

Electronic Supplementary Material 4. Selected quotations from 3 focus groups with 17 high school students

Themes	Selected Quotations
<b>(1) Experiences During the Production Process</b>	
Benefits	<p><i>“I really liked that adolescents were involved, because often adults believe, ‘adolescents don’t even know what life is actually about’. In my opinion, we were treated as very mature and as adults, and in the same way we treated the subject matter in a very mature way as well. I really enjoyed that we were engaged on eye-level.” (F, 15 y)</i></p> <p><i>“I liked this project because it was completely different to things we usually do at school. I liked the opportunity to do something different.” (F, 18 y.)</i></p> <p><i>“I have known this topic only from an emotional and individual point of view. Looking at the issue in a neutral and fact-based manner helped me to develop the necessary distance.” (M, 17 y.)</i></p> <p><i>“I have thought it would be more emotionally distressing, but it wasn’t because we looked at the issue in a rather objective way.” (F, 15 y.)</i></p> <p><i>“It was great to reflect about how suicidal adolescents feel.” (F, 16 y.)</i></p>
Challenges	<p><i>“It was necessary to be in a certain mood and get emotionally involved. That was challenging for me.” (M, 17 y.)</i></p>
<b>(2) Learning Effects</b>	
	<p><i>“During this project I learned a lot about suicide prevention and I know very well how to deal with this issue. The most important message is: ‘Talk to someone! You are not alone!’” (F, 15 y.)</i></p>

### (3) Contents of Videos and Underlying Ideas

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*“Our idea was to show that there is an option to get help, [...] to convey hope.” (F, 16 y.)*

*“I hope our video encourages adolescents to seek help, professional help. I hope individuals struggling with suicidality realize that there are plenty of organization they can turn to in order to get help. [...] That individuals decide to seek help was our main purpose.” (F, 16 y.)*

*“I hope our story encourages adolescents to seek professional help or to turn to friends or family [if suicidal].” (F, 16 y.)*

*“We put a lot of time and effort in our script and tried to address to the current situation of adolescents who struggle with suicidality. We didn’t want to show explicit reasons why people are feeling miserable, because that can differ from one person to the other. We want the viewer to interpret the protagonists’ situation so everyone can identify with it.” (F, 16 y.)*

*“We want everyone being able to identify with what we say, so we made a video that includes aspects everyone can identify with.” (F, 17 y.)*

*“A friend proposed to change the location where to film the video. Our filming location was then different than originally planned” (F, 18 y.)*

*[NOTE: The group filmed the video on a bridge instead of a neutral location, which raised the issue of depicting a suicide method].*

#### (4) Opinions on the Videos' Possible Effects

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*"The video can help suicidal adolescents in terms of getting help and hopefully becoming happy one day." (F, 15 y.)*

*"I think the video can help because we show different ways of seeking help." (F, 15 y.)*

*"The video can give hope. It may help people thinking "I can do that too!" and that they start getting out of their situation and start deciding to make that step. It may help adolescents to actively make changes rather than being pushed around by one's bad thoughts." (M, 17 y.)*

*"Seeing other people struggling with suicidal thoughts too, seeing others being in the same situation can help. Seeing adolescents who have the same problem and realizing that you are not alone can help in these situations to feel better." (M, 17 y.)*

*"If someone is feeling lonely or isolated, not necessarily being suicidal but feeling very alone, it helps to talk to someone and let others help you. Our video delivers that message." (F, 15 y.)*

*"The video can help others to understand how suicidal individuals may feel and what kind of struggle they may experience." (F, 15 y.)*

*"Our video can reduce the myth that individuals who attempted suicide or announce a suicide only seek attention and are not serious. The video helps to understand that even if those people seeking attention have to be helped, because it is a sort of cry for help which has to be taken serious." (F, 16 y.)*

*“I think it makes a difference because adolescents produced the videos themselves in an unprofessional way, which is better in this case.” (M, 17 y.)*

*“I don’t think our video can have a negative effect. In the worst case, the video doesn’t have any impact at all.” (F, 15 y.)*

*“I think it could be problematic when stopping the video in between. [...] When stopping it after the crisis-part.” (F, 15 y.)*

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### **(5) Implications for Suicide Prevention**

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*“One main issue for suicidal adolescents is feeling lonely and isolated. In my opinion, the fact that suicide is such a taboo is one major problem there and promotes this belief. Especially when feeling lonely, the fact that there is no one who dares to talk about suicide may further this feeling of loneliness and isolation in suicidal individuals, and make them think that there is no one else who feels the same way. [...] I think people are afraid to talk about suicide because they are afraid of saying something wrong.” (F, 17 y.)*

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