

# Horyzons

## Frequently Asked Questions

### 1. What is Horyzons?

- a. Horyzons is a unique and moderated online social media platform for individuals experiencing psychosis. The platform has two sides including educational and therapeutic content where you can learn new skills such as coping mechanisms and mindfulness. The other side of the platform is the “Community” side where you can connect with other individuals who have similar experiences as you. You can make posts, comment, and react to posts. Horyzons is similar to Facebook but with safety measures, which we call moderation. Moderation means that individuals check the site to ensure it is a safe and welcoming place for everyone on the platform.

### 2. Why is Horyzons research?

- a. Horyzons is research for a couple of different reasons. The main reason is it allows us to provide a unique and beneficial platform to you for free. The platform is funded by the State of North Carolina in order to offer you access to the site for free. Additionally, Horyzons is designed to help you and be beneficial to reaching goals you set yourself. For this reason, we do have you meet with study staff to complete 3 questionnaires at 4 timepoints around your experience to determine whether the platform is helping you in the way it is designed to benefit you.

### 3. What will I be asked to do if I take part in Horyzons?

- a. If you volunteer to participate with Horyzons, you will be asked to meet with study staff to confirm eligibility. They will then schedule a longer visit to complete a couple of forms to provide your consent of participating. In this visit, you will also create your Horyzons profile and receive an overview of the different aspects of Horyzons. You will additionally meet with study staff 3 more times very briefly (about 10 minutes) to complete 3 questionnaires. You will also be connected with a clinical moderator who will briefly check-in on you approximately every other week to see how it is going and if there is anything they can do to support you. You can interact and use Horyzons as little or as much as you would like; it is completely up to you.

### 4. How long will I participate in Horyzons?

- a. You will participate in Horyzons for approximately 12 months but will likely have the possibility to extend your access to the platform if you would like for an additional period. You are also able to stop participating at any time for any reason without penalty.

### 5. What makes Horyzons unique?

- a. Horyzons is unique as it is a moderated social media platform. This means that the site is checked to ensure it is safe and welcoming to all users. Additionally, you have access to evidence-based educational and therapeutic content that may help you with some of your experiences (such as anxiety, social anxiety, or

depression). Lastly, there are moderators, including peer support specialists from the North Carolina clinics and clinical moderators, who will check-in and support you to reach your goals for using Horyzons.

**6. What are the different aspects of Horyzons?**

- a. There are two different sides of Horyzons, the educational and therapeutic material and the community side. The educational and therapeutic material may help you work on things you are experiencing and provide new skills to help with those experiences. The clinical moderator may help and provide guidance about different activities that will benefit you. The Community side of site is a peer space that is a newsfeed. You are able to read others' posts, write your own posts, post anonymously to get help with an issue you may be having, as well as react and comment on others' posts.

**7. Who is on the platform?**

- a. Other users of the platform are individuals experiencing psychosis. They are also receiving services from a clinic in North Carolina. All users are screened to ensure that they have similar experiences and are receiving services from a similar clinic as yourself. Additionally, there are other supporters on the platform that include clinical moderators (who are graduate students and clinical psychologists), peer support specialists (who may be from your clinic), individual therapists (who may also be from your clinic), and supported employment and education specialists (who may also be from your clinic). These individuals are on the platform to support you and your goals in participating with Horyzons.