

## Multimedia Appendix 14: Major events or changes reported by users

Major event category

Sample user response

Number of users

Relationship issue

“I broke up with my best friend”

11

“My in-laws are being really nasty and rude”, “i had conflict with my mother”

8

“Relationship problems”, “My freedom”

3

“It has been loving my best friend that loves another one”

3

“Marriage Conflict”

3

“I'm in a relationship since January”

3

Mental well-being changes

“My addiction, loose, and failures”, “I moved back home, I cannot find a job, my boyfriend and I fight a lot, I lost my car, I feel hopeless, I couldn't get accepted into college”

5

“I have discovered i got depression. It's really hard...”

4

“Motivating myself to be better”

2

Location change

“Moving”, “I've just moved in to another city”

12

Loss or bereavement

“The death of a loved one”, “Losing a parent”

6

“I lost most of my friends”, “Some people started leaving me.”

4

Career change

“A new job”, “Career change”

6

Physical well-being changes

“Chronic pain and stress”, “Became more ill”

8

Work-related issues

“Looking for a job”, “Jobless. Depressed”

4

“Changing my schedule at work which has triggered my anxiety.”

3

Stress

“Lots of things. Stressful ones”

2

“I don't want to study further, but I am forced to.”

2

Worry

“I lied to my friends

“, “Not being able to study at the university I want”

3

Trauma

“I'm transgender and my mum is being a bit odd about it and am scared and i hurt a lot of people by accident and i wanna stop hurting them.”

2

Childbirth

“Having a baby”

2

Loneliness

“I live on my own now, that can be stressful”

2

School change

“New school”

2