| Feedback | Trigger | Scoring | Sample | | | |
|-----------------------|------------|--|---|--|--|--|
| type | | | | | | |
| Psychological surveys | | | | | | |
| Normative | When block | Scoring based on published guidelines, | ••oco Telstra 💎 1:56 pm Survey 1 Survey 2 Survey 3 | | | |
| feedback | of surveys | and feedback based on published | I've never deliberately said something that hurt someone's feelings. | | | |
| | completed | normative data). | Feedback Thank you for completing this block of | | | |
| | | For example: | Inank you for completing this block of surveys, which included a praceived according to the control of the control of explored how much support you feel you have from friends, family and other people in your life. Your score indicates that you perceive that you have social support some of the time but not always when you need it. | | | |
| | | (<45) in the lower range of positive | | | | |
| | | health scores (less than 75% of | ОК | | | |
| | | people) | | | | |
| | | (45-50) on the lower end of the | Next | | | |
| | | average range of positive | | | | |
| | | health scores (less than 50% of | | | | |
| | | people) | | | | |
| | | (51-56) on the higher end of the | | | | |
| | | average range of positive | | | | |
| | | health scores (more than 50% | | | | |
| | | of people) | | | | |
| | | (>56) in the higher range of positive | | | | |
| | | health scores (more than 75% | | | | |
| | | | | | | |

of people)

Risk assessment

Prompt to Red flag high PHQ or GAD score above 15 (as per seek mental score published recommendations)

health support

Not Disclate AT ALL

Confirmation

If you are concerned about how you are feeling and need someone to talk to, call the beyonduble support time on 100 22 400, Lifering 151 114) or make an appointment to talk to, your doctor.

OK

Experience sampling self-reports

Visual (icon, On user Overview:

colour) and request from Based on 2-dimensional (arousal and descriptions day 1. valence) circumplex model of emotion

of emotional (see below); color coding based on

state, as well subjective convention.

as context

information.

Reported

either in

detailed (1

day), brief

form (weekly),

or overview

(complete log)

format.



Weekly view:

Daily detail:

Description of On user positive request health unlocked function from day 8. Scoring based on the sum of ESM items reflecting feelings of: positive, control, social connection or support, motivation or engagement, and meaning or purpose

5-10: Low score

11-19: Medium score

20-25: High score

Further information link options (rotating over time) include Smiling Mind, Healthy Habits, and Buddhify apps, and well-being websites such as "Authentic Happiness" and "Soul

pancake"

Description of On user depression or request anxiety levels unlocked from day 15.

Scoring based on PHQ or GAD frequency of behaviors over a 2-week period (none, less than half the days, around half the days, every or most of









| th | e | da | ys) |
|----|---|----|-----|
| | | | |

Summed to produce

• 0-2: low

• 3-4: moderate

• 5-6: high

Further information link options (rotating over time) include

| Progress | Frequency | Day 1-7: Counts down to unlocking |
|--------------|------------|--------------------------------------|
| toward | counts and | further mood feedback (positive |
| entries into | countdowns | functioning feedback) |
| prize draw | | Day 8-14: Counts down to unlocking |
| | | further mood feedback (depression or |
| | | anxiety feedback) |
| | | Every day: Counts up number of days |
| | | completed to yield number of entries |
| | | into prize-draw. |
| | | |