**Feedback on the "What are intrusive memories?" video and quiz**

| Positive | Suggested changes |
|---|---|
| **General** <ul><li>A benefit with using videos</li><li>Good combination with voice and animation</li><li>Soft, gentle voice</li><li>Friendly</li><li>Calm</li><li>General positive feedback</li><li>Captures interest/attention</li><li>Less concerns now with experience</li></ul> **Standardisation** <ul><li>Applicable across populations</li><li>Offers a more standardised protocol</li><li>Good explanation for researcher/clinician too</li></ul> **Animation** <ul><li>The visuals are very helpful</li><li>Liked that it was a person of colour</li><li>Liked that the person is gender neutral-more relatable</li><li>Liked the motivational mouse</li><li>Shows empathy</li><li>Respectful</li><li>Thoughtful</li><li>Liked the camera example</li><li>Liked the phone example</li><li>Good, simple trauma examples</li><li>Liked the character</li><li>Good facial expression of character</li><li>Love the graphics</li><li>Liked the thought bubbles</li><li>Liked the movie example</li><li>Liked the day/night example</li><li>Liked the car crash example</li></ul> **Explanation/Clarity** <ul><li>Good explanation of sensory aspects</li><li>Good example of functional impact</li></ul> | **Animation** <ul><li>Clarify blood example</li><li>Mouse could be bigger</li><li>Images and words should appear together</li><li>Emphasise vividness of memory examples</li><li>Emphasise fleetingness of memory examples</li><li>Work visual not clear</li><li>Maybe show more distress</li><li>Add bullet points at the end</li></ul> **Explanation of Intrusive Memories** <ul><li>Clarify between rumination and thinking over</li><li>Clarify more what it is not</li><li>Add that they come without warning</li><li>Clarify 'dissociation'</li><li>Clarify difference between re-experiencing</li><li>Use simpler language</li><li>Add something to normalise intrusive memories</li><li>Generalise the concentration example</li><li>Add "without triggers/triggers you are not aware of"</li><li>Add that they can be short and fragmented</li><li>Add more specific concentration examples</li><li>Doesn't cover flashbacks</li><li>Rumination visual not clear</li><li>Add something about distress</li><li>Add something about physical symptoms</li><li>Explain dissociation more</li></ul> **Quizzes** <ul><li>Wording of quiz</li><li>Mention Tetris with Special Instruction</li></ul> **Other** <ul><li>More tailored trauma event</li><li>Add a general list of trauma examples</li><li>Too slow pace at time</li></ul> |

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|---|---|
| • Good example of disconnect<br>• Very clear/concise<br>• Easier to understand<br>• Very clear/helpful voice<br>• Good explanation of intrusive memories<br>• Good explanation of what may happen<br>• Good recap at the end<br>• Good differentiation between thinking and rumination<br>• Good balance of information<br><br>**Length and Speed**<br>• Pace allows for time to process materials<br>• Good overall pace<br>• Brief questions<br><br>**Quizzes**<br>• Checks for understandings<br>• Good quiz questions<br>• Good to have quiz questions | • Mouse took away focus<br>• Don't use the word trauma<br>• Say "negative experience" instead |

# Feedback on the "How to play Tetris with mental rotation" video and quiz

| Positive | Changes |
|---|---|
| **General**<br>• A benefit with using videos<br>• Captures attention<br>• General Positive Feedback<br>• Good combination with voice and animation<br>• Calming<br>• Educational<br>• Less distraction<br>• Keeps your attention<br>• Soft, gentle voice<br>• Human Element<br>• Fun (Tetris quiz)<br><br>**Standardisation**<br>• Offers a more standardised protocol<br>• Applicable across populations<br><br>**Animation**<br>• Colourful<br>• Design of the blocks<br>• Good animation with the brain<br>• Good, middle-ground example<br>• The visuals are very helpful<br><br>**Explanation/Clarity**<br>• Clear division of instructions<br>• Cleary explains the instructions<br>• Very clear/concise<br>• Very clear/helpful voice<br>• Easier to explain what the game is<br>• Easier to understand<br>• Good explanation of the game<br>• Good focus on next 3 pieces<br>• Good, useful recaps<br>• Good, clear focus on mental rotation<br>• Good wording / simple language<br><br>**Length and Speed**<br>• A good length of time/short<br>• Good overall pace<br>• Time saving<br>• Pace allows for time to process the materials | **Explanation of the Tetris game**<br>• Start with basic instructions first<br>• Add instruction to turn off notifications<br>• Address breaks and game play duration<br>• Address that points/score does not matter<br>• Address that there is a "hold" function<br>• Address the speed of the game, there is no need to rush<br>• Address what to do after "game over"<br>• Mention something about practicing<br>• More repetition needed<br>• Order of the example is wrong<br>• Show what the three blocks on the side mean earlier<br><br>**Explanation of Mental Rotation**<br>• Add another example<br>• Emphasise mental rotation more<br>• End with Mental Rotation explanation<br>• Enforce mental rotation over points<br><br>**Animation**<br>• Personify the brain more<br>• Adjust colour contrast with blocks on brain<br><br>**Other**<br>• Mention "Tetris with special instructions"<br>• Address other things in protocol<br>• Clarify audience for quiz questions<br>• Cut down on long gaps<br>• Hard to hear the word "brain"<br>• Language barrier/translations needed<br>• Too slow of a pace at times<br>• Dialect may be a bit difficult<br><br>**Quizzes**<br>• Wording of quiz<br>• Add "planning in mind's eye" in Tetris quiz |

**Feedback more generally on next steps for advancing digital remote delivery**

| Suggestions for Next Video/Steps | General Concerns |
|---|---|
| **Technological Needs**<br>• Explain setup<br>• Explain/troubleshoot general problems<br>• Explain/troubleshoot tech problems<br>• Need to address using different devices/platforms<br><br>**Other parts of the intervention**<br>• Explain the difference between flashbacks and intrusive memories<br>• How to create a list for intrusive memories<br>• Need to have video on filling in diary<br>• Reminder of memory recall<br><br>**Other**<br>• Prepare a handout with instructions<br>• Make videos downloadable<br>• Provide answer key to quiz questions<br>• Add character to all videos<br>• Translation<br>• Voice over for questions | **Communication with participant**<br>• If participants don't understand<br>• Ensuring a bidirectional relationship<br>• Checking for understanding<br>• How participants will ask questions<br>• Chance to practice online with clinician<br>• Can't check if paying attention<br>• Can't visually see if participants understand<br>• Face-to-face might be better for trauma survivors<br>• Making sure instructions are followed<br>• Need context for participants<br>• Start with having researcher there<br>• The need for giving feedback to participants<br>• The need to give participant encouragement<br><br>**Other**<br>• Following the order of the videos<br>• Need to think a lot about explanation of intrusive memory video<br>• No access to Wi-Fi for some<br>• Subtitles are not enough<br>• The style might not be taken seriously<br>• Overall logistics<br>• May not get the quiz right<br>• Should reach out to participants<br>• Make sure participants are listening<br>• Participants finding the time and place<br>• Participants who can't read<br>• What platform will they view these on |