

1 **Appendix A: Web-Based Enrollment Survey Questions**

2

3 Survey Web Link: <https://prosurvey.memotext.com/survey/dHDk4bVIW8>

4

5 [Section 1 – Demographic Questions]

6

7 1. Do you live Saskatchewan?

8

a. Yes

9

b. No*

10

11 *Branching Logic: Thank you for your interest in Be SaskWell. At this time, the service is
12 only available to those who live in Saskatchewan.

13

14 2. What is your age? (Free Text)

15

16 3. When possible, would you prefer to receive mental wellness resources
17 developed with consideration of your age?

18

19 4. What is your gender identity?

20

a. Male

21

b. Female

22

c. Other (Free Text)

23

24 5. How would you describe where you live?

25

a. Urban

26

b. Rural

27

c. Northern

28

29 6. How would you identify your race/ethnicity?

30

a. Asian

31

b. Black

32

c. Indigenous (First Nations, Inuit, Métis)

33

d. Latin American

34

e. Middle Eastern

35

f. White

36

g. Mixed heritage

37

h. Other (free text)

38

i. Not sure

39

j. Prefer not to answer

40

41 [Section 2 – Technology Assessment Questions]

42

43 7. Do you have regular access to stable and reliable wireless internet and/or a data
44 plan?

45

a. Yes

46

b. No

- 47
48 8. Do you have regular access to a smartphone?
49 a. Yes
50 b. No
51
52 9. Please choose a statement that best describes you:
53 a. I own my own cell phone
54 b. I share a cell phone
55 c. I do not have access to a cell phone*

56
57 *Branching Logic: Thank you for your interest in the SaskWell service. Unfortunately,
58 access to a mobile device is required to receive content from the SaskWell service.
59

- 60 10. The cell phone I use:
61 a. Is a smartphone
62 b. Is text only
63

64 [Section 3 – Mental Health Self-Check Survey]

- 65
66 11. During the past month, how often did you feel happy?
67 a. Never
68 b. Once or twice
69 c. About once a week
70 d. 2 or 3 time a week
71 e. Almost every day
72 f. Every day
73
74 12. During the past month, how often did you feel interested in life?
75 a. Never
76 b. Once or twice
77 c. About once a week
78 d. 2 or 3 time a week
79 e. Almost every day
80 f. Every day
81
82 13. During the past month, how often did you feel satisfied with life?
83 a. Never
84 b. Once or twice
85 c. About once a week
86 d. 2 or 3 time a week
87 e. Almost every day
88 f. Every day
89
90 14. During the past month, how often did you feel that you had something important
91 to contribute to society?
92 a. Never

- 93 b. Once or twice
94 c. About once a week
95 d. 2 or 3 time a week
96 e. Almost every day
97 f. Every day
98
99 15. During the past month, how often did you feel that you belonged to a community
100 (like a social group, or your neighbourhood?)
101 a. Never
102 b. Once or twice
103 c. About once a week
104 d. 2 or 3 time a week
105 e. Almost every day
106 f. Every day
107
108 16. During the past month, how often did you feel that our society is a good place, or
109 is becoming a better place for all people?
110 a. Never
111 b. Once or twice
112 c. About once a week
113 d. 2 or 3 time a week
114 e. Almost every day
115 f. Every day
116
117 17. During the past month, how often did you feel that people are basically good?
118 a. Never
119 b. Once or twice
120 c. About once a week
121 d. 2 or 3 time a week
122 e. Almost every day
123 f. Every day
124
125 18. During the past month, how often did you feel that the way our society works
126 made sense to you?
127 a. Never
128 b. Once or twice
129 c. About once a week
130 d. 2 or 3 time a week
131 e. Almost every day
132 f. Every day
133
134 19. During the past month, how often did you fel that you liked most parts of your
135 personality?
136 a. Never
137 b. Once or twice
138 c. About once a week

- 139 d. 2 or 3 time a week
140 e. Almost every day
141 f. Every day
142
- 143 20. During the past month, how often did you feel good at managing the
144 responsibilities of your daily life?
145 a. Never
146 b. Once or twice
147 c. About once a week
148 d. 2 or 3 time a week
149 e. Almost every day
150 f. Every day
151
- 152 21. During the past month, how often did you feel that you had warm and trusting
153 relationships with others?
154 a. Never
155 b. Once or twice
156 c. About once a week
157 d. 2 or 3 time a week
158 e. Almost every day
159 f. Every day
160
- 161 22. During the past month, how often did you feel that you had experiences that
162 challenges you to grow a become a better person?
163 a. Never
164 b. Once or twice
165 c. About once a week
166 d. 2 or 3 time a week
167 e. Almost every day
168 f. Every day
169
- 170 23. During the past month, how often did you feel confident to think or express your
171 own ideas and options?
172 a. Never
173 b. Once or twice
174 c. About once a week
175 d. 2 or 3 time a week
176 e. Almost every day
177 f. Every day
178
- 179 24. During the past month, how often did you feel that your life has a sense of
180 direction or meaning to it?
181 a. Never
182 b. Once or twice
183 c. About once a week
184 d. 2 or 3 time a week

- 185 e. Almost every day
186 f. Every day
187

188 **Appendix B: Semi-Structured Interview Guide**

189 Demographic Questions

- 190
191
192 1. What is your age?
193 2. What gender do you identify as?
194 3. Would your place of residence be considered Rural, Urban or Northern?
195

196 General Questions

- 197
198 1. How did you hear about SaskWell?
199
200 2. What made you interested in signing up for SaskWell? Was there a particular
201 part of SaskWell that was of most interest? Were you concerned at all about
202 signing up for the service?
203
204 3. When signing-up for SaskWell, did you require any help or support? This could
205 be related to filling out the initial survey or using the text-service itself.
206
207 4. When you initially signed up for SaskWell, what did you hope the service would
208 help you with/help you accomplish?
209 • *Prompt:* Were you interested in learning more about digital tools? Were you
210 interested in learning how to better support your mental health and wellness?
211
212 5. After using SaskWell, what components of the service did you like? What did you
213 dislike? Why did you like or dislike these aspects of the service?
214

215 SaskWell Content Questions

- 216
217 6. What digital tools were you connected with during the course of the SaskWell
218 service? Did you find these digital tools helpful in supporting your mental health
219 and wellness? Why or why not?
220
221 7. Were the digital tools easy to use? If so, why? If not, what difficulties did you
222 have in using the tools? (e.g., technical issues, literacy issues, general issues?)
223
224 8. Do you have any suggestions of other digital tools or other kinds of digital tools
225 (e.g., apps, podcasts, online course, etc.) we could include in the SaskWell
226 service?
227
228 9. Did you find the weekly wellness text messages (ex. Journaling, reminder to take
229 time for yourself) helpful? Supportive? Easy to implement into your daily routine?
230

231 10. Was the frequency of text messages you received suitable? Would you like to
232 receive more or less text messages? Why?
233

234 Digital Health Tool Usage/Experience
235

236 11. Have you used digital tools/resources prior to the SaskWell service to support
237 your mental health and wellness? If yes, how did you find out about these digital
238 tools/resources (physician recommendation, word of mouth, social media, etc.)?
239 If no, how do you support or maintain your mental health? (Therapy, talking to
240 friends/family, etc.)?
241

242 12. How do you feel your mental health and wellness has changed since using the
243 SaskWell service? Did the use of the tools or supports provided through the
244 service support this change?
245

246 COVID-19 Mental Health Impact
247

248 13. How do you think COVID-19 has impacted the mental health and wellness of
249 residents of Saskatchewan? Do you believe Saskatchewan has enough supports
250 or resources to provide mental health care to their residents? What sorts of
251 mental health resources do you think would be beneficial to have access to?
252

253 Concluding Questions
254

255 14. If we were to re-design this texting/digital service, what should we do differently?
256 What should we keep? What should we toss?
257

258 15. Would you recommend this service to a friend/family member/colleague? Why or
259 why not?
260

261 16. Do you have any ideas or suggestions or ways in which we can make residents
262 of SK aware of the SaskWell service – extending the reach across SK.
263
264
265