

2Share Study Codebook

Data collection description

Participants for this study were recruited through peer mental health services and networks, community flyers, word-of-mouth, online posts, ResearchMatch and through suicide prevention events in the Chicago area. Participants were randomly assigned to either 2Share or Depression and Bipolar Support Alliance (DBSA) Peer Support groups after completing the baseline survey. Data was collected at baseline, after the final group session, and at three-month follow-up through Qualtrics. Surveys took about 30 minutes to complete. Institutional review board (IRB) was obtained through Illinois Institute of Technology.

Intervention

To Share or not to Share? (2Share) is a manualized, six-hour strategic disclosure program based on the Honest, Open, Proud (HOP) group program initially created for individuals with mental illness. 2Share includes a participant workbook, the facilitator manual, and a fidelity measure (available at www.hopprogram.org). For this study, the goal of the program was to offer participants knowledge and skills to make informed decisions about whether or not to disclose their lived experience of suicide attempts. The program curriculum was designed around three key lessons: 1) weighing the pros and cons of disclosure, 2) considering different ways to disclose, 3) telling one's story. Curricular adaptations were made to address the specific lived experience of the current sample, including stories and examples of suicide attempt survivors, acknowledgement that disclosure of a suicide can be non-intentional or coerced, and facilitator guidelines for screening, assessing, and managing current suicidality in the group.

Comparator (DBSA Peer Support Group)

DBSA peer support groups lead by the same two facilitators with lived experience of suicide attempts were conducted as control. DBSA peer specialists are people with lived experience of mental illness who are trained to provide encouragement and support following a strength-based model. They help participants reach their wellbeing goals in the spirit of pursuing the journey of recovery with others who share similar struggles. Sessions were organized in three main parts: check-in, open discussion, closing activities. The check-in consisted of brief participant introductions. Discussions focused on participants sharing their experience with mood disorders, their associated feelings, and strategies to recovery. Sessions ended with open-ended questions around coping skills (e.g., "What is one thing you are going to do before our next meeting to take care of your mental and emotional health?").

Measure	Dataset variable	Items	Range	Scoring instructions	Notes
Suicidal Ideation Attributes Scale	SIDAS	5	0-10	Reverse item 2. Sum of all items. If any item is missing the Total Score is set as missing	

				(set as 99 value). If the first question is 0 skip all items and Total Score is 0.	
Center for Epidemiologic Studies Depression Scale	CESD	10	0-3	Items 5 and 8 reverse scored. Add all together.	Range in the dataset needs to be corrected from 1-4 to 0-3.
Internalized Stigma of Suicide	ISSA	9	1-4	Items 2 and 9 reverse scored. Add all together.	
Suicide Stigma Stress Scale	4S	8	1-7	2 subscales. For stress score, add items 1-4. For resistance (resources) score, add 5-8. For Total Score take stress minus resistance/resources.	
Disclosure Self-Efficacy Scale	DSE	2	1-7	Add together.	
Secrecy Scale	SS	5	1-7	Reverse score item 2 and add all together.	Range in the dataset is 1-7 instead of 1-6. Original scale is a 6-point Likert scale.
Self-Harm and Suicide Disclosure Scale	SHSDS			Sum responses and divide by the number of items for which a response was given (Total Depth of Disclosure Scale). Each respondent will have a mean score of Disclosure from 0 to 1.	Need to recode value 3 to missing.
Rosenberg Self-Esteem	RSE	10	1-5	Reverse items 2, 5, 6, 8, 9. Sum of all items.	Range in the dataset is 1-5 instead of 0-3. Original scale is a 4-point Likert scale.

Mental Help Seeking Intention Scale	MHSIS	3	1-7	Add together.	
WHO Quality of Life Scale	WHOQOL	1	1-5	n/a	
Social Support Scale	SOC	8	1-5	Add together.	

* In the dataset, data collected at baseline was marked with B at the beginning of the variable name (e.g., B_SIDAS_1). Data collected after the final group session was marked with P at the beginning of the variable name (e.g., P_SIDAS_1). Data collected at three-month follow-up was marked with F at the beginning of the variable name (e.g., F_SIDAS_1).