

Supplementary Material

Supplementary Table 1. 'FB Messenger Room' and Zoom Built-in Features		
	FB Messenger Room	Zoom
Built-in Features		
Video	Participant is in full control of video	Participant is in full control; host can turn it off
Speaker/Microphone	Host can mute all participants, only participants can unmute themselves	Host can mute participants, only participants can unmute themselves
Data Usage	Approx. 300 mb per hour †	Approx. 810 mb per hour ††
Subscription and Fees	Free	Free for users, but paid plan required for FGD host in case the duration should exceed 40 minutes
Privacy and Security		
Logging-in	Anyone given the link to the room (with and without FB Messenger account) ** can join the room	Anyone given the link/Meeting ID and Password (with and without Zoom account) can join the room
Anonymity of participants	No option to change username as participants use their FB/FB Messenger accounts to log in. Users without an account (or who wish to remain anonymous) can 'log-in as guest' and can choose a new username for the discussion Everyone can see the list of participants in the meeting	Participants can change their Caller ID prior to logging-in. Host can rename participants and can disable or enable the participants from changing their Caller ID Everyone can see the list of participants in the meeting
Removing Participants	The host can remove (uninvited) participants, even after the meeting has started The meeting can be locked to prevent new participants (invited or not) from entering Participants can invite other people to join	The host can remove (uninvited) participants, even after the meeting has started The meeting can be locked to prevent new participants (invited or not) from entering Participants can invite other people to join
Meeting Capacity	Maximum of 50 participants	Maximum of 100 participants
Time Limit	No time limit	Time limit of 40 minutes for group sessions, no time limit with paid plans†*
Scheduling	Meetings can be scheduled ahead of time	Meetings can be scheduled ahead of time
Compatibility	Android, PC, Apple, Mac Can be accessed via internet browser, FB or Messenger software, or mobile application Internet speed should be a minimum of 500kbps, and 1.5mbps for an HD quality video †**†	Android, PC, Apple, Mac Can be accessed via internet browser (mobile web browsers are not supported) [40], or Zoom software/mobile application Internet speed should be a minimum of 500kbps, and 1.5mbps for an HD quality video †**†
In-Meeting Chats***		
Group Messaging	The host can only disable in-meeting chats when in mobile mode	The host can disable in-meeting chats
Private Messaging	No private messaging available	Private messaging is available, but can be disabled by the host
Recording	No recording option available	Recording option available. The host can record the session and enable the participants to record
Screen Sharing	Screen sharing is available both in Mobile and in PC mode	Screen sharing is available both in Mobile and in PC mode

†We confirmed the data usage consumption based on our conducted FGDs. Additionally, we refer to: <https://www.apps2data.com/insights/how-much-mobile-data-does-video-calling-use/>

††<https://www.reviews.org/internet-service/how-much-data-does-zoom-use/>

**Opening the link via a private browser works and allows the user to choose a different username or alias once entering the room, thereby bolstering privacy and confidentiality.

†*Limited time for Zoom free subscription. Unlimited meeting duration for paid plans.

†**†[https://support.zoom.us/hc/en-us/articles/201362023-System-requirements-for-Windows-macOS-and-Linux#:~:text=Bandwidth%20requirements.The%20bandwidth%20used&text=For%201%3A1%20video%20calling.1.8Mbps%20\(up%2Fdown](https://support.zoom.us/hc/en-us/articles/201362023-System-requirements-for-Windows-macOS-and-Linux#:~:text=Bandwidth%20requirements.The%20bandwidth%20used&text=For%201%3A1%20video%20calling.1.8Mbps%20(up%2Fdown)

<https://www.bandwidthplace.com/internet-speed-facebook-chat-whats-ideal-article/#:~:text=A%20slow%20Internet%20connection%20can,a%20variant%20of%20Skype%20traffic>

***In-meeting group chat is available in previous versions of the FB Messenger.