

SMC February 4, 2020 Focus Groups

Script for Facilitators

Introduction:

Welcome to our focus group.

I am your facilitator, (name) and this is (name) who will be taking notes to capture the highlights of the discussion. The notes will not include any identifying information, such as names or dates of incidents. I will be moderating and guiding the discussion, which will take about one hour. Please introduce yourselves by your first name only.

Why we're here:

Today we're going to talk about youth/teen anxiety and depression, and why people you know might feel that way. You will not be asked questions about your own behavior, but rather your views about what people your age may think or do when faced with anxiety and depression.

Rules:

- *All of your responses will be kept confidential and anonymous.*
- *I encourage each of you to participate but this is completely voluntary. I'll move on to another topic if you are not comfortable answering a particular question. If you no longer wish to take part in the focus group, you may leave at any time.*
- *Only one person should speak at a time.*
- *Respect differing views; every opinion and comment has value. This is why I may have to keep things moving along—to give each of you a chance to weigh in.*
- *Everything that is said in this room stays in this room. No names or other identifying information will be recorded. The report will only refer to SMC middle/high school students.*

SMC February 4, 2020 Focus Groups

Questions:

Q1. Many people your age report having anxiety and being stressed? Why do you think they feel that way?

Probe: How do people your age act when feeling anxious or stressed?

Probe: What do you see people your age who are anxious or stressed do to combat these feelings?

Q2. Sometimes anxiety can lead to depression. What percentage of people your age report feeling sad or depressed? (Source: YRBS HS: 29.9%; YRBSMS: 24.7%)

Probe: Why do you think they might feel that way?

Probe: Can bullying be a factor (if it has not been mentioned)?

Q3: What do kids your age do when they are feeling depressed?

Probe: How likely is it that they do nothing?

Probe: How likely is that they talk with a friend a teacher or a parent? Who would they be most likely to talk with? Why?

Probe: Can depression among kids your age lead them to act out or use drugs or alcohol? Why might they choose those behaviors?

Probe: How likely is it that people your age who feel depressed might consider suicide or attempt suicide? Why?

Q4: Who do you think could help people your age who have anxiety and depression?

Probe: teacher, counselor, parent, friend, other outside person?

Probe: how might they help?

Probe: Have you seen/heard of the RUok? Program? If so, where? Is it helpful?

Q5: In general, who can students talk with about things that are important to them?

Probe: how can (each category) help?

Probe: what might stop a person your age from reaching out to these people?

Q6: Have you heard about or been involved in a mentoring program?

Probe: If so, what are your thoughts about how such a program can help people your age deal with problems they may face as well as help them gain skills in addressing issues teens face (like sadness, bullying, stress, etc.)?

Probe: what would make you want to be part of a mentoring program?

Probe: Why would people your age want not to be involved in a mentoring program?

Q7: Any final thoughts?