

## Supplemental Digital Content (SDC)

SDC Table 2. The frequency of different types of listening situations reported by the participants in the intervention group (those who utilized the HEAR-aware app).

Type of Listening Situation	Number of Listening Situations Added (Frequency)	Percentage of Listening Situations Entered (Top-5 Indicated in Bold)
<b>1. 1-on-1 conversation</b>	149	<b>18.3</b>
<b>2. Group conversation, small (with 2-3 others)</b>	126	<b>15.5</b>
<b>3. Watching TV – On TV/PC/laptop</b>	119	<b>14.6</b>
<b>4. Group conversation, big (with <math>\geq</math> 4 others)</b>	84	<b>10.3</b>
<b>5. (Video)calling</b>	62	<b>7.6</b>
6. Driving car	44	5.4
7. Music	33	4.0
8. Walking	31	3.8
9. Cycling	30	3.7
10. Listening to nature sounds (e.g., birds, sea)	29	3.6
11. Lecture/ presentation	29	3.6
12. Sports instruction	16	2.0
13. Watching clips – On smartphone	12	1.5
14. Radio interview / podcast / audiobook	14	1.7
15. Using public transport	7	.9
Other	30	3.7
<b>Total</b>	<b>815</b>	<b>100.0</b>