

## **Appendix 1.**

### **a) Questions on technical knowledge and experience at baseline**

A: How knowledgeable do you consider yourself to be when it comes to using a smart phone?

1. Not at all knowledgeable
2. Not particularly knowledgeable
3. Pretty knowledgeable
4. Very knowledgeable

B: How knowledgeable do you consider yourself to be when it comes to using the internet?

1. Not at all knowledgeable
2. Not particularly knowledgeable
3. Pretty knowledgeable
4. Very knowledgeable

C: How often have you on average used a Smartphone in the last 3 months?

1. Largely every day
2. At least one time a week, but not every day
3. Less than once a week

D: How often do you use the internet on your Smartphone?

1. Largely every day
2. At least one time a week, but not every day
3. Less than once a week
4. I never use the internet on my smartphone

E: Have you in the last 12 months used the internet to...

1. Booked a visit for a doctor or a dentist online, at a hospital or health care centre?  
Yes/No
2. Searched online for health information, such as an injury, illness or diet? Yes/No
3. Searched medical advice from a doctor/nurse? Yes/No
4. Used a health app in your smartphone? Yes/No
5. Used a bracelet to measure heart rate or count your daily steps? Yes/No

## b) Technical questions after study:

1. How satisfied are you with the functions of the application you used to report data in total?				
Very satisfied	Pretty satisfied	Neither satisfied nor dissatisfied	Pretty dissatisfied	Very dissatisfied

2 How well did the application correspond to the expectations you had before you started using it?				
Very well	Pretty well	Neither well nor bad	Pretty bad	Very bad

3 If you imagine the perfect application to report data as you have been doing, how close do you think this application is?				
Very close	Pretty close	Neither close nor far from it	Pretty far from it	Very far from it