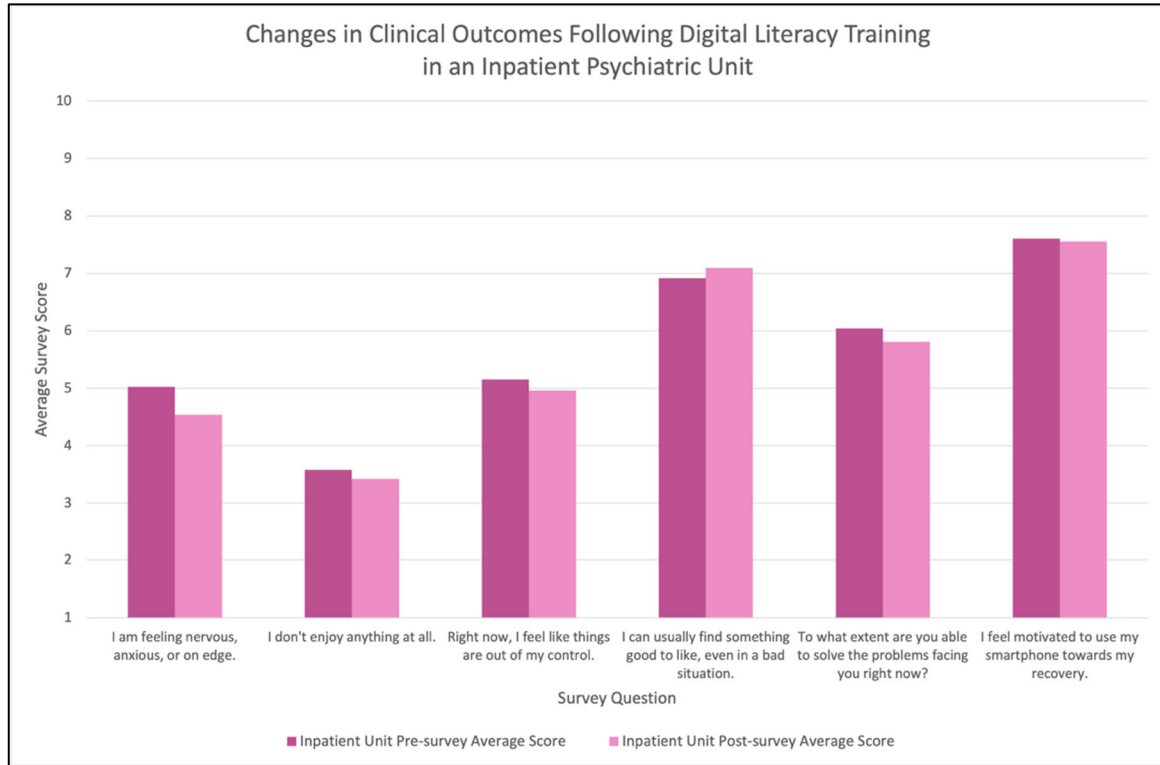
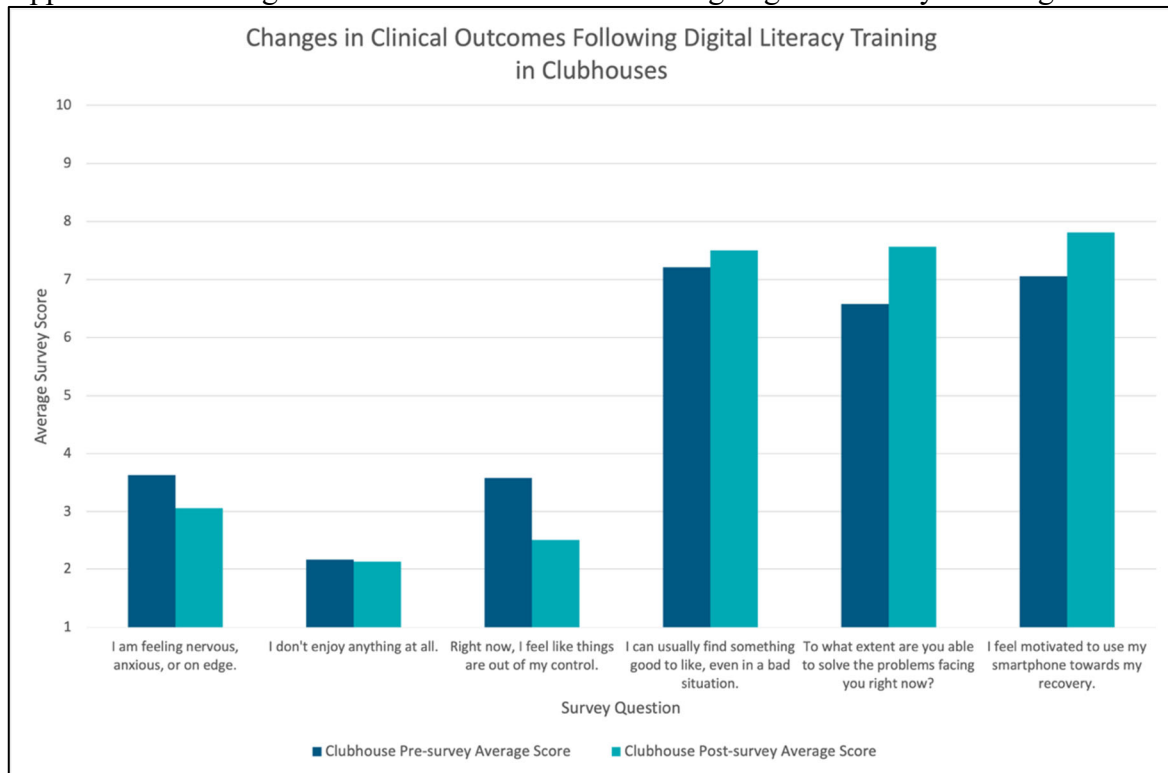


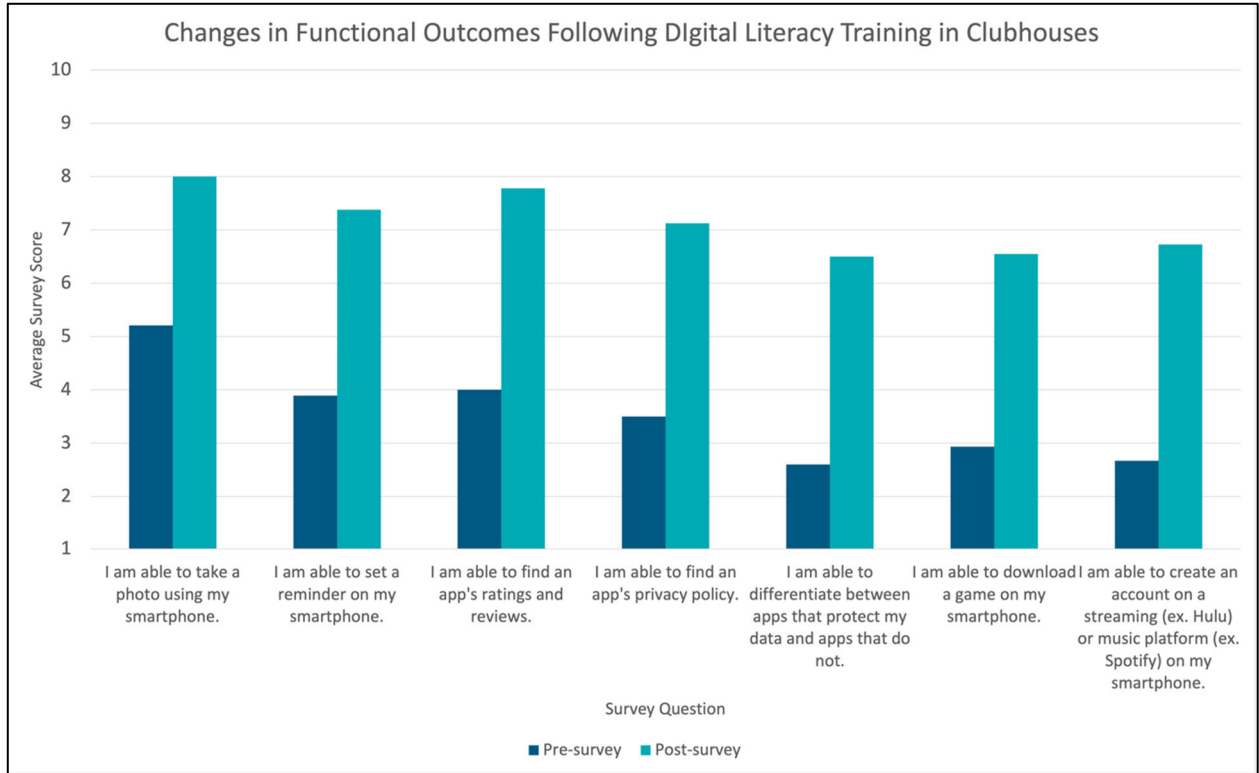
Appendix 1A. Changes in Clinical Outcomes Following Digital Literacy Training in an Inpatient Unit.



Appendix 1B. Changes in Clinical Outcomes Following Digital Literacy Training in Clubhouses.



Appendix 2. Pre- and Post-Average Functional Outcomes Survey Scores in Clubhouses.

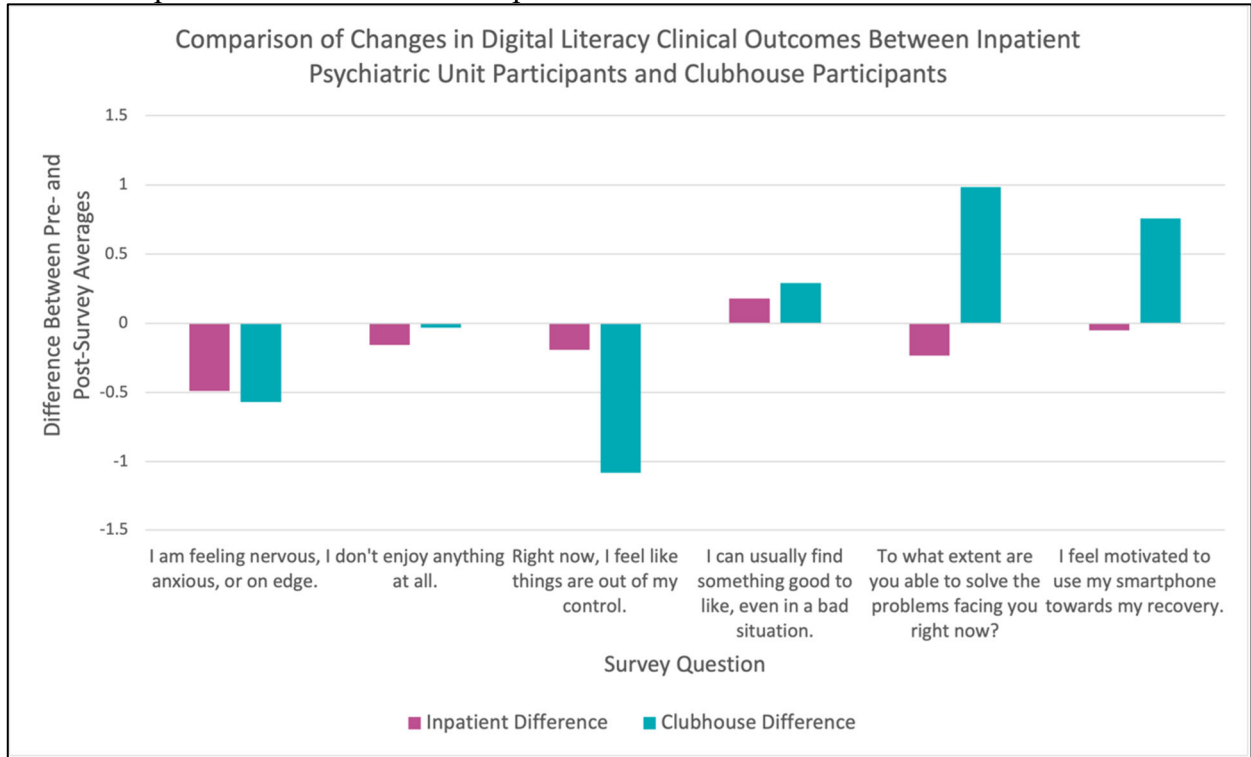


Supplemental material:

Functional survey questions differ between sessions, while clinical questions (#2-7) remain constant throughout every session.

| <b>Digital Skills Training Survey – Session 7</b>   |       |       |       |       |       |             |   |   |   |    |                       |
|---|-------|-------|-------|-------|-------|-------------|---|---|---|----|-----------------------|
| <b>1. Which of the following best describes your age group?</b>                               |       |       |       |       |       |             |   |   |   |    |                       |
| Under 21  | 21-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65 or older |   |   |   |    |                       |
| <b>2. I am feeling nervous, anxious, or on edge.</b>  |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>3. I don't enjoy anything at all.</b>  |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>4. Right now, I feel like things are out of my control.</b>                                |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>5. I can usually find something good to like, even in a bad situation.</b>                 |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>6. To what extent are you able to solve the problems facing you right now?</b>             |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Not at all</i>   | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>A lot</i>          |
| <b>7. I feel motivated to use my smartphone towards my recovery.</b>                          |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>8. I am able to create a password for my phone.</b>  |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>9. I am able to find an app's ratings and reviews.</b>                                     |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>10. I am able to find an app's privacy policy.</b>   |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |
| <b>11. I am able to differentiate between apps that protect my data and apps that do not.</b> |       |       |       |       |       |             |   |   |   |    |                       |
| <i>Strongly disagree</i>  | 1     | 2     | 3     | 4     | 5     | 6           | 7 | 8 | 9 | 10 | <i>Strongly agree</i> |

### Comparison of Changes in Digital Literacy Clinical Outcomes Between Inpatient Psychiatric Unit Participants and Clubhouse Participants.



## Changes in Clinical Outcomes Following Digital Literacy Training in an Inpatient Unit and Clubhouse participants.

|  | Inpatient Unit     |                     |         | Clubhouses         |                     |         |
|--|--------------------|---------------------|---------|--------------------|---------------------|---------|
|  | Pre-Survey Average | Post-Survey Average | P-value | Pre-Survey Average | Post-Survey Average | P-value |
| <b>I am feeling nervous, anxious, or on edge.</b>                              | 5.03               | 4.54                | 0.32    | 4.16               | 3.44                | 0.07    |
| <b>I don't enjoy anything at all.</b>  | 3.58               | 3.42                | 0.75    | 2.29               | 2.01                | 0.32    |
| <b>Right now, I feel like things are out of my control.</b>                    | 5.15               | 4.96                | 0.72    | 3.56               | 3.22                | 0.41    |
| <b>I can usually find something good to like, even in a bad situation.</b>     | 6.92               | 7.10                | 0.66    | 7.28               | 7.63                | 0.32    |
| <b>To what extent are you able to solve the problems facing you right now?</b> | 6.04               | 5.81                | 0.61    | 6.11               | 6.85                | 0.06    |
| <b>I feel motivated to use my smartphone towards my recovery.</b>              | 7.60               | 7.55                | 0.92    | 6.87               | 7.18                | 0.50    |

Pre- and Post-Survey Functional Outcome Averages for Inpatient Psychiatric Unit Participants.

|  | Pre-Survey Average | Post-Survey Average | P-value |
|--|--------------------|---------------------|---------|
| I am able to find and download a mental health app that fits my needs. | 6.80               | 7.29                | 0.369   |
| I know several ways to use my smartphone for wellness.                 | 6.51               | 7.45                | 0.056   |
| I am able to find mindfulness activities using my smartphone.          | 6.75               | 7.53                | 0.121   |

Pre- and Post-Average Functional Outcomes Survey Scores in Clubhouses.

