

Appendix A Coding Sheet

Video Demographics

Post Date
Video Length
Number of Views
Number of Likes
Number of Dislikes
Number of Comments
Trigger Warning Y/N

Video Type

Monologue
Mixed Media
Dyad

Motivation

Understand Me/My Story (misunderstood, personal narrative)
Educate others (stigma reduction, personal narrative)
Support Others (not alone)

DSM-5 Criteria

Fear of abandonment Y/N
Unstable relationships (idealization, devaluation) Y/N
Identity disturbance Y/N
Impulsivity (self-damaging) Y/N
Suicidal Ideations/Behaviours Y/N
Self Harm Y/N
Affective instability (marked reactivity of mood) Y/N
Chronic feelings of emptiness Y/N
Intense anger Y/N
Transient dissociation and/or paranoid ideation Y/N

Treatment

Hospitalization Y/N
Physician/Psychiatrist/Therapist Y/N
DBT/CBT/psychotherapy Y/N
Medication Y/N
Other Y/N
Not stated Y/N

Attitude Towards Treatment

Positive Y/N
Negative Y/N
Mixed (positive and negative)
Not stated Y/N

Self-Care

DBT strategies Y/N
Mindfulness/Meditation Y/N
Yoga/Exercise Y/N
Positive Thinking/Perspective taking Y/N
Friends/Family/Supportive others Y/N
Vlogging Y/N
Other Y/N

Future Orientation

Hopeful Y/N
Hopelessness Y/N
Not stated Y/N