

Acceptability, Realism and Learning Capacity Questionnaire (ARLCQ)

Participants were required to respond to the following statements with either 'Strongly disagree', 'Disagree', 'Neutral', 'Agree' or 'Strongly agree':

1. The chatbot understood me well.
2. The chatbot maintained a relevant conversation.
3. The chatbot was realistic to interact with.
4. The chatbot provided a coherent and convincing narrative typical of someone with their mental health condition.
5. I could realistically conduct a therapy session with the chatbot.
6. The chatbot could help me improve my therapy skills.
7. The chatbot could supplement my training.
8. I would like to train in the future with the chatbot.

Participants were also given the option to respond to the following statement:

If you have any comments regarding your responses above or any other further comments, please write them in the box below.

Digital Working Alliance Inventory – Therapist Version (DWAI-T)

Participants were required to respond to the following statements with either 'Strongly disagree', 'Disagree', 'Neutral', 'Agree', 'Strongly agree' or 'Not applicable':

1. The chatbot and I agree about the steps to be taken to improve their situation.
2. If the chatbot were my client, I would be genuinely concerned for their welfare.
3. The chatbot and I are working towards mutually agreed upon goals.
4. The chatbot and I both feel confident about the usefulness of our current activity in therapy.
5. If the chatbot were my client, I would appreciate them as a person.
6. We have established a good understanding of the kind of changes that would be good for the chatbot.
7. The chatbot expresses respect for me.
8. If the chatbot were my client I would respect them.
9. The chatbot and I have a common perception of their goals.
10. We agree on what is important for the chatbot to work on.

Participants were also given the option to respond to the following statement:

If you have any comments regarding your responses above or any other further comments, please write them in the box below.