****

**Exploring perceptions of a digital clinical assessment**

**Semi-structured assessment procedure**

**Opening**

Hello, I am Sam, and I am your digital interviewer. Today I will be doing an interview with you. I will go through a list of questions about your recent emotional experiences and health behaviors. My goal is to better understand what has been going on in your life.

If you don’t feel like answering a particular question, that’s OK. You can just say that you don’t want to answer, and I will move on to the next question.

**1. The initial rapport-building phase**

(a) What’s your name?

(b) How old are you?

(c) Where are you from?

(d) Tell me one thing cool about where you are from.

**2. The clinical phase**

2.1 Health behaviours

Thanks for giving me the chance to know you better. Now I am going to ask a few questions about your health behaviours. Some of the questions may be sensitive. Again, you can just say you don’t want to answer if you don’t feel comfortable with any of the questions.

(1) How often do you exercise? (adapted from a survey of college students dietary and exercise habits by Silliman et al., 2004)

- I exercise 0-2 times per week.

- I exercise 3-4 times per week.

- I exercise 5 or more times per week.

- I don’t want to answer

(2) How often do you drink regular soda or other sugared beverages? (1 cup=1 serving) (adapted from a survey of college students dietary and exercise habits by Silliman et al., 2004).

- Never

- Occasionally

- A few times per week

- One to two times per day

- Two to three times per day

- Four or more than four times per day

- I don’t want to answer

(3) How often do you eat vegetables? (1/2 cup cooked/1 cup raw = 1 serving) (adapted from a survey of college students dietary and exercise habits by Silliman et al., 2004).

- I eat vegetable once per week or less.

- I eat vegetable 2 to 6 times per week.

- I eat vegetables 1 time per day.

- I eat vegetables 2 to 3 times per day.

- I eat vegetables more than 4 times per day.

- I don’t want to answer

(4) During the past 3 months, how often have you used tobacco products such as cigarettes and chewing tobacco? (from ASSIST)

Please choose your answer from the below options.

- Never

- Once or twice

- Monthly

- Weekly

- Daily or almost daily

- I don’t want to answer

(5) During the past 3 months, how often have you used alcoholic beverage such as beers, wine, spirits, etc.?

Please choose your answer from the below options.

- Never

- Once or twice

- Monthly

- Weekly

- Daily or almost daily

- I don’t want to answer

(6) How many times in the past month did you drink to the point of intoxication? For example, none, once, twice and three times. (adapted from Schuetzler, 2015)

(7) During the past 3 months, how often have you used cannabis?

Please choose your answer from the below options.

- Never

- Once or twice

- Monthly

- Weekly

- Daily or almost daily

- I don’t want to answer

(8) How often have you had sex while under the influence of alcohol (i.e., drunk)? (from the Sexual Risk Behaviour Scale by Fino et al., 2021)

- Never

- Rarely

- Sometimes

- Often

- Very often

- I don’t want to answer

(9) How often have you had sex without a condom with someone you have just met? (from the Sexual Risk Behaviour Scale by Fino et al., 2021)

- Never

- Rarely

- Sometimes

- Often

- Very often

- I don’t want to answer

(10) How often have you had vaginal sex without a condom? (from the Sexual Risk Behaviour Scale by Fino et al., 2021)

- Never

- Rarely

- Sometimes

- Often

- Very often

- I don’t want to answer

(11) How often have you had anal sex without a condom? (from the Sexual Risk Behaviour Scale by Fino et al., 2021)

- Never

- Rarely

- Sometimes

- Often

- Very often

- I don’t want to answer

(12) How often have you performed oral sex without protection (condom or dental dam)? (from the Sexual Risk Behaviour Scale by Fino et al., 2021)

- Never

- Rarely

- Sometimes

- Often

- Very often

- I don’t want to answer

(13) How often have you had sex while under the influence of drugs of substances? (from the Sexual Risk Behaviour Scale by Fino et al., 2021)

- Never

- Rarely

- Sometimes

- Often

- Very often

- I don’t want to answer

(14) Have you been diagnosed with any sexually transmitted infections in the past 12 months? (from the Sexual Risk Behaviour Scale by Fino et al., 2021)

- Yes

- No

- I don’t want to answer

(15) In the past 30 days how many times did you operate a car or other vehicle when you had been impacted due to alcohol consumption? For example, none, once, twice and three times. (Laska et al., 2009)

2.2 Emotional experiences

Now I am going to ask you a few questions about your latest emotional ups and downs.

(1) How often do you feel it is difficult for you to make friends? (UCLA Loneliness scale)

- I often feel this way.

- I sometimes feel this way.

- I rarely feel this way.

- I never feel this way.

- I don’t want to answer

(2) How often do you feel your social relationships are superficial? (UCLA Loneliness scale)

- I often feel this way.

- I sometimes feel this way.

- I rarely feel this way.

- I never feel this way.

- I don’t want to answer

(3) How often do you feel isolated? (UCLA Loneliness scale)

- I often feel this way.

- I sometimes feel this way.

- I rarely feel this way.

- I never feel this way.

- I don’t want to answer

(4) When was the last time you argued with someone? What happened?

(5) Tell me about a time when you have been stressed over the last three months?

(6) Is there any time over the last three months that you have felt quite sad? If so, tell me about it.

(7) How about happy moments? Tell me about a time that you have felt happy over the last three months?

(8) What do you do routinely do to keep yourself happy in life?

**3. The closure phase** Thanks very much for telling me about your health behaviours.ost getting to t(1) Tell me about three things that you feel grateful to have in your life. e end of thenterview. Before we finish, I would like to invite you to take ao

That is the end of the interview. Thank you very much for talking with me today and sharing your experiences. Please be reassured that all your answers are confidential. You may have talked about some distressing experiences and sensitive information today. The researcher will provide you with a list of health and counselling services at the end of the research session. Should you want to seek support, please contact an appropriate service. Take care and best wishes.

**References**

Fino, E., Jaspal, R., Lopes, B., Wignall, L., & Bloxsom, C. (2021). The Sexual Risk

Behaviors Scale (SRBS): Development & Validation in a University Student Sample in the UK. *Evaluation & the Health Professions*, *44*(2), 152-160. https://doi.org/10.1177/01632787211003950

Humeniuk, R. (2006). Validation of the Alcohol, Smoking and Substance Involvement

Screening Test (ASSIST) and pilot brief intervention: A technical report of phase II ndings of the WHO ASSIST Project. The WHO ASSIST Phase II Study Group. WHO, Geneva.

Lucas, G. M., Gratch, J., King, A., & Morency, L. P. (2014). It’s only a computer: Virtual

humans increase willingness to disclose. *Computers in Human Behaviour*, *37*, 94–100. <https://doi.org/10.1016/j.chb.2014.04.043>

Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor

structure. *Journal of Personality Assessment*, *66*(1), 20-40. https://doi.org/10.1207/s15327752jpa6601\_2

Schuetzler, R. M., Giboney, J. S., Grimes, G. M., & Nunamaker Jr, J. F. (2018). The

influence of conversational agent embodiment and conversational relevance on socially desirable responding. *Decision Support Systems*, *114*, 94-102. [https://doi.org/10.1016/j.dss.2018.08.011](https://doi-org.ezproxy.auckland.ac.nz/10.1016/j.dss.2018.08.011" \o "Persistent link using digital object identifier" \t "_blank)

Silliman, K., Rodas-Fortier, K., & Neyman, M. (2004). Survey of dietary and exercise habits

and perceived barriers to following a healthy lifestyle in a college population. *Californian journal of health promotion, 2*(2), 10-19. <https://doi.org/10.32398/cjhp.v2i2.1729>