# Video diary prompts & questions

## Introducing, connecting and closing messages

*For greater participant engagement and positive experience, different messages will be incorporated in the beginning, in between and at the end of diary recording sessions.*

*Before diving into diary questions, participants will be warmed-up by messages such as:*

* Hi there, how are you?
* Hello, how is everything going?
* Are you ready to start?
* Hi there, let’s talk.
* Hi, thanks for taking some time for these questions. Let’s begin.

*In between the questions, participants will be encouraged with messages such as:*

* Thank you for sharing this. Let’s move on.
* You are doing great. Here comes the next question.
* We’re halfway done. Let me ask you another question.

*After participants are finished with the diary recordings, they will see messages such as:*

* All done!
* All done for today.
* Good job. We’re done.
* This was the last question. Thank you!
* We’re done, thanks. Have a nice day.

## Baseline measurement questions

**1.a. Can you tell me about yourself, so I can get an idea of who you are?**

**1.b. How would you describe yourself to someone who is just getting to know you? Can you describe your hobbies, relationship with your family and friends and emotions that you most often experience?**

*[To gain insights into self-perception, personality traits, and emotional expression.]*

**2. Can you share what goes through your mind on a regular day, including any persistent negative thoughts or worries?**

*[To explore cognitive patterns and identify potential symptoms of anxiety or depression.]*

**3.a. How would you describe your mood and energy levels in recent weeks?**

**3.b. Have you noticed any changes affecting your daily life, work or school, family, or friends?**

*[To assess mood, energy, and the impact of emotional well-being on daily functioning.]*  
  
  
**4. How do you usually react in unpleasant and challenging situations, especially those that happen in relationship with others?**

*[To identify potential symptoms and behaviors associated potential disorders.]*

**5. What do you do when you don’t feel okay? Do you engage in some activity or hobby? How does this impact your mood?**

*[To understand coping mechanisms and potential sources of joy or distress.]*  
   
**6. Is there anything specific that you find really fascinating or intriguing lately? And how did that make you feel?**

*[To explore changes in interests and potential markers of mood disorders.]*  
   
**7.a. Do you ever feel overwhelmed? What do you do then?**

**7.b. Can you think of any recent accomplishments that you are proud of? Are you really good at anything?**

*[To gauge coping strategies and assess self-esteem.]*

## Weekly measurements questions

* *Each video diary comes at the end of each game-playing week.*
* *Most questions are formed in a way that is appropriate for all ages.*

### Week 1: Hopetown

**Questions week 1:**

* What do you like about the game so far?
  + Do you like anything else?
* What don’t you like about the game so far?
  + Is there anything else that you dislike?
* What new things did you learn this week while playing the game?
* Do you play video games often? If yes, which is your favourite video game? Why this one? How much experience do you have with playing video games?

### Week 2: Starfall Forest

**Questions Week 2:**

* What new things did you learn this week while playing the game? Did you learn anything new about yourself?
* What do you tend to do when you don’t feel safe in real life?
* How do you help yourself in a situation where you have to deal with difficult things?
  + Easier language: When you face a problem, what do you do to solve it?
* Do you prefer to be by yourself in such situations or with others? Who do you talk to about difficult things?

### Week 3: The Minion**s’ Quarters**

**Questions week 3:**

* What new things did you learn this week while playing the game?
* Did you learn anything new about yourself?
* Where do you think we get our beliefs from? Can you name at least three sources where they come from? Would you like to share some things that you most strongly believe in with us? This can be connected, for example, to friendships, love, family, facts about yourself, etc.
* Do you think that such strong beliefs can be changed? How quick do you think they change? Under which conditions do you think they can change?

### Week 4: Library

**Questions week 4**:

Children, young adolescents (10-12):

* Do people always tell the truth? Why (not)?
* How do you know who you can trust and who not?
* Do you believe everything you see on television, hear on the radio or see on social media? Did it ever happen to you that you did not believe something? How do you know that something is untrue?

Adolescents and young adults (13-24):

* Do you believe everything you see on television, hear on the radio or see on social media? Did it ever happen to you that you did not believe something? How do you know that something is untrue?
* Do you ever receive some news from somebody that you don’t fully believe? How do you know that the information is possibly untrue?
* How do you react when something like this happens to you?

*Additional option:*

* How do you feel when someone lies to you?
* Do you ever lie? How do you feel then?

### Week 5: The Villain**’s Lair**

**Questions week 5**:

* Do you like meeting new people? Why (not)?
* How would you start a conversation with somebody you have just met and you want to make friends with?
* Do you think that meeting new people is hard for anyone? Why do you think it is so?
* What advice would you give a friend to start a conversation with someone they like? Can you pretend, that you are talking to that friend, and give them as much detail as possible?

## Post-intervention questions

When answering the following questions, have in mind the past 5 weeks since you have started playing the game. Do you notice any changes?

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*[To gain insights into self-perception, personality traits, and emotional expression.]*

**2. Can you share what goes through your mind on a regular day, including any persistent negative thoughts or worries?**

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