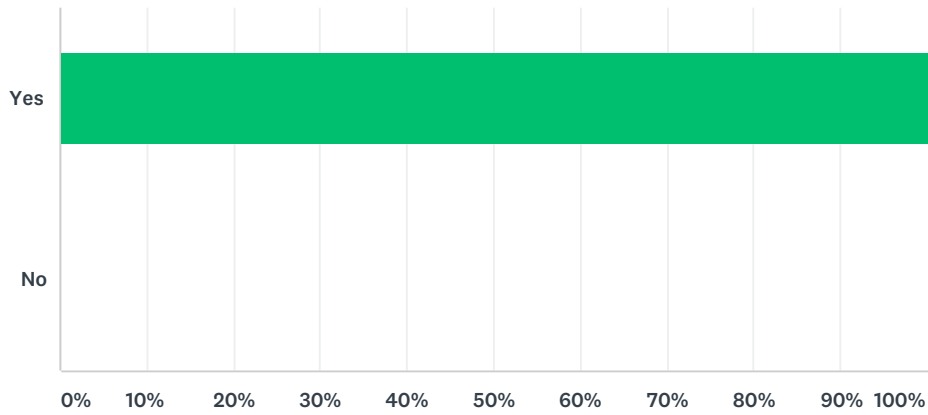
	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	19.35%	6.45%	22.58%	41.94%	9.68%	31	3.16
	6	2	7	13	3		

**Q17 Finally, do you have anything else to say about how you use social media for your mental health?**

Answered: 16 Skipped: 16

### Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Answered: 32 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	100.00%	32
No	0.00%	0
TOTAL		32