

Supplementary Material

Article Title: Brief Video Intervention to Increase Treatment-Seeking Intentions Among Young Adults with Psychiatric Symptoms: A Randomized Controlled Trial

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LIST OF SUPPLEMENTARY MATERIAL FOR THE ARTICLE

1. [Appendix 1](#)

DISCLAIMER

This Supplementary Material has been provided by the authors as an enhancement to the published article. It has been approved by peer review; however, it has undergone neither editing nor formatting by in-house editorial staff. The material is presented in the manner supplied by the author.

Appendix 1

Video Interventions: <https://www.youtube.com/watch?v=2Y9bicwlEuY>

<https://www.youtube.com/watch?v=XKMW9l4hJOY>

Control: <https://www.youtube.com/watch?v=PxE5Aqe5sk>

The video was shown to participants immediately following the preintervention assessment and immediately prior to the postintervention assessment, such that participants received one link at baseline to a survey with all three components presented in a sequential fashion (demographics and preintervention assessment, followed by intervention or control videos, followed by postintervention assessment). The intervention served to meet the principle of moderately disconfirming stereotypes through a balance of conveying the realities of struggles with mental health alongside a message of hope via pursuit of treatment.¹ This emphasis on themes of recovery has been shown to be impactful in decreasing stigma and increasing treatment-seeking intentions.² For this program of research with essential workers in particular, our earlier studies provided the basis for the content validation of the intervention in this study.³⁻⁵

In this study, the intervention included a narrative shared by an actress in which she explained the stressors she experienced as an essential worker during the COVID-19 pandemic, and the ways that she began to see them impacting her mental health (“I couldn’t think properly, I couldn’t sleep properly”). She then explained that a loved one reached out and recommended she seek treatment (“sometimes you have to put on your own oxygen mask before you help others”). Despite initial hesitations, she expressed that she decided to try it. From there, the video continues with a description of the ways that her mood and quality of life improved following beginning therapy. Although she is careful to note that things are not perfect, they are better than they were (“I still get anxious sometimes, but I am aware when it happens, and I can deal with it”).

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