

Not all heroes wear capes: A photovoice exploration of youth experiences during and beyond COVID-19

IDI Guide

1. Key questions: Using the SHOWed prompt for the photographs:

- a. How this picture is related to you?
- b. Is there any particular reason for sharing this?
- c. What is your emotions about this?
- d. How you connect this picture with your life?

2. Introduction

- a. Can you please introduce yourself (name, age, where you're from)?
- b. What about your family?
- c. Briefly explain what you study and your interests.

3. Life before the pandemic

- a. What was your daily routine like before the COVID-19 pandemic?
- b. How would you describe your social life and support network then?

4. Experience during the pandemic

- a. How did you first hear about COVID-19?
- b. What were your immediate thoughts or feelings when the pandemic was announced?

5. Daily life changes

- a. How did your daily routine change once lockdowns began?
- b. What activities or routines did you miss the most during this time?
- c. How the shift to online education affected you?

6. Emotional responses

- a. What emotions dominated your experience during the pandemic (e.g., fear, sadness, anxiety)?
- b. Did you experience any changes in your mental health?

7. Fears and resilience

- a. What fears did you encounter during the pandemic?
- b. Can you describe a moment where you felt remarkably resilient?

8. Societal pressures

- a. Did you feel any pressure or expectations from society or peers during this time?
- b. How did these pressures affect your behaviour or feelings?

9. Coping strategies

- a. What coping strategies did you use to manage stress during the pandemic?
- b. Did you seek social support from friends or family? How did that help?
- c. Were any activities (e.g., hobbies, meditation) that helped you cope?

10. Additional supports

- a. Did you turn to any resources (online therapy, community programs) for help?
- b. How adequate were these resources in supporting you?

11. New beginnings post-pandemic

- a. As restrictions ease, what changes do you notice in your life?
- b. What new habits or routines have you adopted since the pandemic began?
- c. How has your perspective on life or goals changed post-pandemic?

12. Reflection and conclusion

- a. What were the most valuable lessons you learned during the pandemic?
- b. Do you feel better prepared for future challenges after your experience?

13. Future outlook

- a. What are your aspirations or goals moving forward?
- b. How do you envision your life a year from now?

14. Final thoughts

- a. Is there anything else you want to share about your experiences during COVID-19?
- b. How do you hope your story will impact others who are listening?