



## What we have amended for STEP-II and why

### Student feedback that we could address

What students have asked us to change	How we have addressed the feedback
<b>General comments</b>	
Some student reported that it would be helpful to have an update on how the survey is going so people know it is meaningful.	We are of course providing regular feedback reports (see <a href="#">here</a> ), but we have decided to now also organize Q&A sessions at which we will try to report about the study and to answer questions.
<b>Mental Health Services Info Sheet</b>	
Some students suggested that it would be helpful if the mental health services info sheet could be structured more clearly, ideally with a structure ranging from emergency contacts to casual mental health info.	We now provide a flowchart at the start of the mental health services info sheet to help students navigate the resources more easily.
Some students explained that important other mental health resources are missing on the mental health services info sheet.	We have now added a few new resources to the mental health services info sheet, e.g. information on Good Mood Cafes and Open Door Calm Spaces.
Some students noted that resources for support in case of sexual harassment are missing on the mental health services info sheet.	Accordingly, we have now added information for the Sexual Assault and Harassment Advisor (SAHA) to the mental health services info sheet.
<b>The daily survey</b>	
Students explained that the EMA item "Felt able to relax and enjoy yourself" could better be updated as "enjoying" and "relaxing" is not the same thing.	We have accordingly split the item in two items: "felt able to relax" and "felt able to enjoy yourself".
Students explained that the EMA item "felt positive about your mental health and wellbeing" is confusing as it is not clear whether the item is about "feeling good in general" or about "feeling good with regard to your mental health".	We have accordingly reworded the item to "felt emotionally well".
Students explained that the EMA item "fretted about having to isolate" is unclear, because it is not clear whether it refers to the respective student or the student and the entire household/support bubble.	We have accordingly reworded the item to "worried that you will have to isolate".
Students explained that the EMA item "been on top of what you needed to get done" is	We have accordingly reworded the item to "felt satisfied with your productivity".

sometimes unsuitable, as due to online learning there is not necessarily a definite time to do everything.	
Students explained that the EMA item “been practically supported by your College and/or the University” is not clear, as it is unclear what “practical” refers to.	We have accordingly reworded the item to “felt supported by your College and/or the University”.
Some students reported that students may differ quite notably in how comfortable they feel with their household environment, which may impact on their mental health.	Accordingly, we have added the item “felt comfortable about your household environment” to the EMA survey.
Some students suggested that it might be useful to add an item that relates to financial difficulties to the EMA survey.	Accordingly, we have added the item “worried about your financial situation” to the EMA survey.
Some students suggested that it might be useful to add an item that relates to access to green spaces and nature to the EMA survey.	Accordingly, we have added the item “felt content with the access to green spaces or nature” to the EMA survey.
Some students reported that they would have liked a spot in the survey where they could comment on items or topics.	We have now added a personalized item to the survey, so that students can monitor themselves on a topic we have missed out on.
Some students suggested that it might be helpful to group the EMA items that are content-wise related together.	Accordingly, we have grouped the items into “general” and “Covid-related” items.

### ***The weekly survey***

Some students suggested that a trigger warning for the suicide item, that you sometimes can get on the weekly STEP survey, would be helpful.	We have now added this information to the participant information sheet “Questionnaires include questions about emotions (which may include thoughts about self-harm or suicide)...”.
Some students suggested that it would be better if there were more recommendations in the feedback of the weekly STEP survey. They also suggested that the feedback summary should come before the mental health score, so that they can get a sense of what they are looking at.	Accordingly, we are now presenting the feedback summary before the mental health score. We have also reformulated parts of the feedback section.
Some students suggested that it would be better if the weekly STEP survey would directly state that it is not a diagnostic tool.	We have now added this information to the survey: “Remember, this is a screening survey and NOT a diagnostic tool. It gives a snapshot and like a photo, can be misleading at times.”

## **Student feedback that we unfortunately could not address**

<b>What students have asked us to change</b>	<b>Why we could not address the feedback</b>
<b><i>The daily survey</i></b>	
Students explained that it may be easier to rate the EMA items on a slider scale.	We could not implement this as of yet, as our survey software has some technical issues, which make the sliders impractical. We will however keep this feedback in mind for future surveys, and may try a different software then.
Some students suggested that the EMA item assessing friendship and family support (“felt	We agree and this is very helpful feedback. However, we have decided not to split the item,

emotionally supported by friends and/or family”) could better be split, as those support resources may vary substantially for some students.	as we had to limit the number of items to a maximum of 15. We will however keep this feedback in mind for future surveys.
Some students suggested that it might be useful to add an item that relates to the political climate to the EMA survey.	We think that this is a very interesting idea. Unfortunately, we had to limit the number of items and decided that this topic may be a bit too far off scope for this study.
Some students suggested that it might be useful to add an item about the weather to the EMA survey.	We agree that this is a very interesting idea, and that weather can influence well-being. Unfortunately, we had to limit the number of items and decided that this topic may be a bit too far off scope for this study.

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### ***General comments***

Some students reported that they would prefer to get as few STEP emails as possible. Some suggested that it might be better if they could access the surveys via a website or an app.	We promise that we will try to keep the number of emails to a minimum. We think that an app is a great idea. We will look into it for future surveys.
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