

METHODS

PBICR-2024: Protocol and data resource profile of a national cross-sectional study on psychological and behavioral health among Chinese residents

Supplementary Files

Supplementary Material A: Written Psychological Support Statement

(Provided to all participants upon survey completion) Dear friend,

In this quiet moment, we want you to know that you are not alone. Each of us encounters difficult times, but please believe that there is always hope ahead.

Life can sometimes leave us feeling lost or helpless. Your feelings are understood and respected. Your life is unique and deeply valuable. No matter how much pain you may be experiencing right now, please know that you do not face it alone. There are people who are willing to listen, to stand beside you, and to help you through difficult moments.

If you are struggling, please do not hesitate to reach out. Help is available, and you deserve to receive it.

We wish you every step forward filled with hope.

— The PBICR Research Team

Supplementary Material B: Investigator Training Protocol for Sensitive Item Responses

This protocol provides guidance for trained investigators on appropriate responses when participants disclose or show signs of distress during completion of sensitive modules, including the Self-Injurious Behavior Questionnaire (items 144–148), the Suicidal Ideation and Behavior Module (items 149–154), and the Adverse Childhood Experiences Module (items 155–161).

Investigators should maintain a calm, non-judgmental, and supportive presence throughout data collection. They should not probe beyond the questionnaire items, offer clinical assessments, or make assumptions about a participant's mental state based on their responses alone. Before participants begin the adverse childhood experiences module, investigators should introduce it with a brief neutral statement: "The next section asks about some experiences during your childhood. These questions may touch on sensitive memories. Please remember you may skip any question you do not wish to answer."

During data collection, investigators should remain attentive to signs that a participant may be experiencing distress, including visible emotional reactions such as prolonged pausing, tearfulness, or agitation; verbal expressions of hopelessness or reference to suicidal thoughts or self-harm; requests to stop or skip sensitive items; or endorsement of active suicidal planning or recent suicide attempts (Items 149, 153–154). Upon observing any such signs, the investigator should gently pause the survey and acknowledge the participant's feelings in a calm and supportive tone, for example: "Thank you for sharing this. It takes courage to answer these questions. Please take all the time you need, and know that everything you share is completely confidential." The participant should also be reminded that participation is entirely voluntary and that they may skip any item or stop at any time without consequence.

For participants who endorse active suicidal ideation with intent or planning, or recent suicide attempts, investigators should provide the written psychological support statement and verbally inform the participant of the availability of mental health support at the local community health service center: "If you feel you would like to speak with someone, the mental

health department at your local community health service center is available to provide support.” The incident should be recorded discreetly in the field log—including the item number, the nature of the response, and any action taken, without recording identifying information—and reported to the site supervisor on the same day.

Upon completion of the full survey, all participants should receive the written psychological support statement regardless of their responses. Investigators should briefly confirm that the participant feels well before concluding the session, using neutral language such as: “Thank you very much for your time and participation. Before you leave, is there anything you would like to ask or share?”

Supplementary Material C: Comparison of PBICR-2024 Sample Demographic Characteristics with the China Statistical Yearbook 2023

To assess the demographic representativeness of the 2024 Psychology and Behavior Investigation of Chinese Residents (PBICR-2024) sample, the age distribution, sex distribution, and urban–rural composition of the achieved sample were compared against national population data from the China Statistical Yearbook 2023, which draws on the 2021 Seventh National Population Census. As shown in Tables S1 and S2, the PBICR-2024 sample demonstrated close alignment with the national population structure across all three demographic dimensions, providing empirical support for the sample’s demographic representativeness.

Table S1. Age distribution of the PBICR-2024 sample versus the China Statistical Yearbook 2023

Age group	PBICR-2024	Age group	China Statistical Yearbook 2023
18–19	7.97%	15–19	5.51%
20–24	13.12%	20–24	5.10%
25–29	11.27%	25–29	5.89%
30–34	9.17%	30–34	8.09%
35–39	8.98%	35–39	7.61%
40–44	10.02%	40–44	6.81%
45–49	11.39%	45–49	7.20%
50–54	8.69%	50–54	8.84%
55–59	5.55%	55–59	8.14%
60–64	4.36%	60–64	4.98%
65–69	3.49%	65–69	5.54%
≥70	5.53%	≥70	9.34%

Abbreviation: PBICR-2024: The 2024 Psychology and Behavior Investigation of Chinese Residents.

Table S2. Sex distribution of the PBICR-2024 sample versus the China Statistical Yearbook 2023

Gender	PBICR-2024	China Statistical Yearbook 2023
Male	49.36%	51.08%
Female	50.33%	48.92%

Abbreviation: PBICR-2024: The 2024 Psychology and Behavior Investigation of Chinese Residents.