## Appendix 1: Risk exacerbation and harm pathways

Pathway 1: Harmful content increases risk of suicide and self-harm ideation

poor mental health causes YP to view suicide, selfharm and depression content recommender algorithims result in YP being exposed to greater amounts and concentrations of relevant harmful content

depressed mood reinforces congitive biases, causing YP to interpret content more negatively increased rumination about suicide, self-harm and depression content and interactions YP develops negative congitive schema which deepens their risk of suicide or self-harm ideation

## Pathway 2: 'Binge watching' harm pathway

poor mental health causes YP to view suicide, selfharm and depression content recommender algorithims result in YP being exposed to greater concentrations and volumes of relevant harmful content

YP continues to be exposed to harmful content and experiences negative effects YP saves harmful content in saved folders and 'binge watches' as a maladaptive coping strategy increased risk of poor mentla health outcomes and suicide and selfharm ideation or behaviours

## Pathway 3: Content and behavioural harm pathways

