Participant characteristics, n=178

Participant characteristics, n=1/8		
Variable	n	%
Demographic characteristics		
Age (M±SD)	55.4±13	
Male (vs. female)	141	79
Minority status (vs. white, non-Hispanic)	24	14
Marital status		
Married	100	57
Single, never married	18	10
Divorced, separated, or widowed	58	33
Education		
High school or GED	12	7
Some College	85	48
4-year college degree	25	14
More than 4-year college degree	54	30
Employment status		
Disabled/unable to work	67	38
Unemployed	14	8
Employed	38	22
Retired	57	32
Service connected	149	84
Mental health utilization and diagnoses		
Mental health visits (M±SD)	$19.9\pm27$	
Anxiety	57	32
Depression	113	64
Post-Traumatic Stress Disorder	113	64
Substance Use Disorder	46	26
Personality Disorder	23	13
Psychotic/Bipolar Spectrum Disorder	30	17
Responses to Open Notes		
Health self-efficacy <sup>a</sup> (M±SD)	$3.3 \pm 1.0$	
Health knowledge <sup>b</sup> (M±SD)	$3.2\pm1.0$	
Patient-clinician alliance <sup>c</sup> (M±SD)	$3.5 \pm .9$	
Negative emotions <sup>d</sup> (M±SD)	2.1±.9	
8D 711 C 1. 7 (4.11) 1	. 1 1. 1	1 1 61 141 1

<sup>&</sup>lt;sup>a</sup>Possible scores range from 1 to 5, with higher scores indicating higher levels of health self-efficacy

<sup>&</sup>lt;sup>b</sup>Possible scores range from 1 to 5, with higher scores indicating higher levels of health knowledge <sup>c</sup>Possible scores range from 1 to 5, with higher scores indicating stronger patient-clinician alliance

<sup>&</sup>lt;sup>d</sup>Possible scores range from 1 to 5, with higher scores indicating more frequent negative emotions

## Bivariate correlations of study variables

	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Age													
2. Education	.10												
3. Mental health visits <sup>a</sup>	12	.06											
4. Anxiety	23**	.03	01										
5. Depression	06	10	.07	.02									
6. PTSD	.11	.04	.19*	16*	07								
7. Substance use disorder	.04	03	.27***	13	.10	.08							
8. Personality disorder	01	02	.07	.10	.12	13	.08						
9. Psychotic/Bipolar <sup>b</sup>	.04	.07	05	.05	19*	13	.01	08					
10. Health self-efficacy	08	06	.05	.01	06	.01	04	.02	.09				
11. Health knowledge	08	14	.02	01	07	.08	.00	.00	01	.83***			
12. Patient-clinician alliance	.08	13	01	.02	09	.14	05	04	.04	.53***	.52***		
13. Negative emotions	04	10	.15*	.00	.06	.23**	02	.13	15*	27***	18*	27***	

p < .05, \*\*p < .01, \*\*\*p < .001<sup>a</sup>Number of mental health visits; <sup>b</sup>Psychotic or bipolar spectrum disorder

## Multivariate regression models predicting responses to Open Notes

	Health self-efficacy			Health knowledge			Patient-clinician alliance			Negative emotions		
Predictor Variable	В	95% CI	β	В	95% CI	β	В	95% CI	β	В	95% CI	β
Age	.00	02 to .01	03	.00	02 to .02	05	.01	.00 to .02	.12	.00	01 to .01	04
Education	08	24 to .09	08	15	31 to .01	15	15*	29 to02	17	09	23 to .04	10
Mental health visits <sup>a</sup>	.00	.00 to .01	.07	.00	01 to .01	.01	.00	01 to .01	.02	.00	.00 to .01	.11
Anxiety	01	36 to .34	.00	01	36 to .33	01	.14	16 to .43	.07	.02	28 to .32	.01
Depression	13	47 to .20	07	19	52 to .13	10	16	45 to .12	09	.05	23 to .34	.03
PTSD	.09	25 to .43	.04	.22	12 to .56	.10	.30*	.01 to .59	.16	.45**	.14 to .73	.23
Substance use disorder	17	54 to .21	07	05	42 to .32	02	15	48 to .17	08	15	47 to .17	07
Personality disorder	.09	40 to .57	.03	.04	43 to .51	.01	04	45 to .37	01	.41	.00 to .82	.15
Psychotic/Bipolar <sup>b</sup>	.29	14 to .72	.11	.02	40 to .44	.01	.12	25 to .48	.05	22	59 to .14	09

<sup>\*</sup>p < .05, \*\*p < .01, \*\*\*p < .001a Number of mental health visits; b Psychotic or bipolar spectrum disorder



Sui	rvey item responses regarding experience	s readin	ig mental h	ealth notes, n=	178		
	0	%	20%	40%	60%	80%	100%
		10	18	32		28	12 better car
		8	13	30	29	2) F	eel in control of your m
		0	13	30		2) 11	
		9	19	32		29	eaument improved <sup>b</sup>
		7	16	26	37		14 w your me
			.0		O.	cl	inician's treatment <sup>b</sup>
5)	A lot less trust A lit		rust Th	e same trust	A little more true	st A lot	more trust
σ,	clinician <sup>c</sup>	3	0	40	17		.20
	A much worse relationship	A little w		About the same relationship	A little bette relationship	888 888 888	uch better ionship
6)	Affected your relationship with your mental health clinician <sup>c</sup>	3 3		60		17	17
			Never	Rarely	Sometimes	Often	Always
7)	Notes cause stress or worry <sup>d</sup>		28	38		26	6 2
8)	Upset by mental health notes <sup>d</sup>		44		30	18	7 1
9)	What do you find upsetting about your mental health notes? <sup>e</sup> (n=101)				Selected	Not	selected
	Comments about how I look or appear	16			85		
	Comments about my diagnosis	2	20		81		
	I don't like the tone of my notes	13			88		
	The notes make my problems seem smaller than they are		38		6:	3	
	The notes make my problems seem bigger than they are	9			92		
	The notes don't reflect my growth or change over time	16	_		85		
	Errors in the notes		28		73		
	alth self-efficacy items; <sup>b</sup> Health knowledge ite ons: Select all that apply; excludes participan						