

### **WELCOME - PLAIN LANGUAGE STATEMENT**

We would like to invite you to participate in our research project. This **survey** is part of a PhD project from the Health & Biomedical Informatics Centre (the University of Melbourne).

The aim is to better understand use of **social media** for the management of **chronic pain**. The University's Human Research Ethics Committee has approved this project.

\*Please note: Social Media refer to Internet-based platforms that allow for a dynamic Internet experience of communication, sharing & content collaboration (e.g. social network sites, blogs, video sharing, wikis, etc)

### You are eligible to participate if:

- You are 18 or older
- Have chronic pain
- · Have used social media as part of self-management

# What will I be asked to do? (The survey will take approx 15-20 mins). You will be asked about:

- Some personal details
- Your chronic condition & pain
- Your health status
- Your usage of social media for self-management of your condition
- Some specifics about how you use social media for this condition

How will my confidentiality be protected?

The information collected is for research purposes only. We don't want you to give your name, address, other identifiable personal information or health records. The information you supply will be completely anonymous to maintain confidentiality. We intend to protect your anonymity to the fullest possible extent within the limits of the law. However, please note that while we do our utmost to do this, it is possible for data to be subject to subpoena, freedom of information request or mandated reporting by some professions.

The only people with access to the information you supply in the survey will be the research team and all data will be stored securely under password protection online and securely within our research unit. It will be stored for five years from the date of results publication, before being destroyed.

How will I receive feedback?

Once the research findings are published in an academic journal, the link to the article will be available via our website and social media channels at the Health and Biomedical Informatics Centre. Please visit our website for details of our social media platforms (http://www.healthinformatics.unimelb.edu.au/)

Do I have to take part?

Participation is voluntary. Nobody affiliated to your support organization or group will be notified or have any awareness to your participation. Also, you can choose to stop the survey and withdraw



after commencing, but withdrawal will have to occur before finishing and submitting the survey.

### \*Please note:

- We only ask for anonymous information. Please don't tell us anything that will identify you
- This survey will require approx. 15-20 mins of computer use. We suggest that if you don't feel able to do this or are concerned participating may exacerbate your condition, please don't participate
- This is a survey only and doesn't provide or substitute professional medical advice, nor suggest usage practices of social media. Please contact your support group, organization and/or health professional for more advice.

Where can I get further information?

Should you require further information, or have any concerns, please contact the researchers on +613 9035 4943. Should you have any concerns about the conduct of the project, you are welcome to contact the Manager, Human Research Ethics, University of Melbourne (ph: +613 8344 2073 fax: +613 9347 6739)

How do I agree to participate?

If you would like to participate, **view the accompanying consent form on the next page**. By clicking through from the consent form to the survey, you are indicating you have read and understood this information and agree to participate.



### **INFORMED CONSENT FORM**

# Name of investigator(s): Dr. Kathleen Gray, Mr. Mark Merolli, Prof Fernando Martin-Sanchez

- 1. I consent to participate in this project, the details of which have been explained to me, and I have viewed the plain language statement, which I can print if I require.
- 2. I understand that by completing the accompanying survey, I am giving consent
- 3. By consenting, I am indicating that I am at least 18 years of age, suffer chronic pain and have used social media as part of self-management
- 4. I understand that my participation will involve a survey and I agree that the researcher may use the results for the purposes described in the plain language statement.
- 5. I acknowledge that:
- (a) the possible effects of participating in the survey have been explained to my satisfaction;
- (b) I have been informed that I am free to withdraw from the survey before submitting without explanation or prejudice
- (c) the project is for the purpose of research into social media use in chronic disease:
- (d) I have been informed that the information I provide will be entirely anonymous data to maintain confidentiality and safeguarded subject to any legal requirements;
- (e) The survey will contain no identifiable personal information about me and/or my health status
- (f) I have been informed that with my consent the survey will be retained at the University of Melbourne and will be destroyed after five years;
- (g) I have been informed that a copy of the research findings may be published in an academic journal or presented at academic conferences. If publication occurs, it will be made known via the Health and Biomedical informatics Centre's (the University of Melbourne) website
- \*By clicking 'next' from this form to the questions and submitting the survey you are indicating that you have read and understood this information and the information contained in the Plain Language Statement, and thus agree to participate in this study.

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# **DEMOGRAPHIC INFORMATION**

Please read the instructions carefully befor	e answering the questions.
Thank you for your time	
1. What is your gender?	
Female	
Male	
2. Please tell us your age range (choose what	at is most appropriate):
18-19	
20-29	
30-39	
40-49	
50-59	
60-69	
70+	
3. What is your current marital status?	
Never married	
Currently married	
Partnered	
Separated	
Divorced	
Widowed	
4. What is the highest level of education tha	t you have completed?
No formal schooling	
Less than primary/elementary school	
Primary/elementary school completed	
High school (or equivalent) completed	
College/university completed	
Post-graduate degree completed	
5. In which country do you live?	
	Country:
Please select:	

 b>
6. Are you currently working?
Full-time
O Part-time
Not working for pay

<0>
7. If not working for pay, what is the main reason?
Home maker/caring for family
Cooked but can't find a job
Oing unpaid work/voluntary activities
Studies/training
Retired/too old to work
ill health
Other (please specify)
8. Where did you hear about this survey?
Please select:
Other (please specify):

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# **INFORMATION ABOUT YOUR CONDITION**

We would like to ask you some questions about your chronic pain and/or other medical conditions
<b>≭9.</b> Do you have chronic pain (pain over 3 months duration)?
Yes
○ No
10. Has this been formally diagnosed?
Yes
○ No
On't Know
11. If you have you been undergoing treatment for your chronic pain during the last year, please select those that apply to you, otherwise leave blank (you can select more than one):
Medication
Doctor visits
Pain Clinic
Physical Therapy/Physiotherapy
Exercise classes
Psychology/counseling
Relaxation/meditation
Other (please specify)
12. Have you been formally diagnosed with a chronic disease that has led to your pain?
Yes
○ No
On't Know

<b></b>	
13. If 'yes', what is the condition?	
Diagon colocts	Condition:
Please select:	
Other (please specify)	

<b></b>									
CHRONIC PAIN									
The following qu	estions rela	te specif	ically to	your chro	onic pa	in:			
Please respond to	each item by	/ marking	one box ¡	per row					
IN THE PAST SEVEN	DAYS								
14. How would ye	ou rate your	pain on	average <sup>1</sup>	?					
	0 (no 1 pain)	2	3 4	1 5	6	7	8	9	10 (worst imaginable pain)
Please select:	$\circ$	$\bigcirc$	0		$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
15. How difficult	was it for yo	u to take	in new i	nformati	on bec	ause o	f pain	?	
	Not at all	A li	ttle bit	Somewh	nat	Quite	a bit	Ver	y much
Please select:	$\bigcirc$	(		$\bigcirc$			)		$\bigcirc$
16. How much did	d pain interf	ere with y	our abili	ity to con	centra	te?			
	Not at all	A li	ttle bit	Somewh	nat	Quite	a bit	Ver	y much
Please select:	$\bigcirc$	(	$\supset$	$\bigcirc$			)		$\bigcirc$
17. How much did	d pain make	it difficul	t to fall a	asleep?					
	Not at all	A li	ttle bit	Somewh	nat	Quite	a bit	Ver	y much
Please select:	$\circ$	(	$\supset$	$\circ$		C	)		$\bigcirc$
18. How much did	d pain interf	ere with	your enjo	yment of	f life?				
	Not at all	A li	ttle bit	Somewh	nat	Quite	a bit	Ver	y much
Please select:	$\bigcirc$	(	$\bigcirc$			$\subset$	)		$\bigcirc$
19. How much did	l pain interfe	ere with v	our abili	tv to part	icipate	in soc	ial ac	tivitie	s?
	Not at all	_	ttle bit	Somewh	-	Quite			y much
Please select:		(	$\supset$			$\subset$	)		
20. How much die	d pain interf	ere with	vour rela	tionships	s with o	other r	eople	?	
	Not at all		ttle bit	Somewh		Quite	-		y much
Please select:	$\bigcirc$	(	$\bigcirc$			$\subset$	)		
21. How much did	d pain interf	ere with v	our fami	ilv life?					
	Not at all	-	ttle bit	Somewh	nat	Quite	a bit	Ver	y much
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22. How much did	d pain interf	ere with v	our dav	to dav ac	tivitie	s?			
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24. How much did pain interfere with your ability to work (include work at home)?  Not at all A little bit Somewhat Quite a bit Very much Please select: Somewhat Quite a bit Very much  25. How much did pain feel like a burden to you?  Not at all A little bit Somewhat Quite a bit Very much Please select: Somewhat Sometimes Often Always Please select: Sometimes Often Always	24. How much did pain interfere with your ability to work (include work at home)?  Not at all A little bit Somewhat Quite a bit Very much Please select:		Not at all	A little bit	Somewhat	Quite a bit	Very much
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28. How often did pain prevent you from sitting for more than 30 minutes?  Never Rarely Sometimes Often Always  Please select:  29. How often did pain prevent you from standing for more than 30 minutes?  Never Rarely Sometimes Often Always  Please select:  Never Rarely Sometimes Often Always  Please select:  Never Rarely Sometimes Often Always  Never Rarely Sometimes Often Always  Never Rarely Sometimes Often Always	28. How often did pain prevent you from sitting for more than 30 minutes?  Never Rarely Sometimes Often Always  Please select:  29. How often did pain prevent you from standing for more than 30 minutes?  Never Rarely Sometimes Often Always  Please select:  Never Rarely Sometimes Often Always  Please select:  30. How often did pain prevent you from walking more than 1 mile (1.6 km)?  Never Rarely Sometimes Often Always	27. How often die	d pain make yo	u feel depress	sed?		
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Please select:	Please select:		Never	Rarely	Sometimes	Often	Always
		Please select:	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\bigcirc$

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### **SOCIAL MEDIA USE**

In the following section you will only be asked to provide detail for <b>THOSE PLATFORMS YOU HAVE USED</b> as part of your chronic pain self-management	
If the platform is not applicable to you, select <b>NO</b>	

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SOCIAL NETWORK SITES
The following questions relate specifically to <b>SOCIAL NETWORK SITES</b>
<b>Description:</b> Social Network Sites are online community platforms that allow users to connect and share interests and/or activities
Examples include but are not limited to: Facebook, Mypace, Patients Like Me, Daily Strength, etc
*31. In the last year, have you used SOCIAL NETWORK SITES when you go online for information, communication or interaction about your chronic pain?
Yes
○ No

32. How valuable are SOC interaction about your chance of Not at all and a little a	e bit  SOCIAL NE  ast daily  cific things ment (you ca	Somewhat  ETWORK SITES  At least weekly  you do on SOC	Quite a bas part of y  At least mo	oit Oroni Oour chroni Onthly	Very much
Not at all A little  33. How often do you use nanagement?  At least select:  44. Please select the spechronic pain self-manage  Status update  Post to someone's profile/path Like a comment or post  Comment on someone's post  Tag content  Private message someone  Add a friend/connection  Share content  Chat  Other (please specify)  Aith your use of SOCIAL NETWood level of agreement with the lote: If you feel a statement is 'Network our level of agreement is 'Network our level a statement is 'Network our feel a statement is	e bit  SOCIAL NE  ast daily  cific things ment (you ca	Somewhat  ETWORK SITES  At least weekly  you do on SOC	Quite a bas part of y  At least mo	oit Oroni Oour chroni Onthly	Very much ic pain self- ess than once a
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Strongly			er agree or sagree	Disagree	Strongly Disagr
Please select:	TES	\aree	3		$\bigcirc$

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36. I prefer to known NETWORK SITES	•	rmation abo	out the people I in	iteract with	on SOCIAL
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$
37. I prefer to ren	nain anonymous	on SOCIA	L NETWORK SITE	S	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
38. I value the abi		tivities I wa	ant on SOCIAL NE	TWORK SIT	ES at any time
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
39. I prefer to use online at the exact		ORK SITES	only when the pe	ople I inter	act with are
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
40. I value the abeliesewhere too	ility to use SOCI	AL NETWO	-	t at home b	ut when I am
			K I - 90		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
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41. I value the wainformation  Please select:  42. I value it when	Strongly Agree  on there is a heal	Agree  th profession	disagree  S act as a kind of  Neither agree or disagree  onal contributing  Neither agree or	filter to gui	de me to useful  Strongly Disagree  NETWORK
41. I value the wainformation  Please select:  42. I value it when SITE use	Strongly Agree  The there is a heal  Strongly Agree	Agree Agree Agree	disagree  S act as a kind of a sect as a sect	Disagree  to SOCIAL  Disagree	de me to useful  Strongly Disagree  NETWORK  Strongly Disagree
41. I value the wainformation  Please select:  42. I value it when SITE use  Please select:  43. I value it when	Strongly Agree  The there is a heal  Strongly Agree	Agree Agree Agree	disagree  S act as a kind of  Neither agree or disagree  Onal contributing  Neither agree or disagree	Disagree  to SOCIAL  Disagree	de me to useful  Strongly Disagree  NETWORK  Strongly Disagree

<b></b>					
44. SOCIAL NET (yours and other	WORK SITES are	an effective	platform to rec	ord stories	of chronic pain
(yours and other	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$		$\bigcirc$	
45. I value beinç	g able to share m	y experience	es through SOCI	AL NETWO	RK SITES
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	O	$\bigcirc$	$\bigcirc$
46. I value being SITES	g able to find out	about others	s' experiences t	hrough SOC	IAL NETWORK
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$
47. I use SOCIAI	L NETWORK SITE	S differently	y depending on	the stage of	my condition
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:		$\bigcirc$		$\bigcirc$	$\bigcirc$
48. When my co	ndition is severe	or flared-up,	I use SOCIAL N	IETWORK S	ITES
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\circ$	$\circ$	$\bigcirc$	$\circ$	$\bigcirc$
49. When my co	ndition is stable,	I use SOCIA	L NETWORK SI	ΓES	
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$

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•	L.	

# 50. Do you feel that your use of SOCIAL NETWORK SITES has in any way helped your..

### Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate in social activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do household chores	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to work (include work at home)	0	0	0	0	$\circ$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to walk more than 1 mile (1.6 km)	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

51. Please use this space if you would like to comment further about your use of SOCIAL NETWORK SITES for your chronic pain self-management..

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BLOGS
The following questions relate specifically to <b>BLOGS</b>
<b>Description:</b> Blogs are platforms that allow users to post information, narratives or generate discussion
Examples include but are not limited to: Blogger, Wordpress, etc
★52. In the last year, have you used BLOGS when you go online for information, communication or interaction about your chronic pain?
Yes
│ ○ No

<b></b>					
53. How valuabl	e are BLOGS for i	nformation, c	ommunication	or interact	tion about your
O Not at all	A little bit	Somewha	at Quite	a bit (	Very much
54. How often d	o you use BLOGS	as part of yo	ur chronic pai	n self-mana	agement?
	At least daily	At least we	ekly At leas	t monthly	Less than once a month
Please select:	$\bigcirc$	$\bigcirc$	(	$\supset$	$\bigcirc$
	ct the specific thi you can select mo	•	•	ur chronic	pain self-
Read a blog					
Post my own bl	og				
Comment on a	blog post				
Share a blog po	ost				
Subscribe to a l	olog				
Other (please specif	y)				
agreement with the	OGS for chronic pair following statement atement is 'NOT APPL	s ICABLE' to this p	latform, <b>LEAVE IT</b>	BLANK	
on BLOGS	ontrol the amount	and sorts of t	inings that oth	er peopie k	now about me
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
57. I prefer to kr	now personal info	rmation abou		nteract wit	h on BLOGS
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$
58. I prefer to re	emain anonymous	on BLOGS			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$		$\bigcirc$	

<b></b>					
59. I value the ab	ility to do the ac	tivities I wa	nt on BLOGS at a	ny time I ch	oose/when it
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$
60. I prefer to use same time	BLOGS only wh	en the peop	ole I interact with	are online	at the exact
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
61. I value the ab	ility to use BLOG	SS not just a		I am elsew	here too
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$
62. I value the wa	y BLOGS act as	a kind of fil	ter to guide me to	useful info	ormation
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$
63. I value it whe	n there is a heal	th professio	onal contributing	to BLOG us	e
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:		$\bigcirc$		$\bigcirc$	$\bigcirc$
64. I value it whe	n there is a grou	p facilitato	r/moderator overs	seeing BLO	G use
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
65. BLOGS are are people's)	effective platfo	orm to reco	rd stories of chro	nic pain (yo	urs and other
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$
66. I value being	able to share my	y experienc	es through BLOG	S	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ō	$\bigcirc$	$\bigcirc$
67. I value being	able to find out	about other	s' experiences th	rough BLO	GS
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:		$\bigcirc$	Ö	$\bigcirc$	

<b></b>					
68. I use BLOGS	differently depe	ending on the	stage of my co	ndition	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$
69. When my cor	ndition is severe	or flared-up,	I use BLOGS		
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$	
70. When my cor	ndition is stable	, I use BLOGS	j		
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$

0>					
1. Do you feel tha	it your use of	BLOGS has in	any way help	ed your	
Note: You only nee	ed to respond	to those item	s relevant to y	our situation	
	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate in social activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to perform your day-to-day activities	$\circ$	$\circ$	0	$\circ$	0
Ability to do household chores	$\circ$	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$
Ability to work (include work at home)	$\circ$	0	$\circ$	$\circ$	$\bigcirc$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$		$\bigcirc$
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$	0
Ability to walk more than 1 mile (1.6 km)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

<b>72.</b>	72. Please use this space if you would like to comment further about your use of									
BLO	GS for your chronic pain self-management									

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WIKIS
The following questions relate specifically to <b>WIKIS</b>
<b>Description:</b> Wikis are shared sites/platforms of collections of linked webpages that enable users to collaborate and coordinate information
Examples include but are not limited to: Wikipedia, Wikia, etc
★73. In the last year, have you used WIKIS when you go online for information, communication or interaction about your chronic pain?
Yes
○ No

74. How valuable chronic pain? Not at all  75. How often do	are WIKIS for in	formation, comr								
chronic pain?  Not at all		formation, comr								
	A little bit		nunication or	<sup>,</sup> interacti	on about your					
75. How often do	-	Somewhat	Quite a	a bit	O Very much					
	75. How often do you use WIKIS as part of your chronic pain self-management?									
	At least daily	At least weekly	y At least r	monthly	Less than once a month					
Please select:	$\bigcirc$			)						
76. Please select the specific things you do on WIKIS for your chronic pain self-management? (you can select more than one):  Read a wiki Start a wiki Contribute to a wiki Share a wiki Other (please specify)  With your use of WIKIS for chronic pain self-management in mind, please indicate your level of agreement with the following statements  Note: If you feel a statement is 'NOT APPLICABLE' to this platform, LEAVE IT BLANK  77. I prefer to control the amount and sorts of things that other people know about me										
		Nei Agree	ther agree or	Disagree	Strongly Disagree					
	Strongly Agree	1.9.00	disagree		Ollongly Disagree					
Please select:	Strongly Agree	0	disagree		Only Disagree					
Please select:  78. I prefer to kno	$\bigcirc$	$\bigcirc$	Ŏ	eract wit	$\circ$					
	$\bigcirc$	mation about th	Ŏ	eract with	h on WIKIS					
	ow personal infor	rmation about th	e people I int		h on WIKIS					
78. I prefer to kno	ow personal infor Strongly Agree	rmation about th  Agree On WIKIS	e people I into ther agree or disagree		h on WIKIS					
<b>78. I prefer to kno</b> Please select:	ow personal infor Strongly Agree	rmation about th  Agree On WIKIS	e people I int		$\circ$					

<b></b>							
80. I value the abi	ility to do the act	tivities I wa	nt on WIKIS at an	y time I cho	ose/when it		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$		
81. I prefer to use same time	WIKIS only whe	n the peopl	e I interact with a	re online at	t the exact		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
82. I value the ab	ility to use WIKIS	S not just at		am elsewh	ere too		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:		$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$		
83. I value the wa	ny WIKIS act as a	kind of filt	er to guide me to	useful infor	mation		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$		
84. I value it when there is a health professional contributing to WIKI use							
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
85. I value it when there is a group facilitator/moderator overseeing WIKI use							
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
86. WIKIS are an people's)	effective platfor	m to record	l stories of chroni	c pain (you	rs and other		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$		
87. I value being	able to share my	experience	es through WIKIS				
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$		
88. I value being	able to find out a	about other	-	rough WIKI	S		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$		Ŏ	$\bigcirc$	$\bigcirc$		

<b></b>					
89. I use WIKIS d	lifferently deper	nding on the s	tage of my con	dition	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
90. When my con	ndition is severe	or flared-up,	I use WIKIS		
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$
91. When my con	dition is stable,	I use WIKIS			
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\circ$	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$

Ability to sleep	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to concentrate Ability to sleep Enjoyment of life	$\bigcirc$				
•		$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$		$\bigcirc$
	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate n social activities	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
amily life	$\bigcirc$	$\bigcirc$	$\bigcirc$		$\bigcirc$
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do nousehold chores	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to work (include work at nome)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
Emotional burden			$\bigcirc$		
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$		$\bigcirc$
Ability to sit for more han 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$
Ability to walk more than 1 mile (1.6 km)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

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MICROBLOGS
The following questions relate specifically to <b>MICROBLOGS</b>
<b>Description:</b> Microblogs are a short form of blogging that allow users to send brief information, short status updates or media to be viewed publicly or privately
Examples include but are not limited to: Twitter, Tumblr, etc
*94. In the last year, have you used MICROBLOGS when you go online for information, communication or interaction about your chronic pain?
Yes
○ No

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95. How valuable are MICROBLOGS for information, communication or interaction about your chronic pain?									
Not at all	A little bit	Somewh	nat Quite	e a bit (	Very much				
96. How often do you use MICROBLOGS as part of your chronic pain self-management?									
	At least daily	At least w	eekly At leas	t monthly	Less than once a month				
Please select:		$\circ$		$\bigcirc$					
	97. Please select the specific things you do on MICROBLOGS for your chronic pain self-management? (you can select more than one):								
Direct message									
Read posts by o									
Post an update of	or media yourself								
Other (please specify	<b>/</b> )								
-	CROBLOGS for chror	-	anagement in min	d, please indi	cate your level of				
_	agreement with the following statements								
Note: If you feel a sta	tement is 'NOT APPL	ICABLE' to this	platform, <b>LEAVE IT</b>	BLANK					
98. I prefer to co on MICROBLOG	ntrol the amount S	and sorts of	things that oth	er people k	now about me				
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree				
Please select:	$\circ$	$\bigcirc$		$\bigcirc$	$\bigcirc$				
99. I prefer to kn MICROBLOGS	ow personal infor	rmation abou	t the people I i	nteract with	ı on				
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree				
Please select:	$\bigcirc$	$\bigcirc$	0	$\bigcirc$					
100. I prefer to r	emain anonymou	s on MICRO	BLOGS						
	Strongly Agree	Agree	Neither agree or	Disagree	Strongly Disagree				
Please select:	$\bigcirc$	$\bigcirc$	disagree	$\bigcirc$	$\bigcirc$				
	<u> </u>				<u> </u>				

b> 101. I value the	ability to do the a	ctivities I w	ant on MICROBLO	DGS at any	time I
choose/when it	suits me Strongly Agree	Agree	Neither agree or	Disagree	Strongly Disagree
Please select:	$\bigcirc$		disagree	$\bigcirc$	$\bigcirc$
102. I prefer to e	use MICROBLOGS	only when	the people I inter	act with ar	e online at the
exact Same time	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Please select:	$\bigcirc$	$\bigcirc$	O	$\bigcirc$	$\bigcirc$
103. I value the too	ability to use MIC	ROBLOGS	not just at home b	out when I a	am elsewhere
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	
104. I value the information	way MICROBLOG	S act as a l	kind of filter to gu	ide me to u	seful
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
105. I value it w	hen there is a hea	alth profess	sional contributing	g to MICRO	BLOG use
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
106. I value it w	hen there is a gro	up facilitat	or/moderator ove	rseeing MIC	CROBLOG use
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre
Please select:	$\bigcirc$	$\bigcirc$		$\bigcirc$	$\bigcirc$
107. MICROBLO	OGS are an effectivels	ve platform	to record stories	of chronic	pain (yours
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$
108. I value bei	ng able to share n	ny experie	nces through MIC	ROBLOGS	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre
Please select:					

<b></b>								
109. I value bein	g able to find o	ıt about othe	rs' experiences	through MIC	ROBLOGS			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			
110. I use MICROBLOGS differently depending on the stage of my condition								
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$			
111. When my co	ondition is seve	re or flared-up	o, I use MICROB	LOGS				
	Never	Almost never	Sometimes	Fairly often	Very often			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			
112. When my co	ondition is stabl	e, I use MICR	OBLOGS					
	Never	Almost never	Sometimes	Fairly often	Very often			
Please select:								

K.	

# 113. Do you feel that your use of MICROBLOGS has in any way helped your..

# Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate in social activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do household chores	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to work (include work at home)	$\circ$	0	0	0	$\circ$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	0	0	$\bigcirc$	$\bigcirc$
Ability to walk more than 1 mile (1.6 km)	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

114. Please use this space if you would like to comment further about your use of MICROBLOGS for your chronic pain self-management..

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### **TAGGING/AGGREGATION SITES**

The following questions relate specifically to **TAGGING/AGGREGATION SITES** 

**Description:** Tagging/aggregation sites allow users to save, collect, tag, manage and share links to web content (often in a centralized location). They sometimes also allow users to vote/rate content, resulting in the most popular content being more visible on the site

Examples include but are not limited to: Delicious, Stumble Upon, Digg, Reddit, etc						
*115. In the last year, have you used TAGGING/AGGREGATION SITES when you go online for information, communication or interaction about your chronic pain?						
○ Yes						
○ No						

<u> </u>							
	ole are TAGGING/		N SITES for in	formation,	communication		
O Not at all	A little bit	Somewha	t Quite	a bit (	Very much		
117. How often opain self-manag	do you use TAGG ement?	ING/AGGREG	ATION SITES (	as part of y	our chronic		
	At least daily	At least wee	ekly At leas	t monthly	Less than once a month		
Please select:	$\bigcirc$	$\bigcirc$	(	$\supset$	$\bigcirc$		
118. Please select the specific things you do on TAGGING/AGGREGATION SITES for your chronic pain self-management? (you can select more than one):    Tag/bookmark content     Rate content     Review content     Share content     Other (please specify)							
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ō	$\bigcirc$			
-	now personal info			interact wit	h on		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
121. I prefer to r	emain anonymou			ON SITES			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			

<b></b>								
122. I value the ability to do the activities I want on TAGGING/AGGREGATION SITES at any time I choose/when it suits me								
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$			
-	se TAGGING/AGG exact same time	GREGATION	I SITES only whe	n the people	e I interact with			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			
124. I value the a	-	GING/AGG	REGATION SITES	not just at	home but			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$			
125. I value the v	=	GREGATIO	N SITES act as a	kind of filte	er to guide me			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			
	nen there is a hea EGATION SITE u	-	onal contributing	to				
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			
	nen there is a gro EGATION SITE u	-	or/moderator over	seeing				
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$			
128. TAGGING/AGGREGATION SITES are an effective platform to record stories of chronic pain (yours and other people's)								
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			

<b></b>								
129. I value being able to share my experiences through TAGGING/AGGREGATION SITES								
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$				
	130. I value being able to find out about others' experiences through TAGGING/AGGREGATION SITES							
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	O	$\bigcirc$				
131. I use TAGG condition	ING/AGGREGAT	ION SITES di	fferently depend	ding on the	stage of my			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree			
Please select:	$\bigcirc$	$\bigcirc$	Ŏ					
132. When my co	ondition is sever	e or flared-u	o, I use TAGGIN	G/AGGREG <i>A</i>	ATION SITES			
	Never	Almost never	Sometimes	Fairly often	Very often			
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$			
133. When my co	ondition is stable	e, I use TAGO	SING/AGGREGAT	TION SITES.				
	Never	Almost never	Sometimes	Fairly often	Very often			
Please select:		$\bigcirc$		$\bigcirc$				

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# 134. Do you feel that your use of TAGGING/AGGREGATION SITES has in any way helped your..

### Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	$\bigcirc$	$\circ$	$\bigcirc$	$\circ$	$\bigcirc$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate in social activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Relationships with other people	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$		$\bigcirc$	$\bigcirc$	
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do household chores	0	$\circ$	$\circ$	0	$\bigcirc$
Ability to work (include work at home)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to walk more than 1 mile (1.6 km)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

TAGGING/AGGREGATION SITES for your chronic pain self-management..

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/IRTUAL ENVIRONMENTS
The following questions relate specifically to <b>VIRTUAL ENVIRONMENTS</b>
<b>Description:</b> Virtual Environments are simulated environments that allow users to interact with each other and the surrounding environment
Examples include but are not limited to: Second Life, etc
*136. In the last year, have you used VIRTUAL ENVIRONMENTS when you go online for information, communication or interaction about your chronic pain?
<ul><li>✓ Yes</li><li>✓ No</li></ul>

<0>					
	ole are VIRTUAL I ut your chronic pa		rs for informa	tion, comn	nunication or
Not at all	A little bit	Somewhat	Quite	a bit (	Very much
138. How often management?	do you use VIRTU	JAL ENVIRONI	MENTS as par	t of your cl	nronic pain self-
	At least daily	At least wee	kly At least	monthly	Less than once a month
Please select:		$\bigcirc$	(	$\supset$	
Chronic pain sel  Be present but the line of the line	ents ents ents y)  RTUAL ENVIRONMENt ment with the following enternent is 'NOT APPL control the amount	ITS for chronic pang statements	in self-managem	ne): nent in mind, BLANK	please indicate
	Strongly Agree	Agree	leither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	<u> </u>	$\bigcirc$	
141. I prefer to k ENVIRONMENT	<b>S</b> Strongly Agree		the people I i	<b>nteract wi</b>	th in VIRTUAL  Strongly Disagree
Please select:	C. 2.19.7 19.00	. 1.51.00	disagree		
		e in MBTHAI	ENVIRANTEN	JTC .	$\cup$
142. I prefer to i	emain anonymou	N	ENVIRONMEN leither agree or		
	Strongly Agree	Agree	disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

<b></b>					
143. I value the a	-	ctivities I w	ant in VIRTUAL E	NVIRONME	NTS at any
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$
144. I prefer to us online at the exact		/IRONMENT	S only when the լ	people I into	eract with are
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
145. I value the a elsewhere too	bility to use VIR	TUAL ENVI	RONMENTS not ju	ust at home	but when I am
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	O	$\bigcirc$	$\bigcirc$
146. I value the wuseful informatio	=	VIRONMEN	TS act as a kind o	of filter to g	uide me to
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
147. I value it who		alth professi	onal contributing	to VIRTUA	L
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
148. I value it who	_	up facilitato	or/moderator over	seeing VIR	TUAL
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
149. VIRTUAL EN pain (yours and o		re an effect	ive platform to re	ecord storie	es of chronic
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	
150. I value being	g able to share n	ny experien	_	TUAL ENVII	RONMENTS
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

<b></b>					
151. I value bein	_	t about other	rs' experiences	through VIR	TUAL
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	
152. I use VIRTU	JAL ENVIRONME	NTS differen	ntly depending o	n the stage	of my
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
153. When my co	ondition is sever	=	•		
Diversity	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	O	O	O	O	$\bigcup$
154. When my co		•			Many affair
Please select:	Never	Almost never	Sometimes	Fairly often	Very often

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# 155. Do you feel that your use of VIRTUAL ENVIRONMENTS has in any way helped your..

# Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$	0
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate in social activities	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Ability to perform your day-to-day activities	$\circ$	$\bigcirc$	0	$\bigcirc$	$\bigcirc$
Ability to do household chores	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to work (include work at home)	$\bigcirc$	$\bigcirc$	0	$\bigcirc$	$\bigcirc$
Emotional burden		$\bigcirc$	$\bigcirc$	$\bigcirc$	
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\circ$	$\bigcirc$	0	$\bigcirc$	0
Ability to walk more than 1 mile (1.6 km)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

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VIDEO SHARING SITES
The following questions relate specifically to <b>VIDEO SHARING SITES</b>
<b>Description:</b> Video Sharing Sites are platforms that enable the publishing and sharing of video content
Examples include but are not limited to: YouTube, Vimeo, etc
*157. In the last year, have you used VIDEO SHARING SITES when you go online for information, communication or interaction about your chronic pain?
Yes No

158. How valuable are VIDEO SHAR interaction about your chronic pair  Not at all	SHARING  At least vongs you do	what O	Quite a bit  t of your chro least monthly  HARING SITE	Very much  onic pain self-  Less than once a month
interaction about your chronic pair  Not at all	SHARING  At least vongs you do	what O	Quite a bit  t of your chro least monthly  HARING SITE	Very much  onic pain self-  Less than once a month
At least daily  Please select:  160. Please select the specific thin chronic pain self-management? (you watch a video  Post my own video  Share a video  Rate a video  Comment on a video  Subscribe to a channel  Other (please specify)  With your use of VIDEO SHARING SITES for evel of agreement with the following state little: If you feel a statement is 'NOT APPLICATION O'IDEO SHARING SITES  Strongly Agree  Please select:  162. I prefer to know personal infor	At least v	SITES as part weekly At I	t of your chro	Less than once a month
At least daily  Please select:  160. Please select the specific thin chronic pain self-management? (yet whether the specific thing chronic pain self-management? (yet whether whether whether with the specific thing chronic pain self-management? (yet whether whether whether with the specific thing chronic pain self-management? (yet whether whether with the specific thing chronic pain self-management? (yet whether whether with the specific thing chronic pain self-management? (yet whether whether with the specific thing chronic pain self-management? (yet whether whether whether with the specific thing chronic pain self-management? (yet whether whether with the specific thing chronic pain self-management? (yet whether whether with the specific thing chronic pain self-management? (yet whether whether with the specific thing chronic pain self-management? (yet whether whether whether with the specific thing chronic pain self-management? (yet whether wh	At least v	weekly At I	least monthly  HARING SITE	Less than once a month
Please select:  160. Please select the specific thire chronic pain self-management? (yet chronic pain self-management.) (yet chronic pain self-management.) (yet chronic pain self-management.)	ngs you do	o on VIDEO SI	HARING SITE	month
160. Please select the specific thin chronic pain self-management? (you watch a video   Post my own video   Share a video   Rate a video   Comment on a video   Subscribe to a channel   Other (please specify)      With your use of VIDEO SHARING SITES for the sevel of agreement with the following state   Interest   In				S for your
Chronic pain self-management? (yet)  Watch a video  Post my own video  Share a video  Rate a video  Comment on a video  Subscribe to a channel  Other (please specify)  With your use of VIDEO SHARING SITES for evel of agreement with the following state lote: If you feel a statement is 'NOT APPLICATION VIDEO SHARING SITES  Strongly Agree  Please select:  162. I prefer to know personal information video  [163. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing sites select: [165. I prefer to know personal information video sharing				S for your
I61. I prefer to control the amount on VIDEO SHARING SITES  Strongly Agree  Please select:  I62. I prefer to know personal infor	tements			lease indicate you
Please select:    62. I prefer to know personal inform		•		know about me
l62. I prefer to know personal infor	Agree	Neither agree of disagree	or Disagree	Strongly Disagre
	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
	rmation ab			rith on VIDEO
Strongly Agree	Agree	Neither agree of disagree	or Disagree	Strongly Disagre
Please select:			$\bigcirc$	

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163. I prefer to r	emain anonymou	is on VIDEO	SHARING SITES	6	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
164. I value the a choose/when it s	<del>-</del>	ctivities I w	ant on VIDEO SH	ARING SITE	S at any time I
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
165. I prefer to u online at the exa		NG SITES o	nly when the peo	ple I intera	ct with are
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Please select:	$\bigcirc$	$\circ$	$\bigcirc$	$\circ$	
166. I value the a	ability to use VID	EO SHARIN	IG SITES not just	at home bu	t when I am
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
167. I value the	way VIDEO SHAR	ING SITES	act as a kind of fi	Iter to guid	e me to useful
information	_			_	
information	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
information  Please select:	Strongly Agree		Neither agree or	Disagree	
Please select:	0	Agree	Neither agree or disagree	$\circ$	Strongly Disagree
Please select:  168. I value it wh	0	Agree	Neither agree or disagree	$\circ$	Strongly Disagree
Please select:  168. I value it wh	nen there is a hea	Agree  O  alth profess	Neither agree or disagree  ional contributing  Neither agree or	g to VIDEO	Strongly Disagree  SHARING SITE
Please select:  168. I value it whuse  Please select:	nen there is a hea	Agree  Agree  Agree	Neither agree or disagree  ional contributing  Neither agree or	g to VIDEO	Strongly Disagree  SHARING SITE  Strongly Disagree
Please select:  168. I value it whuse  Please select:  169. I value it who	nen there is a hea	Agree  Agree  Agree	Neither agree or disagree  Sional contributing  Neither agree or disagree	g to VIDEO	Strongly Disagree  SHARING SITE  Strongly Disagree
Please select:  168. I value it whuse  Please select:  169. I value it who	Strongly Agree  onen there is a gro	Agree  Agree  Agree  up facilitat	Neither agree or disagree  Sional contributing  Neither agree or disagree  Or/moderator ove  Neither agree or	Disagree  Crseeing VID	Strongly Disagree  SHARING SITE  Strongly Disagree  OEO SHARING
Please select:  168. I value it whuse  Please select:  169. I value it whis SITE use	Strongly Agree  Strongly Agree  Strongly Agree  Strongly Agree  Strongly Agree	Agree  Agree  Agree  Up facilitat  Agree	Neither agree or disagree  Sional contributing  Neither agree or disagree  Or/moderator ove  Neither agree or disagree  Quantity  Platform to recommend to recomm	Disagree Disagree Disagree	Strongly Disagree  SHARING SITE  Strongly Disagree  DEO SHARING  Strongly Disagree
Please select:  168. I value it whuse  Please select:  169. I value it which site use  Please select:  170. VIDEO SHA	Strongly Agree  Strongly Agree  Strongly Agree  Strongly Agree  Strongly Agree	Agree  Agree  Agree  Up facilitat  Agree	Neither agree or disagree  Neither agree or disagree  or/moderator ove  Neither agree or disagree  Or/moderator ove	Disagree Disagree Disagree	Strongly Disagree  SHARING SITE  Strongly Disagree  DEO SHARING  Strongly Disagree

<b></b>					
171. I value beir	ng able to share	my experienc	ces through VID	EO SHARINO	SITES
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
172. I value beir SITES	ng able to find ou	ıt about othe	-	through VID	EO SHARING
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\circ$	$\bigcirc$	$\circ$	$\circ$	
173. I use VIDEO	SHARING SITE	S differently	depending on tl	ne stage of r	ny condition
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
174. When my c	ondition is seve	re or flared-u <sub>l</sub>	p, I use VIDEO S	HARING SIT	ES
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$
175. When my c	ondition is stabl	e, I use VIDE	O SHARING SIT	ES	
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

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# 176. Do you feel that your use of VIDEO SHARING SITES has in any way helped your..

## Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate in social activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do household chores	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to work (include work at home)	0	0	0	0	$\circ$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to walk more than 1 mile (1.6 km)	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

177. Please use this space if you would like to comment further about your use of VIDEO SHARING SITES for your chronic pain self-management..

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#### **PHOTO SHARING SITES**

The following questions relate specifically to <b>PHOTO SHARING SITES</b>
<b>Description:</b> Photo Sharing Sites are platforms that enable the publishing and sharing of photo content
Examples include but are not limited to: Instagram, Flickr, etc
*178. In the last year, have you used PHOTO SHARING SITES when you go online for information, communication or interaction about your chronic pain?
Yes
○ No

	able are PHOTO SH out your chronic pa		r information	, commun	ication or
Not at all	A little bit	Somewhat	Quite a	a bit (	Very much
180. How often nanagement??	n do you use PHOT( ?	D SHARING SITI	ES as part of	your chro	-
	At least daily	At least weekly	At least r	nonthly	Less than once a month
Please select:		$\bigcirc$		)	$\bigcirc$
Other (please spec	oto a photo ne's photo streams				
your acc or .	t with the following sta	.4			
evel of agreement	tatement is 'NOT APPLI	CABLE' to this platform t and sorts of the	ings that other		
evel of agreement lote: If you feel a si 182. I prefer to on PHOTO SHA	tatement is 'NOT APPLI control the amoun'	CABLE' to this platform t and sorts of the	ings that othe	er people	
lote: If you feel a sile.  182. I prefer to on PHOTO SHA	tatement is 'NOT APPLI control the amount ARING SITES Strongly Agree  know personal info	t and sorts of the Agree  Ormation about to this platform.	ings that other agree or disagree	Disagree  Otteract with	Strongly Disagre
lote: If you feel a single lease select:	tatement is 'NOT APPLI  control the amount ARING SITES  Strongly Agree  know personal info	t and sorts of the Agree  Ormation about to Agree	ings that other agree or disagree  he people I in	er people l Disagree	Strongly Disagre

<b></b>						
184. I prefer to r	emain anonymou	is on PHOT	O SHARING SITE	S		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree	
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
185. I value the a choose/when it	=	ctivities I w	ant on PHOTO SF	IARING SIT	ES at any time I	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree	
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
186. I prefer to u online at the exa		ING SITES	only when the pe	ople I intera	nct with are	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	
Please select:	$\bigcirc$	$\circ$	$\bigcirc$	$\circ$		
187. I value the a	ability to use PHC	OTO SHARI	NG SITES not just	at home b	ut when I am	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree	
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
188. I value the way PHOTO SHARING SITES act as a kind of filter to guide me to useful information						
information						
information	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree	
Please select:	Strongly Agree	Agree	<u>-</u>	Disagree	Strongly Disagree	
Please select:	0	$\circ$	disagree  ional contributing	$\circ$	$\circ$	
Please select:  189. I value it wi	0	$\circ$	disagree	$\circ$	$\circ$	
Please select:  189. I value it wi	hen there is a hea	olth profess	disagree  ional contributing  Neither agree or	o the PHC	OTO SHARING	
Please select:  189. I value it will SITE use  Please select:	hen there is a hea	Agree	disagree  ional contributing  Neither agree or	g to the PHO	OTO SHARING  Strongly Disagree	
Please select:  189. I value it will SITE use  Please select:  190. I value it will	hen there is a hea	Agree	disagree  ional contributing  Neither agree or disagree	g to the PHO	OTO SHARING  Strongly Disagree	
Please select:  189. I value it will SITE use  Please select:  190. I value it will	Strongly Agree  hen there is a gro	Agree  up facilitat	disagree  ional contributing  Neither agree or disagree  or/moderator ove  Neither agree or	Disagree  Crseeing PH	Strongly Disagree  OTO SHARING	
Please select:  189. I value it will SITE use  Please select:  190. I value it will SITES use  Please select:	Strongly Agree  Chen there is a gro  Strongly Agree  Chen there is a gro  Strongly Agree  Changle ARING SITES are	Agree  Agree  Agree  Agree	disagree  ional contributing  Neither agree or disagree  or/moderator ove  Neither agree or disagree  contributing  Neither agree or disagree  contributing  Neither agree or disagree	Disagree Disagree Disagree	Strongly Disagree  OTO SHARING  OTO SHARING  Strongly Disagree	
Please select:  189. I value it will SITE use  Please select:  190. I value it will SITES use  Please select:  191. PHOTO SHA	Strongly Agree  Chen there is a gro  Strongly Agree  Chen there is a gro  Strongly Agree  Changle ARING SITES are	Agree  Agree  Agree  Agree	disagree  ional contributing  Neither agree or disagree  or/moderator ove  Neither agree or disagree	Disagree Disagree Disagree	Strongly Disagree  OTO SHARING  OTO SHARING  Strongly Disagree	

<b></b>					
192. I value bein	g able to share	my experienc	es through PH	OTO SHARIN	G SITES
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
193. I value bein SITES	g able to find o	ut about othe	-	through PHO	OTO SHARING
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\circ$	$\bigcirc$	$\circ$	
194. I use PHOT	O SHARING SIT	ES differently	-	the stage of	my condition
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
195. When my co	ondition is seve	re or flared-up	o, I use PHOTO	SHARING SI	TES
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\circ$	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$
196. When my co	ondition is stabl	e, I use PHOT	O SHARING SI	TES	
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

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# 197. Do you feel that your use of PHOTO SHARING SITES has in any way helped your...

## Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to participate in social activities		$\bigcirc$	$\bigcirc$		$\bigcirc$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do household chores	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to work (include work at home)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to walk more than 1 mile (1.6 km)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

198. Please use this space if you would like to comment further about your use of PHOTO SHARING SITES for your chronic pain self-management..

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#### **DISCUSSION FORUMS/MESSAGE BOARDS**

The following questions relate specifically to **DISCUSSION FORUMS/MESSAGE BOARDS** 

**Description:** Discussion Forums/Message Boards are earlier social web technologies that enable users to post messages and interact via message threads or topics (they are normally specific to an area of interest)

	he last year, have you u go online for inform		
chronic pa	in?		
Yes			
○ No			

	able are DISCUSS n or interaction ab			for information,
Not at all	A little bit	Somewhat	Quite a bit	Very much
	n do you use DISC elf-management?	USSION FORUMS	/MESSAGE BO	ARDS as part of your
	At least daily	At least weekly	At least month	Less than once a month
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Read posts  Post yourself	our chronic pain se	elf-management?	(you can select	more than one):
Other (please spec Vith your use of E lease indicate you lote: If you feel a se 203. I prefer to	DISCUSSION FORUMS, pur level of agreement statement is 'NOT APPL control the amour DN FORUMS/MESS	with the following standard sorts of thin AGE BOARDS	atements  m, LEAVE IT BLANI  gs that other po	eople know about me
Other (please spec Vith your use of E lease indicate you lote: If you feel a se 203. I prefer to on DISCUSSIO	DISCUSSION FORUMS Our level of agreement statement is 'NOT APPL control the amour	with the following statement and sorts of thin AGE BOARDS  Neither	atements  m, LEAVE IT BLANI  gs that other po	
Other (please specifith your use of Elease indicate you feel a second DISCUSSION DISCUSSION Please select:	DISCUSSION FORUMS/ Our level of agreement Statement is 'NOT APPL Control the amour ON FORUMS/MESS  Strongly Agree	with the following state of the stand sorts of thin stand sorts of the standard sorts o	er agree or sagree	eople know about me agree Strongly Disagre
Other (please specially)  With your use of Elease indicate you feel a second DISCUSSION DISCUSSION Please select:	DISCUSSION FORUMS/ our level of agreement statement is 'NOT APPL control the amour	with the following state of the stand sorts of thin stage BOARDS  Agree Neither disconnection about the stage of the stage	er agree or sagree	eople know about me agree Strongly Disagre
Other (please special property)  With your use of Elease indicate you lease indicate you feel a second DISCUSSION Please select:	DISCUSSION FORUMS Our level of agreement statement is 'NOT APPL Control the amour ON FORUMS/MESS Strongly Agree	with the following state of the stand sorts of thin stage BOARDS  Agree Neither disconnection about the BOARDS  Agree Neither disconnection Agree Neither disconnection Agree Neither BOARDS	er agree or sagree  er agree or sagree  er agree or Dis  er people I intera	eople know about me agree Strongly Disagre
Other (please special vith your use of Discussion Discussion)  Please select:  204. I prefer to Discussion Discussion Discussion Discussion Discussion)	DISCUSSION FORUMS Our level of agreement statement is 'NOT APPL Control the amour ON FORUMS/MESS Strongly Agree  know personal infe	with the following state of the stand sorts of thin stage BOARDS  Agree Neither disconnection about the BOARDS  Agree Neither disconnection Agree Neither disconnection Agree Neither BOARDS	atements  m, LEAVE IT BLANI  ngs that other position  er agree or sagree  (example people I interagree or sagree)	eople know about me agree Strongly Disagre  act with on
Other (please special vith your use of Eplease indicate you letter of the property of the prop	DISCUSSION FORUMS Our level of agreement statement is 'NOT APPL Control the amour ON FORUMS/MESS Strongly Agree  know personal infe	with the following stands and sorts of thin AGE BOARDS  Agree Neither disconnection about the EBOARDS  Agree Neither disconnection about the EBOARDS  Agree disconnection about the EBOARDS	er agree or sagree  er agree or sagree  er agree or sagree  or people I interagree or sagree  or agree or sagree  or agree or sagree	eople know about me agree Strongly Disagre act with on agree Strongly Disagre
Other (please special vith your use of Eplease indicate you letter of the property of the prop	DISCUSSION FORUMS Our level of agreement statement is 'NOT APPL Control the amour ON FORUMS/MESS Strongly Agree  know personal infe FORUMS/MESSAG Strongly Agree	with the following stands and sorts of thin AGE BOARDS  Agree Neither disconnection about the BOARDS  Agree Neither disconnection about the disconnect	er agree or sagree  or sagree	eople know about me agree Strongly Disagre act with on agree Strongly Disagre

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206. I value the a BOARDS any time	_			ION FORUM	IS/MESSAGE		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$			
207. I prefer to use DISCUSSION FORUMS/MESSAGE BOARDS only when the people I interact with are online at the exact same time							
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$		
208. I value the a	_		ORUMS/MESSAG	E BOARDS	not just at		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
209. I value the v	=	I FORUMS/I	MESSAGE BOARI	)S act as a	kind of filter to		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
210. I value it wh		-	ional contributinç	j to DISCUS	SION		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
211. I value it wh	_	-	or/moderator ove	rseeing DIS	CUSSION		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$		
212. DISCUSSIO				ive platforn	n to record		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$		

<b></b>					
213. I value bein	•	my experienc	es through DIS	CUSSION	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$			$\bigcirc$	
214. I value being able to find out about others' experiences through DISCUSSION FORUMS/MESSAGE BOARDS					
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ö	$\bigcirc$	$\bigcirc$
215. I use DISCU stage of my cond		S/MESSAGE I	BOARDS differe	ntly depend	ing on the
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	Ŏ		
216. When my co	ondition is seve	re or flared-uր	o, I use DISCUS	SION FORU	MS/MESSAGE
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
217. When my c		•			
Please select:	Never	Almost never	Sometimes	Fairly often	Very often

	h	•
S	w	

# 218. Do you feel that your use of DISCUSSION FORUMS/MESSAGE BOARDS has in any way helped your..

# Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	0	0	0	0	<u> </u>
Ability to participate in social activities	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do household chores	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$
Ability to work (include work at home)	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	0	0	$\bigcirc$
Ability to walk more than 1 mile (1.6 km)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$
219. Please use th DISCUSSION FOR					
		<b>V</b>			

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CHAT ROOMS
The following questions relate specifically to <b>CHAT ROOMS</b>
<b>Description:</b> Chat Rooms are platforms that allow for synchronous communication between people, all online at the same time (they are normally specific to an area of interest)
*220. In the last year, have you used CHAT ROOMS when you go online for information, communication or interaction about your chronic pain?
Yes
○ No

<d></d>						
221. How valua	able are CHAT ROC onic pain?	MS for info	rmation, comm	unication o	r interaction	
O Not at all	A little bit	Some	vhat Qui	te a bit	O Very much	
222. How often do you use CHAT ROOMS as part of your chronic pain self-management?						
	At least daily	At least	weekly At lea	st monthly	Less than once a month	
Please select:	$\bigcirc$	C	)	$\bigcirc$		
	lect the specific thent? (you can selec			AS for your	chronic pain	
Follow convers	sations					
Contribute to o	conversation					
Start your owr	conversation					
Other (please spec	cify)					
<b>Note:</b> If you feel a s	te following statement is 'NOT APPL control the amour	ICABLE' to this			know about me	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree	
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$		
225. I prefer to ROOMS	know personal inf	ormation ab	out the people	l interact w	ith in CHAT	
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree	
Please select:		$\bigcirc$	uisagree	$\bigcirc$		
226. I prefer to	remain anonymou	ıs in CHAT F	ROOMS			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree	
Please select:		$\bigcirc$	Ŏ	$\bigcirc$		

	ability to do the ac	ctivities I w	ant in CHAT ROO	MS at any ti	ime I		
choose/when it	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$		$\bigcirc$			
228. I prefer to use CHAT ROOMS only when the people I interact with are online at the exact same time							
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$		
229. I value the too	ability to use CHA	AT ROOMS	not just at home b	out when I a	ım elsewhere		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre		
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$		
230. I value the information	way CHAT ROOM	S act as a l	kind of filter to gui	ide me to u	seful		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre		
Please select:	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$		
231. I value it w	hen there is a hea	alth profess	sional contributing	g to CHAT F	ROOM use		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$		
232. I value it w	hen there is a gro	up facilitat	or/moderator ove	rseeing CH	AT ROOM use		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagre		
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$		
233. CHAT ROO other people's)	MS are an effecti	ve platform	to record stories	of chronic	pain (yours and		
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:	$\bigcirc$	$\bigcirc$	Ŏ	$\bigcirc$	$\bigcirc$		
234. I value bei	ng able to share n	ny experier	nces through CHA	T ROOMS			
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree		
Please select:							

<b></b>					
235. I value bein	g able to find oເ	ıt about othei	rs' experiences	through CH	AT ROOMS
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
236. I use CHAT	ROOMS differer	ntly dependin		of my condit	ion
	Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
Please select:	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	
237. When my co	ndition is sever	_	, I use CHAT R	OOMS	
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$
238. When my co	ndition is stable	e, I use CHAT	ROOMS		
	Never	Almost never	Sometimes	Fairly often	Very often
Please select:					

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# 239. Do you feel that your use of CHAT ROOMS has in any way helped your..

## Note: You only need to respond to those items relevant to your situation

	Very much	Quite a bit	Somewhat	A little bit	Not at all
Ability to take in new information	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to concentrate	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Enjoyment of life	0	0	0	0	0
Ability to participate in social activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$
Relationships with other people	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Family life	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to perform your day-to-day activities	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to do household chores	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to work (include work at home)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$
Emotional burden	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Anxiety	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Depression	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to sit for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to stand for more than 30 minutes	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Ability to walk more than 1 mile (1.6 km)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

240. Please use this space if you would like to comment further about your use of CHAT ROOMS for your chronic pain self-management..

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END OF SURVEY
Congratulations! You have completed our survey. Thank you for taking the time. Your responses will be of great insight