

The problem we targeted is how stress can eventually lead to anxiety and how we can curve the feelings of stress before they develop into an anxious state of being. Feeling stressed or anxious every now and then is a normal component of life however, occasionally stress can be so prominent that it eventually leads to anxiety. Mental health statistics have skyrocketed in the recent years; research states that ‘1 in 5 Canadians will experience mental health illness, such as anxiety, throughout their lifetime’ (Statistics Canada, 2013). When one becomes anxious, they tend to fret about future events and agonize reactions to current events, which affects sleeping schedules, appetite, productivity, relationships with others, and overall health. Hence, anxiety disorders are classified as a mental illness and can cause an abundance of distress that interferes with one’s ability to carry out a normal life. We wanted to find a solution to prevent stress from evolving into anxiety, as seen in Figure 1.1 below. We wish to accomplish this task by creating a blockage between stress and anxiety, to do this, we are looking to develop an app that provides animal therapy to prevent stress from accumulating and eventually developing into anxiety. The project is significant as stress is a common feeling that everyone deals with and can relate to. Despite that there are numerous stress relievers, pet therapy has been proven to work exceptionally well when coping with stress mental disorders (Giorgi). However, not everyone has access or knows about pet therapy. As pet therapy has been proven to be a legitimate solution to prevent stress from transiting into mental disorders, we wish to publicize pet therapy and allow it to be accessible to all.

Figure 1.1

Mental Health Scale



Stress is an issue that can happen to anyone regardless of their gender, or age. For this research project we decided to focus on students, specifically teens and young adults of both genders who experience stress. The age range we are focusing on for this study are students aged 15-21. Being a student in high school, University, or College can be a very stressful time, so we want to get insight on how this age bracket is experiencing and coping with stress. It is almost impossible to find a student who doesn't experience any stress at all during their education. Due to stress being such a big issue for a large population, it can lead to worse issues such as: anxiety and in severe cases depression. There is a need to aid students in this age bracket with a possible solution to the onset feelings and emotions tied to extreme stress that waiver on anxiety.

The first step to conducting our interviews was finding subjects to be interviewed. To do this, we first made a survey to analyze the way people think and behave when under stress. We went through our results to narrow down how people deal with stress, what they were stressed

about, the issues that are often dealt with, and other important factors to our research question. We had the survey volunteers put down their name and contact information if they were willing to be interviewed in person for our research. From this we sorted through the list of volunteers and found people who were both willing to be interviewed, but also had answers that were relevant to our research question. Our results from the survey led us to changing some of our interview questions that were to be asked, taking into account how our thoughts of people's needs had changed. Our interview questions were written and revised many times before we conducted our first interview to make sure the questions were relevant to our research question, not misleading, and unbiased. When the interview questions were set, we contacted our survey volunteers and set up a date and time to meet up. We decided to keep the interviews casual by asking the questions in an almost conversation like manner to avoid stressing out the applicant; we would have one person ask the questions while another took notes. Using this method, we could shift through the people we wanted to interview faster, but also keep the conversations going rather than asking a question, stopping, and having this cycle repeat. We interviewed a total of eight people using this method ensuring we connected with the subjects being interviewed in order to give us a better understanding of our research question.

Our research objectives were to primarily establish the source of stresses for students. Secondly, we wanted to establish the influence a pet can have on one's life. Lastly, we wanted to know if our participants would believe their primitive symptoms of stress could be curbed by looking at any animal, or a specific type of animal they were fond of. In order to do this we began by asked our participants very simple interview questions such as: "Exams are coming up how are you feeling?" Or "What are some triggers for you when you are beginning to feel the

symptoms of stress?” Through asking these questions we were often lead to a story in which the participant explained a very stressful time they could recall, or explained a story in which they knew stress was coming. This aided in finding the sources that affected the population of students we were trying to target. Our next objective of establishing the role of an animal in one's life was carried out by only interviewing people in our age target that either owned a pet, or would like to own a pet. By doing this we could establish why it was important to have an animal around and the effect an animal had on stress levels. Finally, in order to understand if our participants would benefit from a form of animal therapy, we asked them if they believed in animal therapy and what they thought the possible benefits could be. Lastly, we asked them to explain to us if they thought animal therapy would work with an animal they had a personal, emotional connection to, or any animal they were remotely fond of would work.

Overall participants from our interviews have experienced very stressful events and cope with them in different ways. All the participants we interviewed have experienced severe stress at one point in their lives and 50% of our interview participants reported having stress continue into feelings of anxiety. Through research we began to understand that most of this stress is directly related to school work; either being short for time on a major project, or being a couple days behind and having mountain sized piles of work form on one's desk. We also learned one of the most common coping mechanisms for students during a very stressful time is to just take a break and get their mind off their primary issue completely. This is generally done by doing mindless tasks, for example: sleeping, scrolling through apps on one's phone, going on a walk, or listening to music. When the participants were asked about pet therapies the reaction was

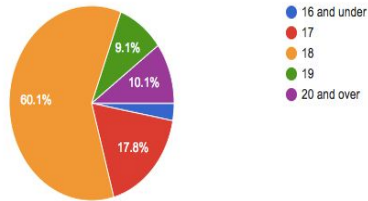
extremely positive. Most of the participants believe in animal therapy as a logical solution to curbing the onset of stressful feelings, most popularly using dogs. Our participants agreed that an animal's company, positivity and cuteness seems to be the perfect distraction to ease a tense situation. Another unique insight that was discovered was one person who we interviewed stated that her dog could sense the feelings this participant had when they wavered on anxious behaviour.

Appendices

Appendix A: Survey Results

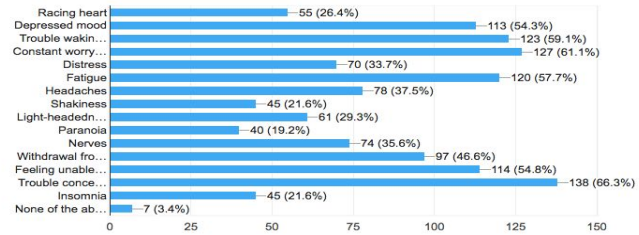
How old are you?

208 responses



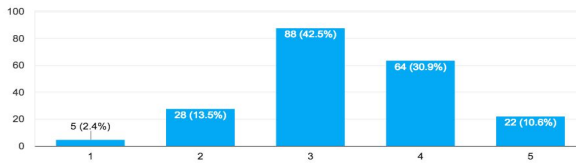
Do you experience any of these things in your daily life?

208 responses



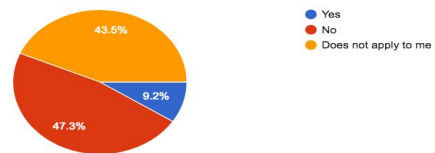
How often do you experience one or all of the above?

207 responses



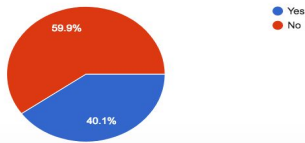
If you do currently experience any mental health issues do you take medication for it?

207 responses



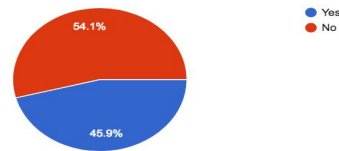
Do you currently experience or have experienced any mental health issues?

207 responses



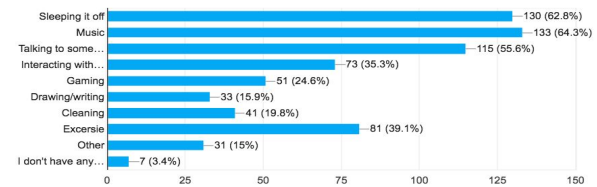
Do you currently own any pets?

207 responses



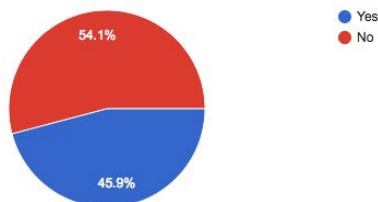
If you have every experienced any of the symptoms in question 2 what works to calm you down?

207 responses



Do you currently own any pets?

207 responses



If you are ok with being interviewed in person. Please leave your name and contact information below

42 responses

kandrew (i hope you fail and ur welcome) lau
 Jessie Huang
 Nuri. Knock on my door.
 Tabitha Wong - tabithaw@sfu.ca
 Daniel: you should know my contact info
 Sajid, ksmahmoo@edu.uwaterloo.ca

Appendix B: Interview Questions

Midterms are coming up how are you feeling?

Describe your feelings when you experience stress?

Has your stress ever caused you to feel anxious or possibly even depressed? if so explain.

Describe one of your most stressful moments.

Describe your feelings/limitations when you are in a stressed or in a anxious state of being.

How do you cope with stress or calm down from a stressful situation?

What animal do you find the most stress relieving?

What is your favorite animal?

Would you prefer dogs or cats?

Do you have a pet?

If you have a pet how long have you had a pet for?

When you experience feelings of stress do find yourself spending time with your pet?

What is the role of (pet's name) in your life?

Why do you think being with your pet helps when you feel stressed?

Have you ever heard of pet therapy?

What do you think of pet therapy?

How often do you use your phone?

What do you use most on your phone? (Favorite apps? What appeals to you?)

Appendix C: Interview Answers from Participants

Describe your feelings/limitations when you experience stress and/or when you are in an anxious state of being.	
Participant #1	<ul style="list-style-type: none">- Isolate myself, constantly in my room studying like a hermit- Not talking to anyone, don't feel like myself when midterms come around- Very limited productivity, especially with a time constraint- Makes me worry more and focus less- Quality of work goes down when stressed and on an exam- Stressed when writing words because I am left handed- Minor OCD, runs in family
Participant #2	<ul style="list-style-type: none">- I get really grouchy and unhappy- I tend to find myself in a bad mindset of not being about to complete tasks and focus on work
Participant #3	<ul style="list-style-type: none">- Stressed to the point where I get very sad- I get unmotivated and I get down on myself
Participant #4	<ul style="list-style-type: none">- Butterflies in my stomach- Procrastination causes me a lot of stress and then I get upset with myself- Definitely stressed and upset that it didn't get done, disappointed in myself, frustrated- Limited by the feelings if very close to the deadline- Boxes me in, I need a break and to sleep
Participant #5	<ul style="list-style-type: none">- I get really worried about the future
Participant #6	<ul style="list-style-type: none">- I usually just ignore it and don't notice anything at all, but stress gets me sick- Unproductive and can't focus- Terrified, feels like I can't get anything done in time- Gets more stressed when I am stressed because I'm stressing over the fact that I'm being stressed and not working
Participant #7	<ul style="list-style-type: none">- Anxious, can't be as productive as usual because there's so many upcoming things
Participant #8	<ul style="list-style-type: none">- Frustration, bit of anxiety, anger

Has your stress ever caused you to feel anxious or possibly even depressed? If so explain.	
Participant #1	- Stressed a lot, I was supposed to go on meds because my anxiety is really bad
Participant #2	- This hasn't really happened to me yet
Participant #3	- I haven't experienced this
Participant #4	- Yes anxiety if I'm not happy with a project - Have not experienced depression
Participant #5	- Yes anxious if not happy with project, no depression - pit/butterflies in stomach
Participant #6	- Yes, I have medication. Most stressful moment was grade 12 exams
Participant #7	- Anxious for sure, but not depressed
Participant #8	- Not really

Describe one of your most stressful moments.	
Participant #1	- Back at the start of exams in grade five I did not know how to write an exam and I wound up breaking down into tears during the exam. I needed to write it alone and have more time
Participant #2	- I can't remember an exact moment, but definitely when school work had piled up and I had to juggle that work along with my job
Participant #3	- I don't remember any particular time, but most of my stress comes from school
Participant #4	- No super traumatic experiences, mostly just when I leave art projects to the last minute or not liking them
Participant #5	- It was the night before midterms, I was really stressed for the next day and it also happened to be the day of the Las Vegas shootings so I was just really stressed out and sad - The next morning I woke up an hour before I usually do and just sat and listened to the beatles for an hour

Participant #6	- One time I was so stressed I ended up going to the hospital with a mild kidney infection due to stress from grade 12 exams
Participant #7	- Stressed all the time because I'm in the engineering program. Last night I stayed up until 5am last night to finish an English assignment and had class at 8:30 in the morning. Was extremely stressed, but didn't have any time to deal with how tired/frustrated I felt
Participant #8	- I was stressed for my midterm because I procrastinated and didn't begin studying until the day before. So I spent the entire day studying but was really distracted by my phone (snapchatting friends mainly).

How do you cope with stress or calm down from a stressful situation?	
Participant #1	<ul style="list-style-type: none"> - Legs starts to shake - I try to distract myself as much as possible doing things like: taking a break from work, going to the gym, walking, watching a TV show, drawing, listening to music - Something that blocks everything out - Takes about 1 hour to get over the stressful event, learns to control it, used to be 3-4 hrs until I calmed down - Try to get everything that is causing the issue away and just think & breath & get fresh air
Participant #2	- I typically go and try to distract myself with other things, like building models and such
Participant #3	<ul style="list-style-type: none"> - Go to bed to sleep it off - My dog is a big stress reliever for me - Not music, it just escalates the problem cause I'll listen to sad music
Participant #4	<ul style="list-style-type: none"> - Drink a cup of tea or hot chocolate - Take a break from the stressful project, take a step back - Don't think about it whiling breaking sleep it off - Go on phone, scroll through social media
Participant #5	<ul style="list-style-type: none"> - Be alone and try to study, most times just play videogames with friends - Watching videos of animals falling off objects
Participant #6	- Before university I'd cuddle and hold my rabbit back at home, but

	now I watch photos and videos of him on my phone
Participant #7	<ul style="list-style-type: none"> - I step back and chill for a bit, then go back to the task - I do something to take my mind off things, like go on my phone, eat, hangout with friends for a bit, usually a dinner break works well enough
Participant #8	<ul style="list-style-type: none"> - I usually just sucks it up and keeps working through it, or I will take small breaks to check phone

What animal do you find the most stress relieving?	
Participant #1	<ul style="list-style-type: none"> - Dogs
Participant #2	<ul style="list-style-type: none"> - Probably dogs
Participant #3	<ul style="list-style-type: none"> - Dogs
Participant #4	<ul style="list-style-type: none"> - Dogs
Participant #5	<ul style="list-style-type: none"> - Dogs
Participant #6	<ul style="list-style-type: none"> - Rabbits
Participant #7	<ul style="list-style-type: none"> - Not really an animal person but probably dogs
Participant #8	<ul style="list-style-type: none"> - Puppies for sure

When you experience feelings of stress do find yourself spending time with your pet? (If applicable)	
Participant #1	<ul style="list-style-type: none"> - N/A
Participant #2	<ul style="list-style-type: none"> - N/A
Participant #3	<ul style="list-style-type: none"> - It's almost like my dog gets the vibe that I'm stressed or sad so he comes right to me
Participant #4	<ul style="list-style-type: none"> - Yes more so the dog, another source of distraction, same thing as going on our phone

Participant #5	- N/A
Participant #6	- Yes all the time. I always cuddle my rabbit when I'm stressed, or even just looking at it helps relieve stress for me.
Participant #7	- N/A
Participant #8	- N/A

What is the role of your pet in your life? (If applicable)	
Participant #1	- N/A
Participant #2	- N/A
Participant #3	- She's a homie to me - Good company, I could never get tired of her
Participant #4	- As some company
Participant #5	- N/A
Participant #6	- It's cute, we're close - Bean (the rabbit) is like a really good friend for me ,always there when I need him
Participant #7	- N/A
Participant #8	- N/A

Why do you think being with your pet helps when you feel stressed?	
Participant #1	- It would curve the feelings of stress - Pictures of corgi's are fine too - Love pets in general, doesn't have to be my own pet
Participant #2	- I don't have a pet anymore but being able to have a pet next to me and pet it is extremely calming
Participant #3	- If you see a dog, your first thought is how cute they are and then it makes you more happy

	<ul style="list-style-type: none"> - That way you can temporarily forget about the stress
Participant #4	<ul style="list-style-type: none"> - It makes me happy and distracts me
Participant #5	<ul style="list-style-type: none"> - Yeah it's nice having something around to pet - It's funny when my brother's cat does something stupid, almost relaxing to watch
Participant #6	<ul style="list-style-type: none"> - It's like a big ball of fluff, just cute to look at - Petting him made me feel as if everything was ok - It's a good instant stress reliever as it lets me focus on something else and in that moment, it's just me petting my soft rabbit and that's all that matters. Even if I have to go back to work, at least I've had a couple minutes to calm down
Participant #7	<ul style="list-style-type: none"> - I'm allergic to most animals so I don't know but looking at cute animals is always good
Participant #8	<ul style="list-style-type: none"> - It's cute and you can spend time with it. I had a hedgehog and I loved spending time with it because it took my mind off things - Animals are just cute in general

Have you ever heard of pet therapy? If so, what do you think of it?	
Participant #1	<ul style="list-style-type: none"> - Yes, it works, pets are a positive distraction and it helps - Positive outlet that could help anyone
Participant #2	<ul style="list-style-type: none"> - Yes, I think it does help a lot of people but mostly animal lovers
Participant #3	<ul style="list-style-type: none"> - Yes, our school used to bring in dogs during exam time and it would definitely work to relieve stress
Participant #4	<ul style="list-style-type: none"> - Yes I've heard about it, I'm not obsessed with dogs and I wouldn't need the therapy, but I understand it works for other people
Participant #5	<ul style="list-style-type: none"> - Yes, I think it's a great idea especially on campus for students
Participant #6	<ul style="list-style-type: none"> - Yes. I feel like it's mostly just about dogs - Definitely will help animal lovers, especially me
Participant #7	<ul style="list-style-type: none"> - No - Seems like a cool idea to me (after interviewer explained what it was)

Participant #8	- Yes, it definitely would work for sure
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What do you use most on your phone? (Favorite apps? What appeals to you?)	
Participant #1	<ul style="list-style-type: none"> - Instagram - food accounts, nail, makeup, celebs, Kylie Jenner - Snapchat, email and messages - Online shopping just to look - Find out about apps through people especially my dad and just searching on my own with reading articles in the news
Participant #2	<ul style="list-style-type: none"> - Facebook and Instagram are probably what I use the most - Just scrolling through my feed and seeing the things happening around the world
Participant #3	<ul style="list-style-type: none"> - Instagram - tattoo accounts, art, photography, and fashion - I only hear about new apps from friends, I don't browse through the app store on my own
Participant #4	<ul style="list-style-type: none"> - Facebook, Instagram, youtube, netflix - Does not look for new apps, doesn't go on app store very often
Participant #5	<ul style="list-style-type: none"> - I don't go on my phone a lot but I do spend a lot of time on reddit
Participant #6	<ul style="list-style-type: none"> - Snapchat and Instagram - I follow many rabbit accounts
Participant #7	<ul style="list-style-type: none"> - Social media apps to communicate
Participant #8	<ul style="list-style-type: none"> - Social media apps, especially snapchat. - Uses phone to see pictures of cute animals on Instagram if it shows up

Appendix D: Notes and research

General notes:

- People love animals, helps to reduce stress and lighten one's mood
- Thousands of memes and funny animal videos on the internet and on social media platforms (Facebook, Youtube, Instagram, Twitter, Vine, etc.)
- Studies prove that therapy animals help to reduce mental health disorders significantly

Facts on stress

- Stress is how the brain and the body respond to any demand (exercise, school, work, major life changes, traumatic events, loss, etc.)
- Stress affects everyone, some cope better than others
- Both minor and major stressful events can affect one's mental health if it's not paid attention to or if one is unable to locate a stress reliever that works for them
- Can be both short-term or long-term occurrence
- Most common stressful situations: pressure of work from school or a job, family expectations, and traumatic events (ex: loss of a loved one, major accident)
- Usually long-term and constant stress harms mental health
- Overtime, continuous stress can lead to serious mental health problems such as anxiety and even depression

Symptoms of stress:

- Varies per person
- Headaches, sleeplessness, sadness, anger, irritability, anxiety, frustration, loss of appetite and sex drive, more prone to viral infections (ex: flu or cold), productivity, and interactions and relationships with others
- Stress relates to 'fight or flight' – one can respond with forced motivation to complete something someone or freak them out

Effects of human-animal interactions

- Interactions with animals influences factors such as trust, empathy, aggression, and positive moods
- Company of a friendly animal stimulated positive effects on one's mood
- Company of a service dog promoted smiles
- Animals reduce aggression in humans (relates to anger and frustration when in stressful situations)
- Animals significantly reduce depressive symptoms and improve mood
- Simply stroking or seeing a cute animal can have positive effects on one's mood
- Cortisol levels dropped significantly from 58% to 10% when a dog was present, increased back to 48% when the dog was removed
- 20 min of quiet rest has almost equivalent effects on cortisol, epinephrine, and norepinephrine as 5-20 min interactions with a therapy dog
- Dog provided lower cortisol levels than a friendly human → dogs work as better stress relievers than humans

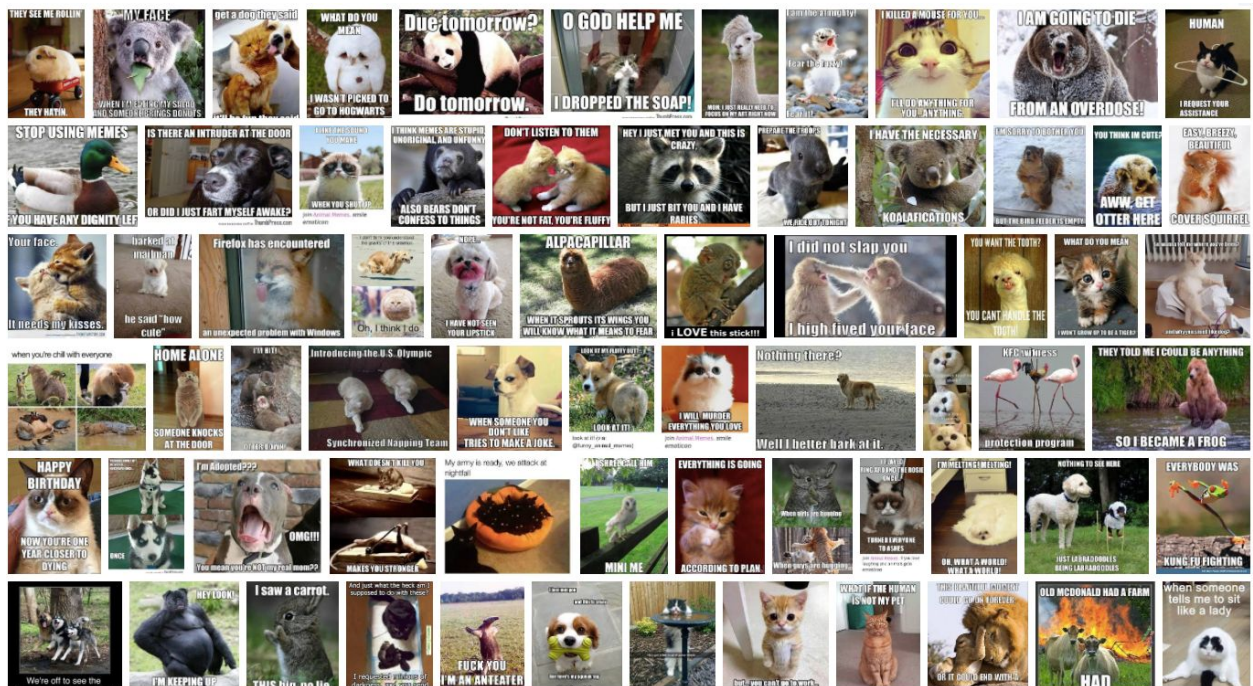
Social media and animals

- Often animal photos pop up on social media apps (Facebook, Instagram, Vine, Twitter, Tumblr, etc.) – People love seeing photos of animals
- Thousands of memes that contain animals (grumpy cat, pepe the frog, doge, see image below)
- People enjoy watching videos/photos of animals doing dumb activities
- The Telegraph in the U.K.: one in 10 pets has a social media profile

Youtube Statistics:

- Dog chasing a bunch of deer— 8.9 million views
- Golden eagle almost snatching a baby – 42.5 million views
- Kitty battling a toaster – 3.4 million views
- 9 min worth of goat awesomeness – 11.5 million views
- Cats saying “no” to baths – 13.5 million views
- Brave kitten stands up to dog – 44.9 million views
- The most popular CAT videos – 26.5 billion views
- #1 funny animal compilation – 11.3 billion views

Google images screenshot of a few animal memes:



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news.nationalgeographic.com/2015/12/151208-best-viral-videos-year-animal-videos/.

How old are you?	Do you experience any of	How often do you experie	Do you currently experien	If you do currently experience any mental health issues do yc	Do you currently own any	If you have every experienced any of the symptoms in question 2 what works to calm you down?	
	19 Trouble waking up in the i	2 Yes	No	No	No	Music, Talking to someone, Interacting with animals, Gaming	
	18 Racing heart, Depressed	4 Yes	No	No	No	Music, Drawing/writing	
	18 Racing heart, Trouble wal	2 No		No	No	Sleeping it off, Music, Interacting with animals, Excercise, Other	
	18 Constant worrying, Distre	4 No	Does not apply to me	Yes	Yes	Sleeping it off, Talking to someone, Interacting with animals, Cleaning, Excercise	
	19 Depressed mood	2 No	No	Yes	Yes	Sleeping it off, Music, Gaming, Drawing/writing, Excercise	
	17 Depressed mood, Withdra	3 No	Does not apply to me	No	No	Music, Talking to someone, Excercise	
	18 Racing heart, Depressed	3 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Drawing/writing, Excercise	
	18 Racing heart, Depressed	5 Yes	No	No	No	Sleeping it off, Talking to someone, Excercise	
	17 Racing heart, Trouble wal	4 Yes	Yes	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Excercise	
	18 Depressed mood, Consta	4 Yes	No	No	No	Music, Talking to someone	
	18 Depressed mood, Trouble	4 No	Does not apply to me	No	No	Sleeping it off, Talking to someone	
	18 Racing heart, Constant w	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Excercise	
	18 Trouble waking up in the i	3 No	No	No	No	Sleeping it off, Music, Talking to someone, Cleaning	
	18 Racing heart, Depressed	3 Yes	No	No	No	Sleeping it off, Music, Talking to someone, Cleaning, Excercise	
	17 Racing heart, Constant w	4 No	Does not apply to me	No	No	Other	
	17 Fatigue, Trouble concentr	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Talking to someone, Interacting with animals	
20 and over	Depressed mood, Distres	3 No	Does not apply to me	Yes	Yes	Talking to someone, Interacting with animals, Excercise	
	18 Constant worrying, Fatigu	4 Yes	Does not apply to me	Yes	Yes	Music, Interacting with animals, Excercise	
	19 Depressed mood, Consta	4 No	Does not apply to me	No	No	Talking to someone, Gaming, Excercise	
	18 Racing heart, Depressed	5 Yes	No	Yes	Yes	Music, Talking to someone	
	17 Depressed mood, Trouble	4 No	Does not apply to me	No	No	Sleeping it off, Talking to someone	
	19 Depressed mood, Trouble	4 Yes	Yes	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals	
20 and over	Trouble waking up in the i	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Cleaning, Excercise	
	18 Depressed mood, Trouble	3 Yes	No	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming, Excercise	
20 and over	Light-headedness, Feelin	2 No	Does not apply to me	Yes	Yes	Talking to someone, Excercise	
	19 Depressed mood, Consta	4 Yes	Yes	Yes	Yes	Sleeping it off, Music, Drawing/writing	
	18 Constant worrying, Fatigu	3 No	Does not apply to me	Yes	Yes	Excercise	
	18 Fatigue, Headaches, Sha	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone	
	18 Racing heart, Feeling una	2 No	Does not apply to me	Yes	Yes	Sleeping it off, Interacting with animals, Excercise	
	18 None of the above	1 No	Does not apply to me	No	No	I don't have any of the above symptoms so this doesn't apply to me	
	18 Depressed mood, Trouble	5 Yes	No	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Drawing/writing	
	17 Constant worrying, Fatigu	3 No	No	Yes	Yes	Other	
	18 None of the above	5 No	Does not apply to me	No	No	I don't have any of the above symptoms so this doesn't apply to me	
	18 Trouble waking up in the i	3 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone	
	18 Racing heart, Trouble wal	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Gaming	
	18 Racing heart, Depressed	2 No	No	No	No	Sleeping it off, Talking to someone, Gaming	
	18 Trouble waking up in the i	3	Yes	No	No	Sleeping it off, Music, Interacting with animals, Excercise	
	18 Racing heart, Depressed	3 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone	
	18 Depressed mood, Trouble	4 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Excercise	
	17 Trouble waking up in the i	3 No	No	No	No	Music, Talking to someone, Excercise	
	18 Depressed mood, Trouble	3 Yes	No	No	No	Music, Talking to someone, Excercise	
	18 Depressed mood, Fatigue	4 Yes	Yes	Yes	Yes	Sleeping it off, Music, Interacting with animals	
	18 Racing heart, Constant w	3 Yes	Yes	No	No	Sleeping it off, Music, Other	
	19 Depressed mood, Fatigue	3 Yes	No	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming, Drawing/writing, Cleaning, Excercise	
	18 Racing heart, Depressed mood, Trouble waking up i	1 Yes	No	No	No	Excercise, Other	
	17 Racing heart, Depressed	3 Yes	Yes	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Other	
	19 Headaches, Withdrawal fr	3 No	No	No	No	Excercise	
	19 Depressed mood, Trouble	4 No	Does not apply to me	Yes	Yes	Sleeping it off, Excercise	
	18 Depressed mood, Trouble	3 Yes	No	Yes	Yes	Sleeping it off, Cleaning	
	18 Constant worrying, Nerve	3 No	Does not apply to me	No	No	Drawing/writing, Other	
	18 Constant worrying, Feelin	3 No	No	Yes	Yes	Music, Talking to someone, Interacting with animals, Cleaning	
	18 Racing heart, Constant w	4 Yes	Yes	Yes	Yes	Music, Talking to someone, Cleaning	
	18 Trouble waking up in the i	2 No	No	No	No	Sleeping it off, Music, Talking to someone, Gaming, Drawing/writing, Excercise	
	17 Depressed mood, Trouble	4 Yes	No	No	No	Sleeping it off, Music, Drawing/writing, Excercise	
	18 Racing heart, Depressed	4 Yes	Yes	Yes	Yes	Interacting with animals, Drawing/writing, Cleaning	
	17 Racing heart, Trouble wal	4 No	No	No	No	Sleeping it off, Interacting with animals	
	19 Depressed mood, Trouble	4 No	No	Yes	Yes	Sleeping it off, Gaming	
	18 Racing heart, Depressed	2 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming, Cleaning, Excercise	
20 and over	Trouble waking up in the i	2 No	Does not apply to me	Yes	Yes	Sleeping it off, Interacting with animals, Cleaning, Excercise	
	18 Trouble waking up in the i	4 No	Does not apply to me	Yes	Yes	Sleeping it off, Talking to someone, Interacting with animals, Cleaning, Other	
	18 Trouble waking up in the i	4 No	Does not apply to me	Yes	Yes	Music, Talking to someone, Gaming, Drawing/writing	
	18 Depressed mood, Consta	3 No	Does not apply to me	No	No	Music, Other	
20 and over	Headaches, Paranoia, Wi	3 No	No	No	No	Music, Talking to someone, Excercise	
16 and under	Racing heart, Depressed	5 Yes	No	Yes	Yes	Cleaning	

How old are you?	Do you experience any of	How often do you experie	Do you currently experien	If you do currently experience any mental health issues do yc	Do you currently own any	If you have every experienced any of the symptoms in question 2 what works to calm you down?	
	17 Depressed mood, Trouble	5 Yes	No	No	No	Music, Talking to someone, Excersie	
20 and over	Trouble waking up in the i	3 No	No	No	No	Sleeping it off	
20 and over	Depressed mood, Trouble	3 Yes	No	Yes	Yes	Sleeping it off, Music, Talking to someone, Gaming, Other	
20 and over	Fatigue	3 No	No	No	No	Sleeping it off, Music, Talking to someone, Excersie	
20 and over	Depressed mood, Trouble	4 Yes	Yes	Yes	Yes	Sleeping it off, Talking to someone, Interacting with animals, Other	
	18 Racing heart, Depressed	4 No	Does not apply to me	Yes	Yes	Music, Interacting with animals	
	18 Depressed mood, Consta	2 No	Does not apply to me	No	No	Sleeping it off, Music, Gaming	
	18 Headaches	2 No	Does not apply to me	No	No	Sleeping it off	
	17 Constant worrying, Fatigu	3 Yes	No	No	No	Sleeping it off, Music	
	18 Constant worrying, Fatigu	5 Yes	No	No	No	Talking to someone, Excersie	
	18 Trouble waking up in the i	4 No	No	No	No	Sleeping it off, Music, Talking to someone, Gaming, Excersie	
	18 Trouble waking up in the i	3 Yes	No	Yes	Yes	Sleeping it off, Music, Talking to someone, Gaming	
	18 Trouble waking up in the i	2 No	Does not apply to me	No	No	Sleeping it off, Music, Other	
	17 Constant worrying	5 No	Does not apply to me	No	No	Other	
	18 Depressed mood, Consta	5 No	Does not apply to me	No	No	Sleeping it off, Music	
	18 Racing heart, Depressed	2 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Gaming, Excersie	
	18 Depressed mood, Distres	4 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Excersie, Other	
	18 Depressed mood, Trouble	4 Yes	No	Yes	Yes	Sleeping it off, Music, Interacting with animals	
	18 Depressed mood, Trouble	3 No	Does not apply to me	No	No	Music, Talking to someone, Gaming	
	19 Nerves, Feeling unable to	2 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals	
	18 Racing heart, Depressed	2 Yes	Yes	Yes	Yes	Talking to someone, Interacting with animals, Gaming	
	17 Trouble waking up in the i	3 Yes	Yes	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming	
16 and under	Depressed mood, Trouble	3 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Cleaning, Excersie	
	18 Trouble concentrating, Ins	3 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals	
	18 Depressed mood, Trouble	4 No	No	Yes	Yes	Sleeping it off, Music, Interacting with animals, Gaming, Cleaning, Excersie	
20 and over	Racing heart, Trouble wal	3 No	No	Yes	Yes	Music, Talking to someone, Interacting with animals, Gaming	
	17 Depressed mood, Trouble	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming	
	18 Trouble waking up in the i	3 Yes	No	Yes	Yes	Sleeping it off, Music, Talking to someone	
	18 Constant worrying, Withdi	4 No	Does not apply to me	No	No	Music, Gaming	
	18 Trouble waking up in the i	4 No	Does not apply to me	No	No	Sleeping it off, Music	
	17 Trouble waking up in the i	3 No	No	Yes	Yes	Sleeping it off, Music, Talking to someone	
	17 Depressed mood, Trouble	4 Yes	No	No	No	Music, Cleaning, Excersie	
20 and over	Depressed mood, Trouble	5 Yes	No	No	No	Music, Talking to someone, Interacting with animals, Cleaning, Other	
	18 None of the above	1 No	Does not apply to me	No	No	I don't have any of the above symptoms so this doesn't apply to me	
	18 None of the above	1 No	Does not apply to me	Yes	Yes	I don't have any of the above symptoms so this doesn't apply to me	
	18 Racing heart, Depressed	3 No	No	No	No	Sleeping it off, Talking to someone, Gaming	
	18 Trouble concentrating	3 No	Does not apply to me	Yes	Yes	Music, Gaming	
	18 Depressed mood, Trouble	5 No	Does not apply to me	No	No		
	18 Constant worrying, Fatigu	2 No	No	No	No	Sleeping it off, Music, Interacting with animals, Gaming	
	18 Trouble waking up in the i	4 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Interacting with animals, Gaming, Excersie	
	18 Racing heart, Depressed	3 Yes	No	No	No	Sleeping it off, Music, Cleaning, Excersie	
20 and over	Trouble waking up in the i	2 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Gaming, Drawing/writing, Excersie	
16 and under	Racing heart, Depressed	5 Yes	No	Yes	Yes	Sleeping it off, Music, Talking to someone, Gaming, Drawing/writing, Cleaning, Excersie, Other	
	18 Fatigue, Trouble concentr	3 No	No	No	No	Sleeping it off, Music, Talking to someone	
	18 Depressed mood, Trouble	4 No	Does not apply to me	No	No	Sleeping it off, Music, Gaming	
	19 Depressed mood, Distres	5 Yes	No	Yes	Yes	Sleeping it off	
	18 Racing heart, Depressed	2 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming, Excersie, Other	
	17 Depressed mood, Light-hi	3 Yes	No	Yes	Yes	Sleeping it off, Talking to someone, Interacting with animals, Excersie	
	17 Trouble waking up in the i	3 No	Does not apply to me	No	No	Sleeping it off, Other	
	18 Racing heart, Depressed	5 Yes	No	Yes	Yes	Sleeping it off, Music, Interacting with animals, Excersie, Other	
	18 Depressed mood, Trouble	4 Yes	No	No	No	Sleeping it off, Music, Talking to someone	
	18 Trouble waking up in the i	4 No	Does not apply to me	No	No	Other	
	18 Depressed mood, Trouble	4 Yes	Yes	Yes	Yes	Music, Interacting with animals, Gaming	
	19 Depressed mood, Consta	3 Yes	No	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Cleaning, Excersie	
	18 Depressed mood, Consta	2 No	No	No	No	Sleeping it off, Excersie	
	18 Depressed mood, Nerves	3 Yes	No	Yes	Yes	Talking to someone, Interacting with animals, Drawing/writing	
	18 Racing heart, Depressed	4 Yes	No	No	No	Talking to someone	
	18 Trouble waking up in the i	3 No	No	Yes	No	Sleeping it off, Music, Talking to someone, Cleaning	
	18 Racing heart, Depressed	4 Yes	Yes			Sleeping it off, Music, Talking to someone, Interacting with animals, Drawing/writing, Cleaning	
	19 None of the above	1 No	No	Yes	Yes	I don't have any of the above symptoms so this doesn't apply to me	
	18 Depressed mood, Consta	3 Yes	No	Yes	Yes	Sleeping it off, Drawing/writing	
	17 Depressed mood, Trouble	5 Yes	No	Yes	Yes	Sleeping it off, Talking to someone, Gaming, Drawing/writing, Cleaning	
	17 Trouble waking up in the i	3 No	Does not apply to me	No	No	Sleeping it off, Music, Excersie, Other	
20 and over	Fatigue, Headaches, Ligh	3 No	No	No	No	Sleeping it off	

How old are you?	Do you experience any of	How often do you experie	Do you currently experien	If you do currently experience any mental health issues do yc	Do you currently own any	If you have every experienced any of the symptoms in question 2 what works to calm you down?	
	17 Trouble waking up in the i	3 Yes	No	No	No	Talking to someone	
	17 Constant worrying, Distre	5 Yes	No	No	Yes	Music, Interacting with animals	
	18 Depressed mood, Consta	3 Yes	No	No	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Drawing/writing, Cleaning	
	19 Fatigue, Nerves	2 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Drawing/writing, Cleaning	
	18 Depressed mood, Consta	4 Yes	No	Yes	Yes	Sleeping it off, Music, Interacting with animals, Drawing/writing, Excercise	
	18 Racing heart, Depressed	3 No	Does not apply to me	No	No	Sleeping it off, Talking to someone, Drawing/writing, Cleaning	
	17 Depressed mood, Trouble	3 Yes	No	No	No	Music, Talking to someone, Gaming, Drawing/writing	
	18 Racing heart, Depressed	4 No	Does not apply to me	No	No	Music, Talking to someone, Drawing/writing, Cleaning, Excercise	
	18 Constant worrying, Troubl	4 No	Does not apply to me	No	No	Sleeping it off, Music, Gaming	
	17 Depressed mood, Trouble	5 Yes	No	Yes	Yes	Sleeping it off, Talking to someone, Interacting with animals, Drawing/writing, Excercise	
	18 Depressed mood, Trouble	4 Yes	Does not apply to me	Yes	Yes	Excercise	
	18 Depressed mood, Trouble	2 No	Does not apply to me	No	No	I don't have any of the above symptoms so this doesn't apply to me	
	18 Depressed mood, Trouble	2 No	No	Yes	Yes	Sleeping it off, Talking to someone	
	18 Depressed mood, Light-hi	3 Yes	Does not apply to me	Yes	Yes	Music, Talking to someone, Interacting with animals, Excercise	
	18 Constant worrying, Fatigu	3 No	Does not apply to me	No	No	Music, Gaming, Drawing/writing	
	17 Racing heart, Trouble wal	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Gaming	
	18 Depressed mood, Trouble	3 Yes	No	Yes	Yes	Sleeping it off, Music	
	17 Racing heart, Depressed	3 No	No	Yes	Yes	Sleeping it off, Talking to someone, Interacting with animals, Drawing/writing	
	17 Racing heart, Depressed	5 Yes	No	Yes	Yes	Talking to someone, Interacting with animals, Excercise	
	18 None of the above	1 No	Does not apply to me	No	No	I don't have any of the above symptoms so this doesn't apply to me	
	18 Racing heart, Depressed	4 Yes	No	No	No	Music, Excercise	
	18 Depressed mood, Consta	4 No	Does not apply to me	Yes	Yes	Talking to someone, Interacting with animals, Excercise	
	18 Trouble waking up in the i	3 No	Does not apply to me	No	No	Sleeping it off, Excercise	
	18 Trouble waking up in the i	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music	
	18 Distress, Paranoia, Nerve	3 No	Does not apply to me	No	No	Music, Talking to someone, Interacting with animals, Drawing/writing, Excercise	
	18 Racing heart, Depressed	4 No	Does not apply to me	Yes	Yes	Music, Talking to someone, Interacting with animals	
	18 Trouble waking up in the i	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music	
	18 Constant worrying, Withdi	2 No	No	Yes	Yes	Sleeping it off, Music, Talking to someone, Cleaning	
16 and under	Depressed mood, Trouble	3 Yes	No	No	No	Music, Talking to someone, Cleaning, Excercise	
	18 Depressed mood, Trouble	3 No	Does not apply to me	No	No	Sleeping it off, Music	
20 and over	Depressed mood, Headac	2 Yes	No	No	No	Sleeping it off, Music, Talking to someone, Other	
	18 Racing heart, Depressed	4 Yes	Yes	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming, Cleaning	
	17 Depressed mood, Trouble	3 Yes	No	No	No	Sleeping it off, Music	
	18 Racing heart, Trouble wal	3 Yes	No	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming, Excercise	
20 and over	Trouble waking up in the i	2 Yes	No	Yes	Yes	Sleeping it off, Talking to someone, Gaming	
	17 Depressed mood, Trouble	4 No	No	Yes	Yes	Music, Gaming, Cleaning	
	19 Depressed mood, Trouble	3 Yes	No	Yes	Yes	Sleeping it off, Interacting with animals, Cleaning	
	17 Depressed mood, Trouble	3 Yes	No	No	No	Music, Gaming	
	18 Racing heart, Depressed	5 Yes	No	No	No	Sleeping it off, Other	
	18 Depressed mood, Trouble	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals	
	18 Depressed mood, Consta	3 Yes	No	No	No	Sleeping it off, Music, Talking to someone, Drawing/writing, Cleaning	
	19 Racing heart, Depressed	3 No	No	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Gaming, Excercise, Other	
	18 Racing heart, Depressed	4 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals, Drawing/writing, Cleaning	
	18 Feeling unable to accomp	3 No	Does not apply to me	No	No	Music	
	18 Depressed mood, Trouble	4 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals	
	18 Trouble waking up in the i	3 No	Does not apply to me	No	No	Sleeping it off, Music, Gaming	
	19 Depressed mood, Trouble	3 No	Does not apply to me	No	No	Music, Talking to someone, Other	
	18 Nerves, Withdrawal from i	3 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Excercise	
	17 Distress, Withdrawal from	2 No	Does not apply to me	No	No	Gaming, Excercise	
	18 Racing heart, Depressed	4 Yes	No	No	No	Sleeping it off, Music	
	17 Depressed mood, Trouble	3 Yes	No	Yes	Yes	Sleeping it off, Music, Interacting with animals, Gaming, Excercise, Other	
	18 Depressed mood, Consta	4 Yes	No	Yes	Yes	Sleeping it off, Music, Excercise	
	17 Distress, Trouble conce	3 No	Does not apply to me	No	No	Talking to someone, Gaming, Excercise	
	18 Depressed mood, Trouble	2 Yes	No	No	No	Talking to someone, Gaming, Excercise	
	18 Headaches, Light-headed	4 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Excercise	
20 and over	Racing heart, Constant w	3 No	No	Yes	Yes	Talking to someone, Interacting with animals, Cleaning, Excercise	
20 and over	Racing heart, Constant w	3 No	No	Yes	Yes	Talking to someone, Interacting with animals, Cleaning, Excercise	
20 and over	Racing heart, Constant w	3 No	No	Yes	Yes	Talking to someone, Interacting with animals, Cleaning, Excercise	
20 and over	Racing heart, Constant w	3 No	No	Yes	Yes	Talking to someone, Interacting with animals, Cleaning, Excercise	
	18 Depressed mood, Trouble	4 Yes	No	Yes	Yes	Music, Talking to someone, Drawing/writing, Other	
	17 Trouble waking up in the i	4 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Excercise	
	18 Trouble waking up in the i	3 No	Does not apply to me	No	No	Sleeping it off	
	19 Racing heart, Depressed	4 Yes	No	Yes	Yes	Music, Talking to someone, Interacting with animals, Drawing/writing, Cleaning	
	19 Depressed mood, Consta	4 Yes	No	No	No	Sleeping it off, Interacting with animals, Excercise, Other	

How old are you?	Do you experience any of	How often do you experie	Do you currently experien	If you do currently experience any mental health issues do yc	Do you currently own any	If you have every experienced any of the symptoms in question 2 what works to calm you down?	
	18 Trouble waking up in the i	4 No	No	No	No	Sleeping it off, Music, Excersie	
	18 Racing heart, Depressed	5 Yes	No	No	Yes	Other	
	18 Depressed mood, Trouble	4 Yes	No	No	Yes	Sleeping it off, Music, Talking to someone, Interacting with animals, Cleaning, Excersie	
	18 Racing heart, Depressed	4 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Cleaning, Excersie	
16 and under	Trouble waking up in the i	4 Yes	Yes	Yes	Yes	Interacting with animals, Gaming	
	18 Trouble waking up in the i	5 Yes	Yes	Yes	Yes	Sleeping it off, Music	
20 and over	Constant worrying, Fatigu	3 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone, Gaming, Drawing/writing	
	17 Constant worrying, Fatigu	4 No	No	No	No	Sleeping it off, Music, Talking to someone, Interacting with animals	
20 and over	Trouble waking up in the i	2 No	Does not apply to me	No	No	Other	
	18 Headaches	3 No	Does not apply to me	Yes	Yes	Music, Talking to someone, Excersie	
	18 Depressed mood, Fatigue	3 No	No	No	No	Music, Talking to someone, Excersie	
	18 Depressed mood, Trouble	4 No	Does not apply to me	No	No	Sleeping it off, Music, Talking to someone	
	18 Racing heart, Depressed	4 Yes	Yes	Yes	Yes	Sleeping it off	
16 and under	Racing heart, Depressed	4 Yes	Yes	No	No	Sleeping it off, Music	
	17 Depressed mood, Consta	4 Yes	No	No	No	Sleeping it off, Music, Talking to someone, Drawing/writing, Excersie	
	18 Racing heart, Depressed	5 No	Does not apply to me	Yes	Yes	Sleeping it off, Music, Talking to someone, Gaming, Other	