

Multimedia Appendix 5: Help-seeking strategies used

Table 1 below summarises the responses to the ‘Strategy used’ question for help-seeking by arm and follow up time point. Participants responses to the question were categorised as “No strategy used”, “Did not need help” or “Help-seekers” if they used at least one or more of the following help-seeking search strategies: “General search” (e.g. google, Link), “Website/ online service”(e.g. beyondblue, Reachout, Headspace/eHeadspace), “Other online strategy” (e.g. online [not specified], online forums or chatrooms), “Formal sources of support” (e.g. GP, psychologist, counsellor, school/uni support), “Informal sources of support” (e.g. talk to family/friends/partner/colleague, religion support), “Phone line” (e.g. lifeline, kids helpline), or “Other sources of support” (e.g. meditation/relaxation/mindfulness, books, information [not specified]). Table 2 shows the count and percentage of participants classified as help-seekers in Table 1 for each of the categories listed above. Results are presented as ‘None’ or ‘1 or more’ results.

Appendix 5 Table 1. Participants not needing or not seeking help by intervention and control arm for each follow-up time period^a

	Immediate time point		1-month follow-up		3-month follow-up	
	<i>Link</i> (n=173)	Control (n=177)	<i>Link</i> (n=135)	Control (n=136)	<i>Link</i> (n=143)	Control (n=132)
Number who responded to question						
Help-seeking	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
No strategy used	5 (2.9)	11 (6.2)	11 (8.1)	22 (16.2)	8 (5.6)	15 (11.4)
Did not need help	1 (0.5)	0 (0)	1 (0.7)	1 (0.7)	3 (2.1)	3 (2.3)
Help-seekers^b	167 (96.5)	166 (93.8)	123 (91.1)	113 (83.7)	132 (92.3)	114 (86.4)

^a Number allocated to intervention arm (n=205) and control arm (n=208)

^bTotal number of respondents who reported using one or more help-seeking strategies

Appendix 5 Table 2. Strategies for Help-seeking used post-randomisation by arm^{a,b}

	Immediate time point				1-month follow-up				3-month follow-up			
	Intervention		Control		Intervention		Control		Intervention		Control	
	n	%	n	%	n	%	n	%	n	%	n	%
General search												
None	129	77.2	124	74.7	116	94.3	106	93.8	123	93.2	109	95.6
1 or more	38	22.8	42	25.3	7	5.7	7	6.2	9	6.8	5	4.4
Website/online service												
None	111	66.5	141	84.9	101	82.1	101	89.4	119	90.2	102	89.5
1 or more	56	33.5	25	15.1	22	17.9	12	10.6	13	9.8	12	10.5
Other online strategy												
None	116	69.5	110	66.3	81	65.9	87	77.0	98	74.2	86	75.4
1 or more	51	30.5	56	33.7	42	34.1	26	23.0	34	25.8	28	24.6
Formal sources of support												
None	134	80.2	107	64.5	89	72.4	74	65.5	88	66.7	67	58.8
1 or more	33	19.8	59	35.5	34	27.6	39	34.5	44	33.3	47	41.2
Informal sources of support												
None	137	82.0	121	72.9	87	70.7	67	59.3	87	65.9	69	60.5
1 or more	30	18.0	45	27.1	36	29.3	46	40.7	45	34.1	45	39.5
Phone line												
None	166	99.4	160	96.4	120	97.6	110	97.3	129	97.7	113	99.1
1 or more	1	0.6	6	3.6	3	2.4	3	2.7	3	2.3	1	0.9
Other sources of support												
None	147	88.0	147	88.6	99	80.5	92	81.4	118	89.4	98	86.0
1 or more	20	12.0	19	11.4	24	19.5	21	18.6	14	10.6	16	14.0

^aResults are presented as a percentage of respondents who reported using a help-seeking strategy per arm at each time point. ^bStrategies used for help-seeking were not mutually exclusive.