

Additional File 1. Script spoken by both vignettes in the videos.

Hi my name's Mark/Emily. I'm 20 years old and a student here at the university. Over the past few weeks, I seem to have been feeling unusually sad and miserable. I find myself tired most of the time and I've had trouble getting to sleep at night. I haven't really felt like eating cos I've just not felt hungry, and I must have lost a bit of weight as my clothes feel a bit looser. I can't seem to keep focused on my uni work and I've noticed some of my marks in the recent exams weren't as great as my previous ones. I seem to have difficulties making any decisions and sometimes I struggle with the typical day-to-day tasks – I just seem to be getting these aches in my arms and legs that won't budge. My mum has been asking me whether anything's wrong, and to be honest I'm not too sure myself.