

Appendix 1

Example of a digital skills training survey

How old are you? \_\_\_\_\_

**I am feeling nervous, anxious, or on edge.**

Strongly disagree 1 2 3 4 5 6 7  
 8 9 10 Strongly agree  
 agree

**I don't enjoy anything at all.**

Strongly disagree 1 2 3 4 5 6 7  
 8 9 10 Strongly agree  
 agree

**I can usually find something good to like, even in a bad situation.**

Strongly disagree 1 2 3 4 5 6 7  
 8 9 10 Strongly agree  
 agree

**Right now, I feel like things are out of my control.**

Strongly disagree 1 2 3 4 5 6 7  
 8 9 10 Strongly agree  
 agree

**To what extent are you able to solve the problems facing you right now?**

Not at all 1 2 3 4 5 6  
 7 8 9 10 A lot

**I feel motivated to use my smartphone towards my recovery.**

Strongly disagree 1 2 3 4 5 6 7  
 8 9 10 Strongly agree  
 agree

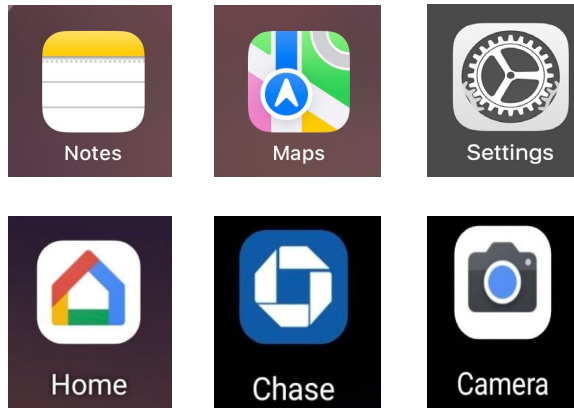
**I feel comfortable asking others to help me with my smartphone.**

8      *Strongly disagree*      1      2      3      4      5      6      7  
9      10      *Strongly agree*  
*agree*

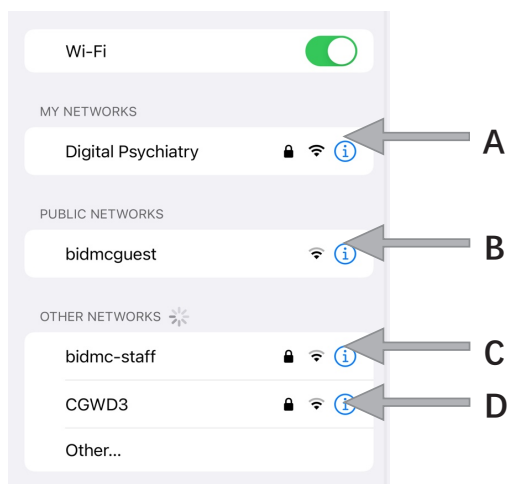
**I can teach others how to use their smartphone.**

8      *Strongly disagree*      1      2      3      4      5      6      7  
9      10      *Strongly agree*  
*agree*

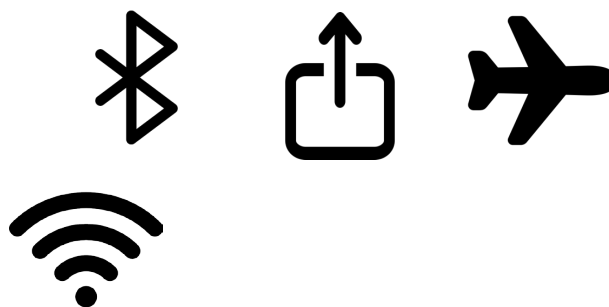
**Circle the app you would select to get you to connect to Wi-Fi.**



**Circle the letter pointing to the Wi-Fi network that does NOT require a password.**



Circle the universal symbol for Wi-Fi



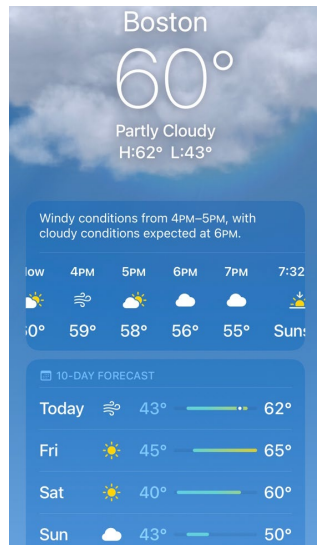
I can connect to Wi-Fi on my smartphone.

8      9      10      1      2      3      4      5      6      7  
*Strongly disagree*      *Strongly agree*  
*agree*

**Look at the screenshot below. What will be the highest and lowest temperature on Sunday?**

**Answer:**

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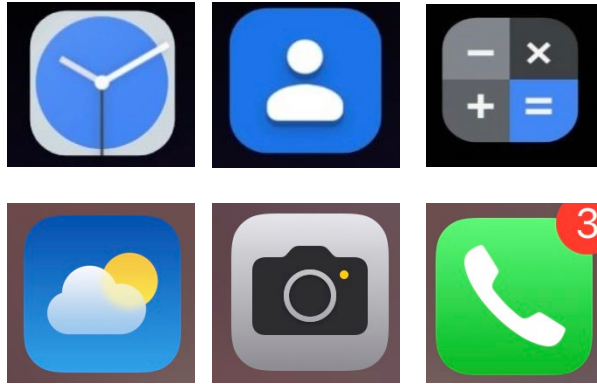
**Circle the search bar you would use to check the weather in a different city.**



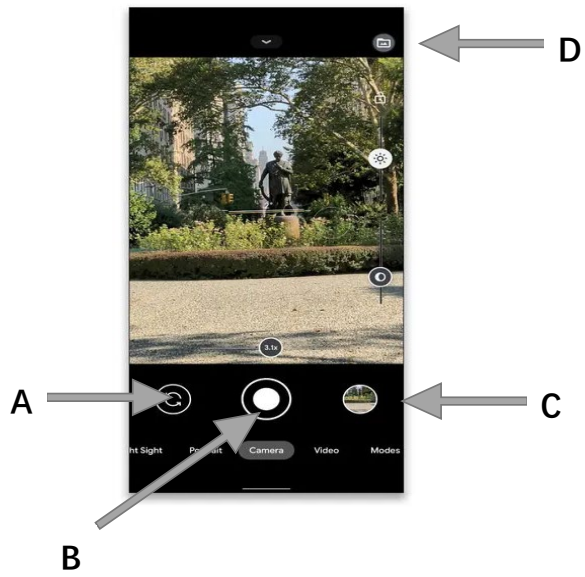
**I can check the weather using my smartphone.**

8      *Strongly disagree*      1      2      3      4      5      6      7  
9      10      *Strongly agree*  
agree

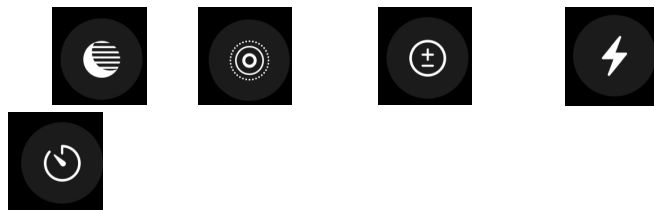
**Circle the app you would select to take a photo.**



**Circle the letter pointing to the button you would choose to flip your camera so that it is facing you.**



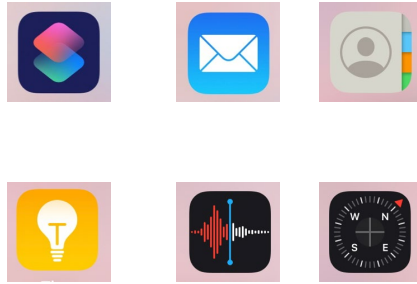
**Circle the universal symbol for Flash.**



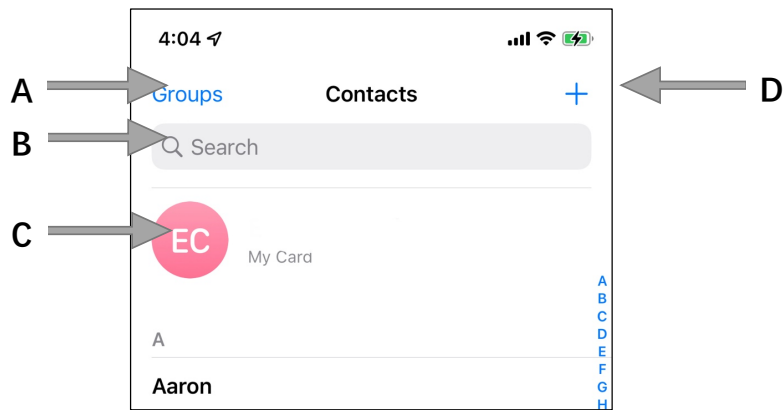
**I can take a photo using my smartphone.**

8      9      10      1      2      3      4      5      6      7  
*Strongly disagree*      *Strongly agree*  
*agree*

**Circle the app you would select to see your contacts.**



**Circle the letter pointing to the button you would click to add a contact.**



**I can add a contact on my smartphone.**

Strongly disagree      1      2      3      4      5      6      7  
8      9      10      Strongly agree  
agree

## Appendix 2

### *Semi-structured interview guide*

#### STEP 1: SMARTPHONE USE PRIOR TO THE PROGRAM

- o Prior to this program, describe how you would use your smartphone
- o How did you feel about your smartphone?

#### STEP 2: EXPERIENCE IN DOORS

- o Describe your experience over the past eight weeks
- o Follow up: How did you feel coming to the group? What were the sessions about? What did you enjoy about DOORS?

Any part that you think can be improved? Can you tell me what you learned, if anything?

- o If another member of the clubhouse were to ask what is the DOORS program, what would you say?
- o What is the connection between smartphones and mental health, if any?
- o Is it important to learn how to use a smartphone? Why/why not?

#### STEP 3: SMARTPHONE USE AFTER PROGRAM

- o After this program, how do you use your smartphone?
- o How are you likely to use your smartphone in the future?
- o Has this program impacted you?
- o If so, how?
- o If not, why not?

#### STEP 4: CONCLUSION

- o Is there anything else that you would like to share?