

The effectiveness and acceptability of a smartphone app (BlueIce) for university students experiencing self-harm thoughts/behaviours.

Experience of using BlueIce Questionnaire

1. Roughly how many times did you use BlueIce over the past 6 weeks?

- Once or twice
- Up to 5 times
- 6-12 times (up to once per week)
- Couple of times per week
- More often (please specify)

2. Did you personalise (i.e. add you own ideas to) the following sections of the mood lifter?

- Get Active (physical activities)
- Do something (get busy)
- Good times (photos)
- Listen and relax (music)
- Thinking traps (download your head)
- Contact friends (add 2/3 friends)
- Ride it out (soothing toolbox)

3. What sections of BlueIce did you use the most?

4. Did you set reminders to complete the mood diary?

- Yes
- No

5. Did you use the mood checker section to record your mood?

- Yes

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No

If NO – were there any reasons why?

If YES – how often did you use it and was it helpful?

6. Did you use Bluelce when you were distressed and felt like harming yourself?

Yes

No

If No – Were there any reasons why you didn't use Bluelce (e.g. didn't need to, forgot, didn't think it would help). **Got to Question 9**

If Yes – Over the past 12 weeks how many times did you use Bluelce when you were thinking of harming yourself?

Once or twice

Up to 5 times

6-12 times (up to once per week)

Couple of times per week

More often (please specify)

7. Did Bluelce ever stop you from harming yourself?

Yes

No

If no, why do you think it didn't stop you from harming yourself?

If Yes, how many times did it stop you from harming yourself?

Once or twice

Up to 5 times

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6-12 times (up to once per week)

Couple of times per week

More often (please specify)

8. Which sections of BlueIce helped you most when you were thinking of harming yourself?

9. Were there times when you self-harmed that you didn't use BlueIce

Yes

No

If Yes

- What stopped you from using BlueIce (no phone, forgot, feelings too intense)?

10. Were there any parts of BlueIce you found unhelpful, didn't like or didn't use?

11. Please read the statement below and indicate the extent to which you agree or disagree.

	Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
BlueIce was easy to use					
BlueIce was helpful					
I prefer BlueIce to face to face meetings					
I would recommend BlueIce to other students					

12. Choose a number between 1-10 to show how much your self-harm has improved after using BlueIce?

1	2	3	4	5	6	7	8	9	10
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No improvement

Much improvement

13. Choose a number between 1-10 to show how much your mental health has improved after using BlueIce?

1	2	3	4	5	6	7	8	9	10
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No improvement Much improvement

14. How many stars would you give BlueIce?

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- ***
- ****
- *****

15. Is life different for you now after using BlueIce and, if so, how is it different?

16. Will you continue to use BlueIce?

- Yes
- No
- Not sure

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