

Table 2: Participant demographics and mental health status

Pseudonym	Ethnicity	Gender	Age	Current mental health problem	Current physical health problem	Frequency of engagement with Digital Arts and Culture	Country	Location (UK)	Number of other in household		Education	Employment	Total Household Income	K10
Abi	White – British, Irish, other	Female	20	Yes	No	Daily	UK	West Midlands		2	A-Levels, IB Diploma, or equivalent (at school until aged 18)	At University	£60,000-£89,999 a year (76,152 US\$ - 114,227 US\$)	22
Nina	Asian/British – Indian, Pakistani, Bangladeshi, other	Female	20	No	No	Once a week or more	UK	West Midlands		4	Undergraduate degree or professional qualification	At University	£90,000-£119,999 a year (114,228 US\$ - 152,303 US\$)	32
Alex	White – British, Irish, other	Non Binary	20	Yes	No	Once a week or more	UK	East Midlands		2	A-Levels, IB Diploma, or equivalent (at school until aged 18)	At University	£16,000-£29,999 a year (20,307 US\$ – 38,075 US\$)	37
Kate	White – British, Irish, other	Female	21	No	Yes	Only once or twice ever	UK	East Midlands		3	Undergraduate degree or professional qualification	At University	Prefer not to say	40
Jake	White – British, Irish, other	Male	24	No	No	Only once or twice ever	France			0	Postgraduate degree	In full-time employment	£16,000-£29,999 a year (20,307 US\$ – 38,075 US\$)	16
Tom	White – British, Irish, other	Male	18-24	No	No	Once a month or more	UK	South East England		3	Undergraduate degree or professional qualification	At University	Prefer not to say	19
Luke	White – British, Irish, other	Male	22	No	No	Only once or twice ever	UK	Greater London		3	Undergraduate degree or professional qualification	In full-time employment	More than £120,000 a year (152,304 US\$)	13
Jo	White – British, Irish, other	Non Binary	24	No	No	Once a week or more	UK	South West England		2	Postgraduate degree	At University	More than £120,000 a year (152,304 US\$)	40
Jaya	Asian/British – Indian, Pakistani, Bangladeshi, other	Female	19	No	No	Once a week or more	Bangladesh			8	A-Levels, IB Diploma, or equivalent (at school until aged 18)	At University	£16,000-£29,999 a year (20,307 US\$ – 38,075 US\$)	20
Layla	White – British, Irish, other	Female	20	No	No	Daily	UK	South East England		3	A-Levels, IB Diploma, or equivalent (at school until aged 18)	At University	£60,000-£89,999 a year (76,152 US\$ - 114,227 US\$)	24
Mia	White – British, Irish, other	Female	20	Yes	No	Once a month or more	UK	Greater London		4	A-Levels, IB Diploma, or equivalent (at school until aged 18)	At University	Less than £16,000 a year (20,307 US\$)	39
Cara	White – British, Irish, other	Female	24	No	No	Once a month or more	UK	East Midlands		1	Undergraduate degree or professional qualification	In full-time employment	£60,000-£89,999 a year (76,152 US\$ - 114,227 US\$)	24
Eve	White – British, Irish, other	Female	21	Yes	No	Only once or twice ever	UK	Scotland		1	Undergraduate degree or professional qualification	At University	Prefer not to say	31