

Table S1. Summary of literature review

Factors that might influence intentions to use a technology and/or its determinants	Definition	Previous findings	Relevant research question (RQ) or hypothesis (H) in this study
Perceived usefulness	The extent to which people find a technology to be a facilitator of their work [19]	Positive relationships between perceived usefulness and intentions to use mHealth apps [23]	H1 (PU → IU)
Perceived ease of use	The extent to which people think a technology is not a struggle to use [19]	Positive relationships between perceived ease of use and intentions to use mHealth apps [28] A positive relationship between perceived ease of use and perceived usefulness [35–37]	H2 (PEOU → IU) H3 (PEOU → PU)
Parasocial interactions	A friendship in which media characters become imaginary friends with or guides to media users [47–49]	Positive relationships between parasocial interactions and intentions to use an eHealth technology [50] Positive relationships between parasocial interactions and positive evaluations/satisfaction with subjects of parasocial interactions [57–58]	H4 (PSI → IU) H5 (PSI → PU)
Motives for depression-related digital technology use	Instrumental and/or ritualized needs for using specific media [38–40]	Identification of health-related instrumental and ritualized motives for media use [41] Identification of barriers to and facilitators of mental healthcare [43, 44, 46] for which people might use digital technologies Positive relationships between specific motives for media use and parasocial interactions [59–62]	RQ1 (MDD) RQ2 (MDD → PU) RQ3 (MDD → PSI)

Note. IU = Intentions to Use a Technology. MDD = Motives for Depression-Related Digital Technology Use. PEOU = Perceived Ease of Use. PSI = Parasocial Interactions. PU = Perceived Usefulness.

Table S2. Measurement items for TAM and UGT variables

TAM and UGT variables
Perceived usefulness: 8 items from Davis's [19] study
1. MyMentalPocket is helpful to manage depression without feeling self-conscious.
2. MyMentalPocket helps manage depression, by making me feel listened to, understood, and cared for.
3. MyMentalPocket is helpful to get information and advice I need to manage depression.
4. MyMentalPocket helps me get new points of view and feedback I need to manage depression.
5. MyMentalPocket is helpful to save my money and time spent on managing depression.
6. I would find MyMentalPocket useful for depression care.
7. I would find MyMentalPocket would improve my ability to manage depression.
8. MyMentalPocket helps positively change my attitude toward depression management and treatment.
Perceived ease of use: 5 items from Davis's [19] study
1. Learning to use MyMentalPocket is easy for me.
2. Using MyMentalPocket is clear and understandable.
3. I think I can flexibly use MyMentalPocket.
4. It is easy for me to become skillful at using MyMentalPocket.
5. I find MyMentalPocket to be easy to use.
Parasocial interactions: 9 items from Hatcher and Gillaspay [68], Rubin et al. [67], and Yeum et al.'s [69] studies
1. Pocky makes me feel comfortable, as if I am with friends.
2. I believe Pocky likes me.
3. Pocky and I collaborate on setting goals for depression management.
4. Pocky and I respect each other.
5. Pocky and I are working toward mutually agreed-upon goals for depression management.
6. I feel that Pocky appreciates me.
7. Pocky and I agree on what is important for me to manage depression.
8. I feel Pocky would care about me even when I do things that Pocky does not approve of.
9. Pocky and I have established a good understanding of the kind of changes that would be good for me.
Intentions to use MyMentlaPocket: 6 items from Furneaux and Wade [70], Oliveira et al. [71], and Venkatesh et al.'s [72] studies
1. I intend to use MyMentalPocket in the future.
2. I will use MyMentalPocket to manage depression.
3. I will often use MyMentalPocket.
4. I will continuously use MyMentalPocket.
5. I will replace the ways I use to manage depression with MyMentalPocket.
6. I will recommend MyMentalPocket to other people.

Table S3. Motives for depression-related digital technology use

When depressed, I would use a specific website or a smartphone app ...	Factor (motive) loading			
	1	2	3	4
Motive 1: Communication and Emotional Support				
Because I need someone to talk to or be with	0.80	0.10	0.13	0.03
Because I want to communicate	0.75	0.11	0.07	0.09
Because I want to feel listened to, understood, and cared for	0.73	0.21	0.02	0.12
Because I don't want to be alone	0.71	0.12	0.06	0.10
To talk about my problems	0.63	0.09	-0.21	0.09
To find someone there (websites, smartphone apps) who can reassure me and help manage my depression	0.62	0.23	0.01	0.08
Because I want someone there (websites, smartphone apps) to help my depression management	0.61	0.31	-0.08	0.06
To express my depression	0.61	0.21	0.11	-0.00
Motive 2: Information- and Guidance-Seeking				
To get information or advice to manage depression	0.18	0.86	-0.12	0.04
To get what I need to manage depression	0.20	0.83	-0.12	0.02
To get information on depression management for free	0.18	0.80	-0.15	0.02
To easily get information to manage depression	0.24	0.74	-0.01	-0.00
To get various points of view on depression management	0.06	0.74	0.10	-0.10
To learn what I haven't tried yet to manage depression	0.19	0.73	0.00	0.11
Because I want to learn about and manage depression in entertaining ways	0.06	0.62	0.36	-0.11
Motive 3: Habitual Entertainment-Seeking				
Because it's fun to play around and check things out there (websites, smartphone apps)	0.04	0.00	0.84	0.11
To find something to occupy my time	0.02	-0.10	0.82	0.15
To pass time when bored	-0.01	-0.10	0.82	0.18
To have fun	-0.06	0.01	0.69	0.05
Because it's just a habit	0.05	-0.14	0.62	0.24
Because I can use it whenever I want	0.09	0.15	0.61	0.28
Motive 4: Escape				
To get away from pressures and responsibilities	0.16	0.02	0.20	0.80
To forget about school, work, or other things	0.15	0.02	0.39	0.76
To get away from what I'm doing	0.05	-0.01	0.30	0.68
Eigenvalue	9.18	5.79	2.90	1.59
% Variance explained	25.49	16.09	8.06	4.40
<i>M</i>	2.88	3.52	3.05	3.45
<i>SD</i>	0.87	0.84	0.98	1.01
Cronbach's alpha	0.87	0.89	0.86	0.80

Table S4. Pearson product-moment correlations among the variables

Variables	1	2	3	4	5	6	7	8	9	10	11
1. GEN	—										
2. AGE	-0.09	—									
3. D	0.10	0.08	—								
4. CES	-0.07	-0.14*	-0.12*	—							
5. IGS	0.03	-0.02	-0.12	0.44***	—						
6. HES	0.02	-0.04	-0.01	0.06	-0.04	—					
7. ESC	-0.07	-0.01	0.07	0.25***	0.06	0.52***	—				
8. PU	0.11	-0.16**	-0.08	0.17**	0.25***	0.11	0.07	—			
9. PEOU	0.15*	-0.22***	-0.08	0.01	0.08	0.05	0.08	0.43***	—		
10. PSI	0.19**	-0.21**	-0.08	0.24***	0.22***	0.22***	0.11	0.71***	0.34***	—	
11. IU	0.16**	-0.15*	0.03	0.20**	0.21**	0.13*	0.10	0.73***	0.35***	0.76***	—

Note. * $p < 0.05$ (two-tailed). ** $p < 0.01$ (two-tailed). *** $p < 0.001$ (two-tailed). CES = Communication and Emotional Support Motive. D = Depression. ESC = Escape Motive. GEN = Gender. HES = Habitual Entertainment-Seeking Motive. IGS = Information- and Guidance-Seeking Motive. IU = Intentions to Use. PEOU = Perceived Ease of Use. PSI = Parasocial Interactions. PU = Perceived Usefulness.

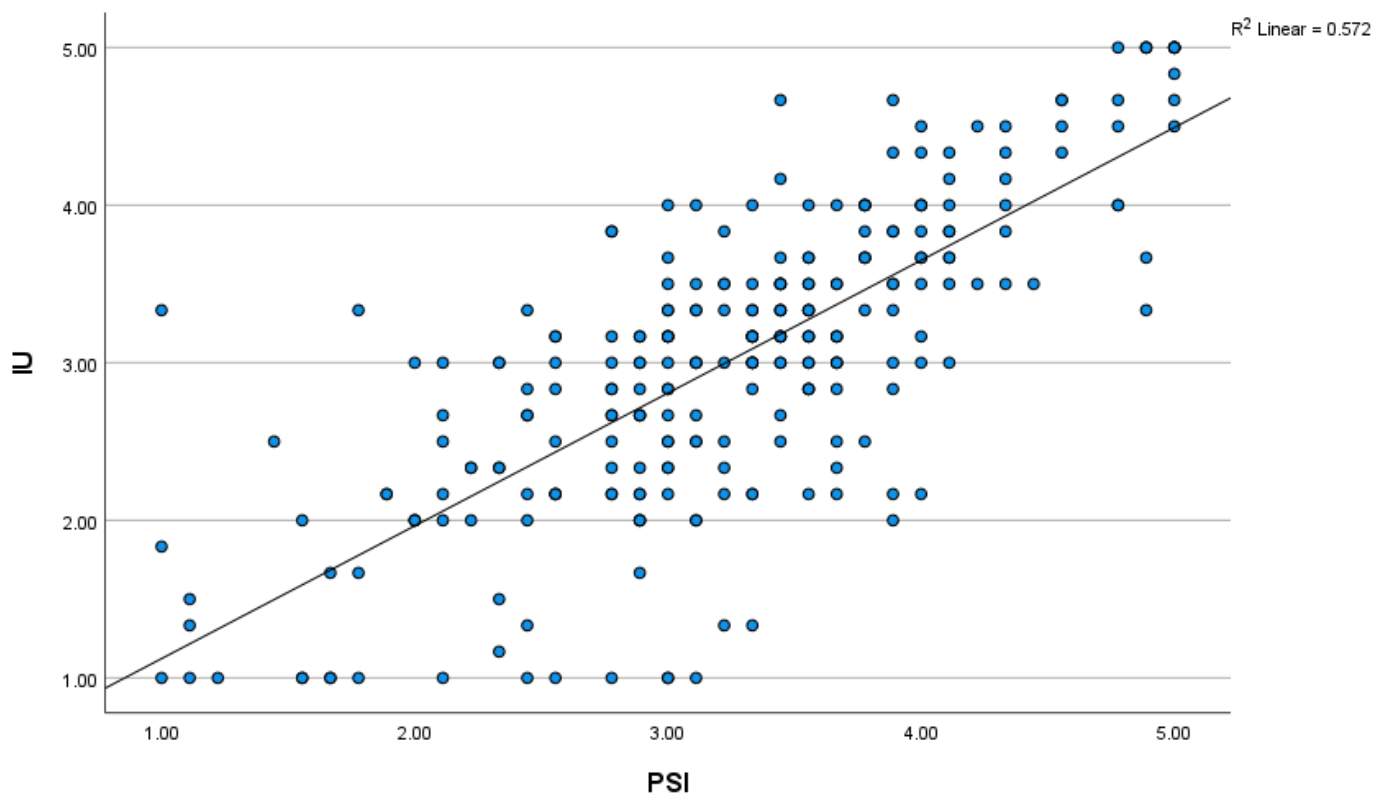


Figure S1. Bivariate relationship between parasocial interactions (PSI) and intentions to use (IU)

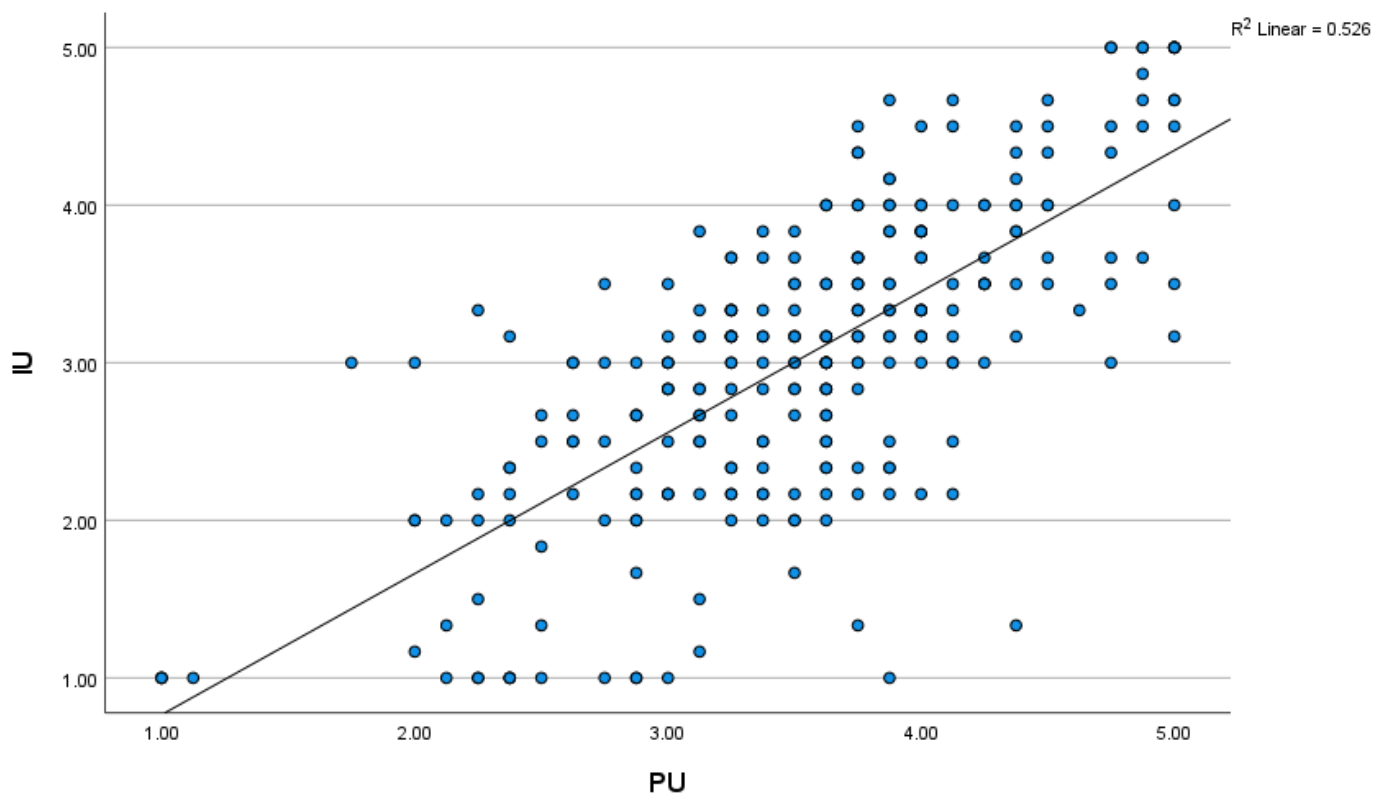


Figure S2. Bivariate relationship between perceived usefulness (PU) and intentions to use (IU)