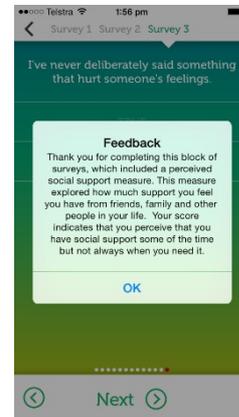


Feedback type	Trigger	Scoring	Sample
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Psychological surveys

Normative feedback	When block of surveys completed	<p>Scoring based on published guidelines, and feedback based on published normative data).</p> <p>For example:</p> <p>(<45) in the lower range of positive health scores (less than 75% of people)</p> <p>(45-50) on the lower end of the average range of positive health scores (less than 50% of people)</p> <p>(51-56) on the higher end of the average range of positive health scores (more than 50% of people)</p> <p>(>56) in the higher range of positive health scores (more than 75% of people)</p>	
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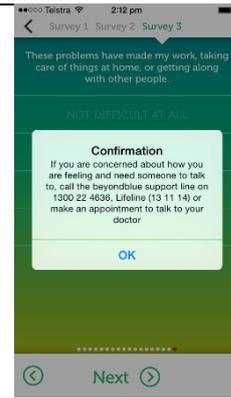


Risk assessment

Prompt to seek mental health support

Red flag high score

PHQ or GAD score above 15 (as per published recommendations)



Experience sampling self-reports

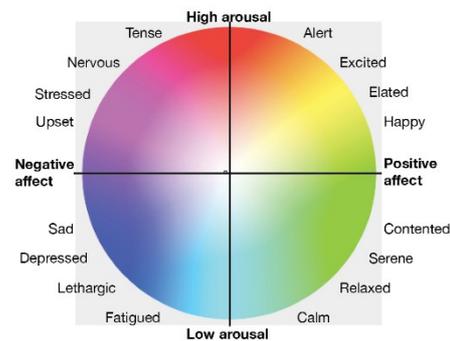
Visual (icon, colour) and descriptions of emotional state, as well as context information.

Reported either in detailed (1 day), brief form (weekly), or overview (complete log) format.

On user request from day 1.

Based on 2-dimensional (arousal and valence) circumplex model of emotion (see below); color coding based on subjective convention.

Overview:



Weekly view:

Daily detail:

Description of positive health function

On user request unlocked 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

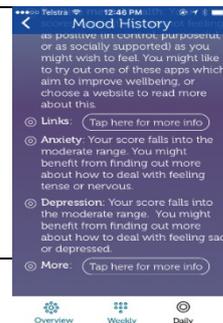
- 5-10: Low score
- 11-19: Medium score
- 20-25: High score

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 depression or anxiety levels

On user request 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



the days)

Summed to produce

- 0-2: low
- 3-4: moderate
- 5-6: high

Further information link options

(rotating over time) include

Progress toward entries into prize draw	Frequency counts and countdowns	Day 1-7: Counts down to unlocking further mood feedback (positive functioning feedback) 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.
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