

Study Protocol for Minor Participants

Consent Form for Parents or Legal Guardians

Dear parents,

Welcome to the WeARTolerance Project! Our project aims to reduce mental health-related stigma through an arts-based program, developed by Lusófona University (COFAC, HEI-Lab) with the support of La Caixa Foundation. The principal investigator for this study is PhD Ana Filipa Beato. This study has received approval from the Ethics and Deontology Committee for Scientific Research of the School of Psychology and Life Sciences at this university.

What is the purpose of this study?

The purpose is to reduce mental health-related stigma among adolescents and young adults participating in an arts-based program. The program will consist of activities that are (1) psychoeducational; (2) artistic [music, theatre, visual arts, cinema]; (3) exercises promoting mindfulness and relaxation. Sessions will be facilitated by a team composed of trainers in the artistic areas and psychologists of the project.

When will this study take place?

The arts-based program will run for 4 consecutive days, consisting of 8 sessions held during the Easter or summer vacation period of the academic year 2022/2023. Participation in all 4 days of the program is mandatory.

The program will take place in four moments between April and June 2023 and participants will be randomly assigned to groups.

Can I choose the date for my child to participate?

Considering that this program is part of a research project, it is governed by a set of scientific methodologies. Among these, participants must be randomly allocated to each of the groups participating in the program. For this reason, the team will inform each participant of the date

they can participate. However, if unavailable, you may withdraw your child's participation at any time.

What is required for the minor to participate?

- 1) Agree to participate in the program;
- 2) Have YOUR authorization, as a parent or legal guardian, to participate in the program;
- 3) Be between 12 and 17 years old;
- 4) Be proficient in the portuguese language;
- 5) Reside in Portugal;
- 6) Not have cognitive or learning deficits that hinder participation in program activities and understanding of questionnaires;
- 7) Have privacy to autonomously respond to questionnaires.

The different phases of this study are independent and voluntary, meaning your child/minor can decide not to participate or withdraw at any time.

What will be asked of the minor?

- 1) To participate in a program consisting of 8 sessions held over 4 days during the Easter or summer break of the academic year 2022/2023. The program will take place at Lusófona University, Campo Grande, Lisbon.
- 2) To complete a set of questionnaires at four different times in the months of March, April, June, and September 2023.
- 3) To participate in a focus group (a type of study where topics are discussed in a group dynamic) where the usefulness, suitability, and participants' experience in the program after its completion will be explored and discussed.

Why should my child/minor under my responsibility participate?

To contribute to the development of programs and interventions that effectively reduce mental health-related stigma. The results of this study will help identify ways to reduce stigmatising beliefs and attitudes in adolescents and young adults and will contribute to raising awareness about mental health. The potential reduction in stigma levels among participants may have an impact on their own mental health and overall quality of life.

Will participation in the program be anonymous and confidential?

Apart from other participants in the program and the team of the WeARTolerance project, no one else will have access to the minor's participation during the days when the program takes place. However, in order to showcase the work done and the results of this study, a documentary will be produced, and video and photographic content will be shared on the official website and social media of the project. This phase will only include your child/minor if you and they authorise it, and this condition is not necessary for participation in the program. For the purpose of consenting to the use of image rights, we attach a separate informed consent form.

Will my child's responses to the questionnaires be anonymous and confidential?

Yes. We do not ask the minor to provide us with data that would allow their name or identification. There will be no record of the IP address that would reveal where the questionnaires were filled out. Only the researchers and their assistants will have access to the information in a database that will be password-protected, and the data will only be treated in aggregate form (i.e., together with the responses of other participants). This means that the results of participation in this program (reduction of stigma) disclosed scientifically will not be shared in a way that would allow isolating one participant from the others.

Will my child receive any reward?

No, but they will be contributing to knowledge in the field of mental health, a topic often neglected and under-studied. If you would like to provide us with your email, we will send you information about the project (e.g., publications with the study results, project social media, news about the project in the media, website, videos on the topic).

What if my child wants to withdraw?

This is a voluntary study. The minor can choose not to participate or withdraw at any time. If at any point the participant feels discomfort, believes they need help, or if their legal guardians feel so, we provide some mental health support lines and services.

Who can I contact if I have more questions?

We ask that you read this form and, if you have any doubts, ask any questions you consider necessary before participating in the study. Questions should be directed via email to: weartolerance@ulusofona.pt

By clicking on the option "I want the minor to participate" below, you indicate that you authorise your child/minor under your responsibility to participate in this study. You have read this consent form and consider that you have been provided with the necessary information about the nature and objectives of this study.

☐ I want the minor to participate

Participant code (enter the code received by email): _____

The following questions refer to the minor under your responsibility and their family.

1. Age: _____

2. Gender:

- a. Male
- b. Female
- c. I don't know
- d. Other. Which one? _____

3. Year of school attended: _____

4. Nationality:

- a. Portuguese
- b. Other. Which one? _____

5. Think of this ladder as showing where people stand in Portugal. At the top of the ladder are the people who have the highest standing – those who have the most money, the most education and the most respected jobs. At the bottom are the people who have the lowest standing – those who have the least money, the least education, the least respected jobs or no jobs at all. The higher you are on this ladder, the closer you are to the people at the top; the lower you are, the closer you are to the people at the bottom. Where would you place yourself on this ladder? Please choose the step you think you are at at this point in your life in relation to other people in Portugal.

| | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|-----------|
| 1 Bottom | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 Top |
| | | | | | | | | | |

6. Household with whom the minor lives? _____

7. Does the minor have any mental health or neurodevelopmental problems?

- a. Yes
- b. No

8. If the minor has a problem, which of the following problems does the minor have or has had?
- a. Attention-deficit/hyperactivity disorder
 - b. Autism spectrum disorder (includes what was previously called Asperger's Syndrome)
 - c. Intellectual disorder (i.e., cognitive impairment, commonly called mental retardation)
 - d. Learning disabilities (e.g., dyslexia, dyscalculia, dysorthography)
 - e. Anxiety problems
 - f. Mood problems (e.g., depression)
 - g. Eating behaviour disorder
 - h. Behavioural and/or oppositional/defiant problems
 - i. Obsessive-compulsive disorder
 - j. Post-traumatic stress
 - k. Other problem(s). Which ones? _____
9. If the minor has a problem, does the minor take or has ever taken psychiatric medication?
- a. Yes, the minor takes it. What does the minor take? _____
 - b. Yes, the minor has taken it in the past. What did the minor take? _____
 - c. No, the minor never took.
10. If the minor has a problem, has the minor ever had specialised support due to these mental health problems?
- a. No.
 - b. Yes, the minor has in the present. What type of support?
 - i. Clinical psychology
 - ii. Speech therapy
 - iii. Psychomotricity
 - iv. Other(s). Which one(s)? _____

- c. Yes, the minor had in the past. What type of support?
- i. Clinical psychology
 - ii. Speech therapy
 - iii. Psychomotricity
 - iv. Other(s). Which one(s)? _____

11. Does the minor live with people with mental health and/or neurodevelopmental problems?

- a. No.
- b. Yes. With who? What type of problems do they have or have they had in the past? _____

At this phase, pass the questionnaire to the minor so that he/she can agree to participate in the program and answer some questions.

Consent Form for Minors

Welcome to the WeARTolerance Project! Our project aims to reduce mental health-related stigma through an arts-based program, developed by Lusófona University (COFAC, HEI-Lab) with the support of La Caixa Foundation. The principal investigator for this study is PhD Ana Filipa Beato. This study has received approval from the Ethics and Deontology Committee for Scientific Research of the School of Psychology and Life Sciences at this university.

What is the aim of this study?

The purpose is to reduce mental health-related stigma among adolescents and young adults participating in an arts-based program. The program will consist of activities that are (1) psychoeducational; (2) artistic [music, theatre, visual arts, cinema]; (3) exercises promoting mindfulness and relaxation.

When will this study take place?

The arts-based program will run for 4 consecutive days, consisting of 8 sessions held during the Easter or summer vacation period of the academic year 2022/2023. However, if we consider all its phases, the study will take place between February and October 2023.

What is needed to participate?

- 1) Accept to participate in the program;
- 2) Parents or legal guardians authorise your participation;
- 3) Have between 12 and 17 years old;
- 4) Know how to read and write in Portuguese;
- 5) Live in Portugal;
- 6) Have the conditions and privacy to independently answer the questionnaires.

This study will have several phases. BUT, participating in one of the phases does not make it mandatory for you to participate in another. You can withdraw at any time.

What will I be asked to do?

- 1) Participate in a program consisting of 8 sessions held over 4 days during the Easter or summer school break of the 2022/2023 academic year. The program will take place at the Lusófona University of Humanities and Technologies, Campo Grande, Lisbon.
- 2) Complete a set of questionnaires four times in the months of March, April, June and September 2023.
- 3) Participate in a group study (focus group) where opinions, future suggestions and experiences of participants in relation to the program will be explored.

Why should I participate?

You can contribute to the development of programs and interventions that effectively reduce mental-health-related stigma. The results of this study will help identify ways to reduce stigma in teens and young adults and to contribute to awareness about the topic of mental health. The possible reduction in stigma levels among program participants could have an impact on their mental health and overall quality of life.

Will my participation in the program be anonymous and confidential?

In addition to the other program participants and the WeARTolerance project team, no one else will have access to your participation during the days of the program. However, we will show the work developed and the results of this study in a documentary, as well as video and photography content will be published on the project's official website and social media. Your image will only be included at this stage if you authorise it, and you do not need to participate in the documentary to participate in the program.

Will my responses to the questionnaires be anonymous and confidential?

Yes. We do not ask you for data that allows us to know your name or identification. There will be no IP record that allows us to understand where the questionnaires were filled out from. Only researchers and their assistants will have access to the information in a database that will be password protected and the data will only be processed in aggregate form (that is, together with the responses of other participants).

Will I receive any rewards?

No, but you will be contributing to knowledge in the area of mental health, a topic that is so often neglected and little studied.

What if I want to withdraw?

This is a voluntary study. You can choose not to participate or withdraw at any time. If at any time you feel discomfort or consider that you need help, you can find some support lines and services in the area of mental health at the end of this form.

Who can I contact if I want to ask more questions?

We ask that you read this form and, if you have any questions, clarify them before deciding to participate in the study. To do this, you can contact us via email: weartolerance@ulusofona.pt

By clicking on the “I want to participate” option below, you confirm that you have read this consent form and consider that you have been provided with the necessary information about the nature and objectives of this study.

☐ I want to participate

1. For each of the statements, please respond by selecting just one option.

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| Most people with mental health problems want to have paid employment | | | | | |
| If a friend had a mental health problem, I know what advice to give them to get professional help | | | | | |
| Medication can be an effective treatment for people with mental health problems | | | | | |
| Psychotherapy (for example, talking therapy or counselling) can be an effective treatment for people with mental health problems | | | | | |
| People with severe mental health | | | | | |



| | | | | | |
|--|--|--|--|--|--|
| problems can fully recover | | | | | |
| Most people with mental health problems go to a health care professional to get help | | | | | |

2. For the following items, please say whether you think each situation is a type of mental health problem (i.e., a mental illness) by checking one box.

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|-------------------------------------|-------------------|----------|----------------------------|-------|----------------|
| Depression | | | | | |
| Stress | | | | | |
| Schizophrenia | | | | | |
| Bipolar disorder (manic depression) | | | | | |
| Drug addiction | | | | | |
| Grief | | | | | |

3. Imagine that you know a child or teenager your age with mental health problems, indicate how much you would like:

| | I would like it a lot | I would like it | I wouldn't like it | I wouldn't like it at all |
|---|-----------------------|-----------------|--------------------|---------------------------|
| That he/she to live in your building or near you | | | | |
| Being with he/she at break or being with him/her or playing with him/her in the school playground | | | | |
| That he/she was in your class | | | | |
| That he/she was your deskmate at school | | | | |
| That he/she was part of your group of friends | | | | |



| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| How scared would you feel about José? | | | | | | | | | |
| I think José must be to blame for the mental health problem. | | | | | | | | | |
| I think José should be in a special class for students with problems, and not in a normal class like mine. | | | | | | | | | |
| How angry would you feel with José? | | | | | | | | | |
| How likely are you to help José with his school work? | | | | | | | | | |
| I would try to stay away from José after school. | | | | | | | | | |

Thank you for your collaboration.

Study Protocol for Participants of Legal Age

Consent Form

Welcome to the WeARTolerance Project! Our project aims to reduce mental health-related stigma through an arts-based program, developed by Lusófona University (COFAC, HEI-Lab) with the support of the La Caixa Foundation. The principal investigator for this study is PhD Ana Filipa Beato. This study has received approval from the Ethics and Deontology Committee for Scientific Research of the School of Psychology and Life Sciences at this university.

What is the purpose of this study?

To reduce mental health-related stigma among adolescents and young adults participating in an arts-based program. The program will consist of activities that are (1) educational; (2) artistic [music, theatre, visual arts, video, and photography]; (3) exercises promoting mindfulness and relaxation.

When will this study take place?

The arts-based program, consisting of 8 sessions, will run over 4 days during the school vacation period in the Easter or summer break of the academic year 2022/2023. The program will take place in four moments between April and June 2023 and participants will be randomly assigned to groups.

Can I choose the date I want to participate?

Considering that this program is part of a research project, it is governed by a set of scientific methodologies. Among these, participants must be randomly allocated to each of the groups participating in the program. For this reason, the team will inform each participant of the date they can participate. However, if unavailable, you may withdraw your participation at any

time. The arts-based program, consisting of 8 sessions, will run over 4 days during the Easter or summer break of the academic year 2022/2023.

What is required to participate?

1. Agree to participate in the program;
2. Be between 18 and 24 years old;
3. Proficiency in the portuguese language;
4. Reside in Portugal;
5. Have the conditions and privacy to autonomously respond to the questionnaire. This study will have several phases. HOWEVER, participating in one phase does not make it mandatory to participate in another. You can withdraw at any time.

What will be asked of me?

1. To participate in a program consisting of 8 sessions held over 4 days during the Easter or summer break of the academic year 2022/2023. The program will take place at Lusófona University, Campo Grande, Lisbon.
2. To complete a set of questionnaires at four different times in the months of March, April, June, and September 2023.
3. To participate in a group study (focus group) where opinions, future suggestions, and experiences of the participants regarding the program will be explored.

Why should I participate?

Participating will allow you to contribute to the development of programs and interventions that effectively reduce mental health-related stigma. The results of this study will help identify ways to reduce stigma in adolescents and young adults and will contribute to raising awareness about mental health. The potential reduction in stigma levels among program participants may have an impact on their mental health and overall quality of life.

Will my participation in the program be anonymous and confidential?

Apart from other participants in the program and the team of the WeARTolerance project, no one else will have access to your participation during the days when the program takes place. However, in order to showcase the work done and the results of this study, a documentary will be produced, and video and photographic content will be shared on the official website and social media of the project. Your image will only be included in this phase if you authorise it, and you do not need to participate in the documentary to participate in the program. The study results will be disclosed in a way that does not allow isolating your participation from others.

Will my questionnaire responses be anonymous and confidential?

Yes. We do not ask for data that would reveal your name or identification. There will be no record of the IP address that would reveal where the questionnaires were filled out. Only the researchers and their assistants will have access to the information in a database that will be password-protected, and the data will only be treated in aggregate form (i.e., together with the responses of other participants).

Will I receive any reward?

No but you will be contributing to knowledge in the field of mental health, a topic often neglected and under-studied. If you would like to share your email with us, we will send you information about the project (e.g., publications with the study results, project social media, news about the project in the media, website, videos on the topic).

What if I want to withdraw?

This is a voluntary study. You can choose not to participate or withdraw at any time. If you ever feel discomfort or feel you need help, you can find some mental health support lines and services at the end of this form.

Who can I contact if I have more questions?

We ask you to read this form, and if you have any doubts, please clarify them before deciding to participate in the study. You can contact us via email at: weartolerance@ulusofona.pt

By clicking on the "I want to participate" option below, you confirm that you have read this consent form and consider that you have been provided with the necessary information about the nature and objectives of this study.

☐ I want to participate

1. Participant code (enter the code received by email): _____

2. Age: _____

3. Gender:

- a. Male
- b. Female
- c. I don't know
- d. Other. Which one? _____

4. Education level:

- a. 1st cycle
- b. 2nd cycle
- c. 3rd cycle
- d. High school
- e. Higher education - Degree or equivalent
- f. Higher education - Master or equivalent
- g. Higher education - Doctorate or equivalent

5. Nationality:

- a. Portuguese
- b. Other. Which one? _____

6. Think of this ladder as showing where people stand in Portugal. At the top of the ladder are the people who have the highest standing – those who have the most money, the most education and the most respected jobs. At the bottom are the people who have the lowest standing – those who have the least money, the least education, the least respected jobs or no jobs at all. The higher you are on this ladder, the closer you are to the people at the top; the lower you are, the closer you are to the people at the bottom. Where would you place yourself on this ladder? Please choose the step you think you are at at this point in your life in relation to other people in Portugal.

| | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|-----------|
| 1 Bottom | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 Top |
| | | | | | | | | | |

7. Household with whom you live? _____

8. Do you have any mental health or neurodevelopmental problems?

- a. Yes
- b. No

9. If you have a problem, which of the following problems do you have or have had?

- a. Attention-deficit/hyperactivity disorder
- b. Autism spectrum disorder (includes what was previously called Asperger's Syndrome)
- c. Intellectual disorder (i.e., cognitive impairment, commonly called mental retardation)
- d. Learning disabilities (e.g., dyslexia, dyscalculia, dysorthography)



- e. Anxiety problems
- f. Mood problems (e.g., depression)
- g. Eating behaviour disorder
- h. Behavioural and/or oppositional/defiant problems
- i. Obsessive-compulsive disorder
- j. Post-traumatic stress
- k. Other problem(s). Which ones? _____

10. If you have a problem, do you take or have ever taken psychiatric medication?

- a. Yes, I take it. What do you take? _____
- b. Yes, I have taken it in the past. What did you take? _____
- c. No, I never took it.

11. If you have a problem, have you ever had specialised support due to these mental health problems?

- a. No.
- b. Yes, I have in the present. What type of support?
 - i. Clinical psychology
 - ii. Speech therapy
 - iii. Psychomotricity
 - iv. Other(s). Which one(s)? _____
- c. Yes, I had in the past. What type of support?
 - i. Clinical psychology
 - ii. Speech therapy
 - iii. Psychomotricity
 - iv. Other(s). Which one(s)? _____

12. Do you live with people with mental health and/or neurodevelopmental problems?

- a. No.
- b. Yes. With who? What type of problems do they have or have they had in the past? _____

13. For each of the statements, please respond by selecting just one option.

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| Most people with mental health problems want to have paid employment | | | | | |
| If a friend had a mental health problem, I know what advice to give them to get professional help | | | | | |
| Medication can be an effective treatment for people with mental health problems | | | | | |
| Psychotherapy (for example, talking therapy or counselling) can be an effective treatment for people with mental health problems | | | | | |
| People with severe mental health problems can fully recover | | | | | |
| Most people with mental health problems go to a health care professional to get help | | | | | |

14. For the following items, please say whether you think each situation is a type of mental health problem (i.e., a mental illness) by checking one box.

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|-------------------------------------|-------------------|----------|----------------------------|-------|----------------|
| Depression | | | | | |
| Stress | | | | | |
| Schizophrenia | | | | | |
| Bipolar disorder (manic depression) | | | | | |
| Drug addiction | | | | | |



| | | | | | |
|-------|--|--|--|--|--|
| Grief | | | | | |
|-------|--|--|--|--|--|

- 15.** For each of the following situations described in the following sentences, relating to a young person your age with mental health problems, please indicate how much you would like:

| | I would like it a lot | I would like it | I wouldn't like it | I wouldn't like it at all |
|--|-----------------------|-----------------|--------------------|---------------------------|
| That he/she to live in your building or near you | | | | |
| Being with this young person during class breaks | | | | |
| That he/she was in your class | | | | |
| That he/she was your deskmate at school | | | | |
| That he/she was part of your group of friends | | | | |
| That he/she was your best friend | | | | |
| To invite him/her to your birthday party | | | | |
| To date or marry him/her one day | | | | |

- 16.** To what extent would you feel each of the following emotions if you met someone with mental health problems:

| | 1 I wouldn't feel like that at all | 2 | 3 | 4 | 5 | 6 I would totally feel that |
|---------|---------------------------------------|---|---|---|---|--------------------------------|
| Nervous | | | | | | |
| Anxious | | | | | | |
| At ease | | | | | | |
| Calm | | | | | | |



| | | | | | | |
|-----------|--|--|--|--|--|--|
| Worried | | | | | | |
| Tense | | | | | | |
| Confident | | | | | | |

17. Please read José's story: José is a new student in your class. Before José's first day at school, your teacher explained that José has mental health problems and he is transferred from another school. Now answer each of the following questions about José. Mark the number that best matches your answer. (On a scale of 1 to 9, where 1 corresponds to "no or nothing" and 9 corresponds to "very much or completely").

| | 1 No or nothing | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 Very much or Completely |
|---|-----------------------|---|---|---|---|---|---|---|------------------------------------|
| I would feel sorry for José. | | | | | | | | | |
| How dangerous would you think José is? | | | | | | | | | |
| How scared would you feel about José? | | | | | | | | | |
| I think José must be to blame for the mental health problem. | | | | | | | | | |
| I think it would be better for José's community if he was admitted to a Psychiatric Hospital. | | | | | | | | | |
| How angry would you feel with José? | | | | | | | | | |
| How likely are you to help José? | | | | | | | | | |
| I would try to stay away from José. | | | | | | | | | |
| Do you think José should be forced to undergo medical treatment even against his will? | | | | | | | | | |

Thank you for your collaboration.