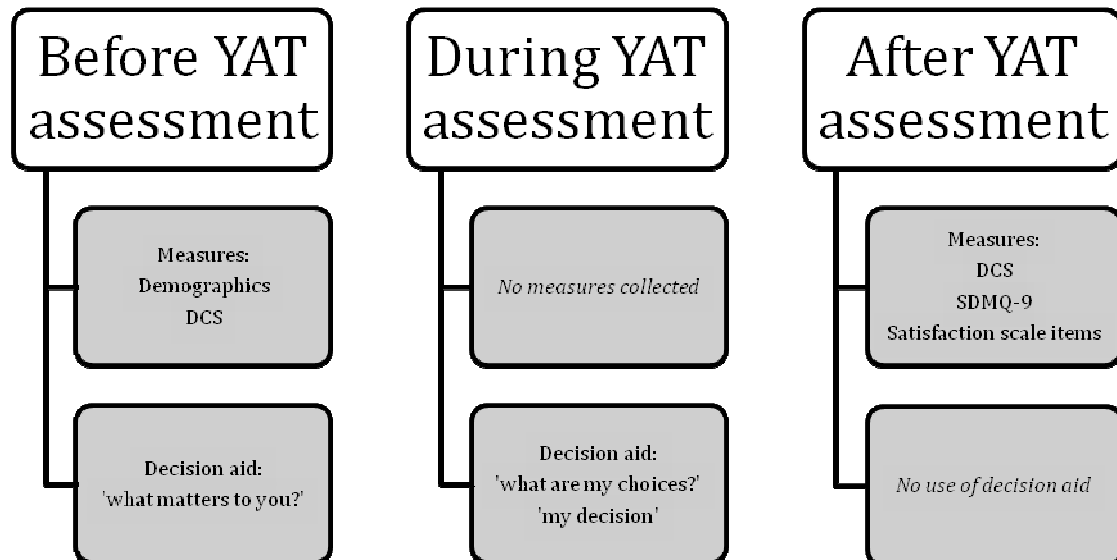
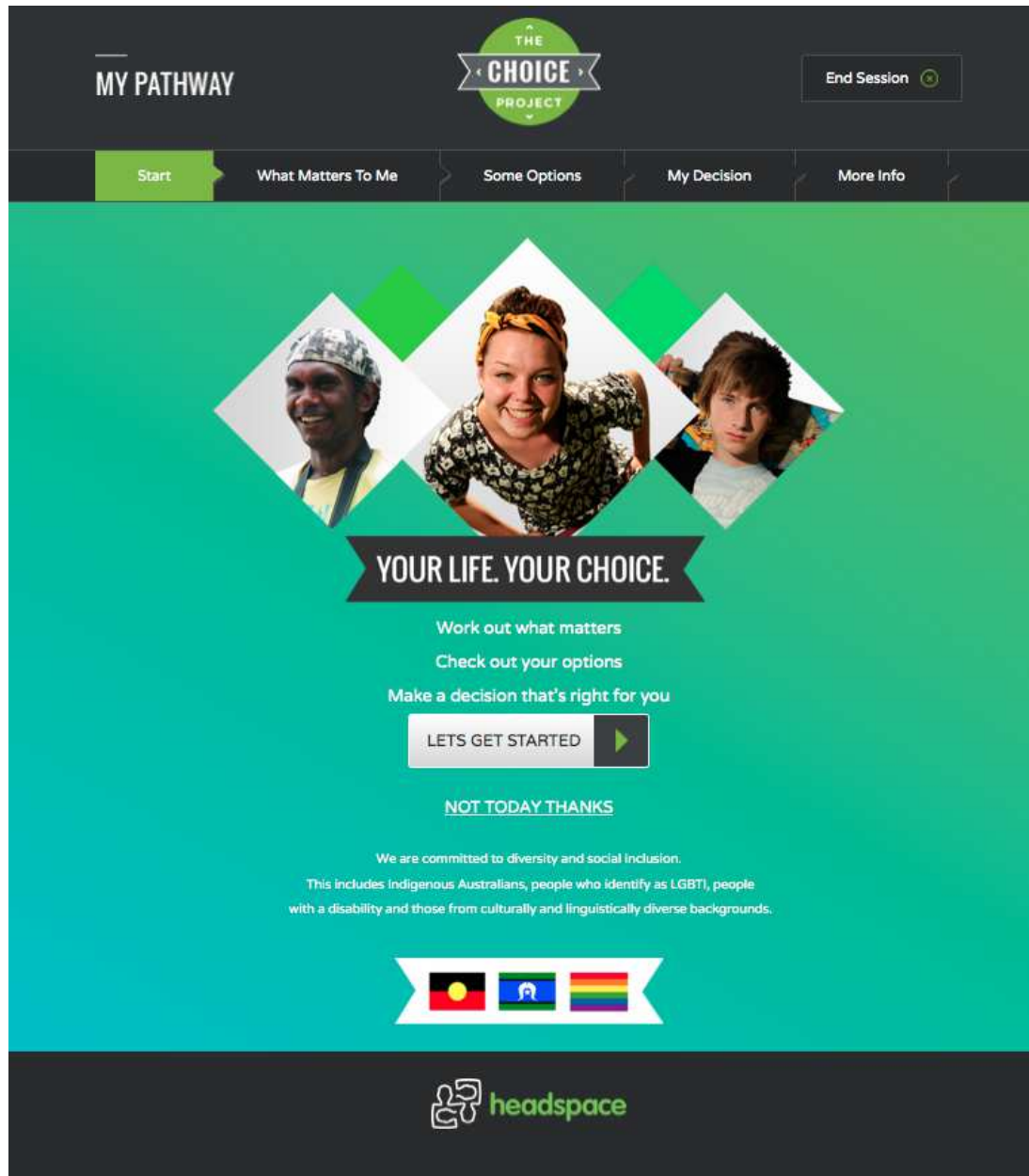


**Online Supplement 1.** Type of data collected and sections of decision aid used directly before, during and directly after assessment with Youth Access Team (YAT) clinician.



**Online Supplement 2: 'My Pathway': Description of the decision support tool component of the intervention.**



**Overview**

The tool was developed to promote shared decision making in the service from the time of first assessment. Where relevant and possible the tool adhered to International Patient Decision Aids Standards. However, rather than focusing on a

specific treatment decision (e.g. “Should I take antidepressant medication for youth depression?”) the aim of the tool was to provide descriptive information on all of the service options available to each and every young person accessing the service. In line with this, the sections included a homepage ‘Start’; a general values clarification and priority-setting tool ‘What Matters to Me’; an overview of options available at the service ‘Some Options’; and a range of additional information sources ‘More Info’. The youth reference group involved in developing the tool named each section and informed the content, design and formatting. Two versions of the tool were used during the study, however the content was identical in both cases. The initial tool was found to be slow at times and so to improve responsiveness a company was engaged to replicate the tool on a new website and server. During this process the visual appearance changed in terms of graphic design only; each section of the tool remained the same and young people were consulted throughout both development processes. Further information about each section of the tool is detailed below.

### **Section 1: Start**

*Peer workers introduced the concept of the tool and then handed the portable tablet computer to clients with this section open*

The home page was designed to convey the concept of personal choice to clients. Consumer reference group members and peer workers opted for a bright and engaging design, with positive pictures of young people and the tagline: ‘Your life. Your choice.’ From here, there was a one-touch process for commencing use of My Pathway.

## **Section 2: What Matters To Me**

*Completed with peer worker, report taken into appointment with clinician*

This section involved clients completing a series of questions designed to elicit the personal preferences and needs of the client. Topics covered main presenting problems, initial thoughts about what would help, and other preferences such as preferred gender of clinician, specific needs (e.g. cultural, sexual) and logistical factors (e.g. appointment times). This served two purposes; to put this information front and centre of the appointment, and to allow the client to reflect on what mattered most to them, thereby saving time in the appointment.

## **Section 3: Some Options**

*Completed with the YAT clinician after the initial assessment was undertaken*

Each of the service options was detailed in this part of the tool. Information was provided about factors affecting decision making, such as: purpose of treatment (e.g. psychological therapy, drug and alcohol, employment); nature of service (e.g. online or face to face); what would occur in appointments; available appointment hours; and any requirements or limitations.

## **Section 4: My Decision**

*Completed with the YAT clinician after revisiting the values clarification and priority setting information to check for any changes ('What Matters to Me' report)*

Known sources of decisional conflict were addressed in this section, which clarified the decisional support needs of each client. This included whether the client felt they had enough information, if they were clear about their personal values and

preferences, whether they felt adequately supported (or conversely if they felt pressured by anyone) and the date for when the decision would be revisited.

### **Section 5: More Info**

*Referred to as necessary throughout time with peer worker and YAT clinician*

Further information about mental health and treatment options were provided via links to fact sheets, videos, podcasts and downloadable mobile applications.