

## A Rating Scheme for Sought Support in an Online Depression Peer Support Group

<b>Sought IS</b>	<b>Rating Scheme</b>	<b>Post Example</b>
Low	The post does not seek information or advice at all	My first full time job. Great pay. Lots of effort and [...] but it's worthy. I'm happy and feel satisfied. I have mayor depression and anxiety. So this is a big deal for me. I am willing to make it through.
Medium	The post mentions self-harm experience or what the posters had tried in detail, but does not explicitly ask for advice; or the poster says that he/she does not know how to do	How fast would i need to drive off a 100 foot bridge in order to die, and for my vehicle to burn [...] completely.  Overcompensate a little please. Dont wanna wake up a burnt crisp.
High	The post directly asks for advice or if others have encountered the same situation	Can you love when you're depressed? When depression is all consuming and steals enjoyment from everything you do, is it still possible to love somebody? I can't muster up feelings to those closest to me and feel so guilty. I'm going through a rough two weeks with [...], just wanted to ask.

<b>Sought ES</b>	<b>Rating Scheme</b>	<b>Post Example</b>
Low	The post briefly mentions the poster's emotion or has no description on feeling	I think I've been arrested twice for public [...] this year, partially because of my lack of eye contact.
Medium	The post briefly mentions that the poster is lonely / sad or has no friend; or the post mentions self-harm experience, but does not explicitly ask for understanding / encouragement	Blank because i feel empty inside but yet at the same time i feel so much. I am 17 and i just want to go to sleep and never wake up again thats only because i dont have the guts to hurt myself...my life has been and will forever be me in my room alone. Everything i do i do it wrong and i just basically am the worst thing to ever happen to [...]. I wake up every single day hoping its my last...i know im being selfish and im lucky for everything i have but id rather have nothing then be so unhappy. I dont have depression im just not worth it

High	The post directly asks for stimulus / care or wants a talk; or the post mentions that the poster is lonely / sad or has no friend and asks for others' experience; or the post describes the poster's feeling in very detailed	I need someone to talk to, a friend. I have no motivation for anything anymore. I love life, but I hate how mine is turning out. Yet I lack the motivation to do a single thing about it. [...] I really just need someone to talk to.
------	--	--

Note:

- The example post could be depressing.
- Sought IS: Sought Informational Support through the original post.
- Sought ES: Sought Emotional Support through the original post.
- [...]: mask out some content for privacy concerns.
- If you use this scheme or build on your own one based on it, please search “Effects of Support-Seekers’ Community Knowledge on Their Expressed Satisfaction with the Received Comments in Mental Health Communities” published in CHI 2021 and cite it. Thank you.
- Hope all of us to be healthy, physically and mentally.