21 Day Stress Detox Challenge:
Chatbot for young adults to support resilience to stress.
NOTE: CONSENT WILL BE COLLECTED ELECTRONICALLY/online

- To be in this study I need to have access to a smartphone, tablet or computer, be 18-24 years old & have Facebook Messenger

- After consent, I will be asked to fill out short online forms about stress, anxiety and wellbeing. I rwill then be given access to the Chatbot to use on my smart phone, tablet (Android, iOS) or computer. After 21 days, I will be asked to fill out the same forms again.

- I understand that the Chatbot will send basic info to the researchers' database about how often I use the Chatbot and which of its activities I complete.

  - The Chatbot cannot access any other information from your phone or device.
  - All data is transferred in a safe and secure way so that you will not be identified by anyone other than the study researchers.

- Taking part in this study is my choice.

  - Taking part in this study is voluntary (your choice).
  - You can leave study at any time by deleting the Chatbot, and you don't have to say why.
  - If you delete the Chatbot, no more usage information will be sent to our database.
  - You are free to withdraw any data already collected from you during this study, and stop any future emails, by contacting us at habitsquest@auckland.ac.nz.
  - You can do this up to 1 month from agreeing to be in the study.

- My information is private.

  - All the information that you share with us will be kept private.
  - We will not identify you in any reports from this study.
  - Your interaction with the Chatbot is visible to Facebook and is subject to Facebook's Privacy Policy.

- I know where to go if I have any questions.

  - Download the Participant Information sheet [PDF Link]
  - Check the FAQ for answers to common questions.
  - Email us at habits@auckland.ac.nz

Green box for consent items

I **AGREE** to take part in this research study

[ ] Yes   [ ] No

When participant clicks "Yes", the following text to appear:

Study consent was given on <dd/mm/yyyy>. INSERT DETAILS HERE