

Program Participation Questionnaire

Rate each item on a scale from 1 (strongly disagree) to 7 (strongly agree)	Please elaborate your item score
1. It was convenient to follow the program online	- <i>What made it (not) convenient?</i>
2. The website was easy to use	- <i>What was specifically easy/difficult?</i>
3. I was able to read the texts perfectly	- <i>Comments on font, size, contrast?</i>
4. The website indications were clear to me	- <i>Why were they (not) clear?</i> - <i>Points for improvement?</i>
5. The amount of information presented was good	- <i>Video clip length, amount of text</i>
6. The content of the modules was clear	- <i>Comprehensible?</i> - <i>Points for improvements?</i>
7. I was satisfied with the amount of time I spent per module	- <i>How much time did you spent per module?</i> - <i>What was the most time-consuming?</i> - <i>Would you have liked modules to be more/less time-consuming?</i>
8. The face-to-face contact with my personal coach, aside from the online period, was desirable	- <i>Why was this (not) desirable?</i> - <i>What was the added value?</i>
9. I was satisfied with the goal-setting together with my coach	- <i>Why where you (not) satisfied</i> - <i>What could be improved to make it easier?</i>
10. The oral explanation of the website was clear to me	- <i>Points for improvement?</i>
11. The written explanation of the website was clear to me	- <i>Points for improvement?</i>
12. I was satisfied with the amount of time between modules (1-2 weeks)	- <i>Longer or shorter and why?</i>
13. I was satisfied with the number of modules (4)	- <i>More or less and why?</i>
14. I was satisfied with the structure of the modules (video clip, education, self-reflection assignment, 5-stepplan)	- <i>Did it feel natural to follow the steps in this order?</i> - <i>Why (not)?</i> - <i>Points for improvement?</i>
15. I made use of:	
15a. The video-clips	- <i>Why (not)?</i> - <i>Why did it (not) appeal to you?</i>
15b. The educational introductions	- <i>Why (not)?</i> - <i>Why did it (not) appeal to you?</i>
15c. The self-reflection assignments	- <i>Why (not)?</i> - <i>Why did it (not) appeal to you?</i>
15d. The 5-step change plans	- <i>Why (not)?</i>

	- <i>Why did it (not) appeal to you?</i>
15e. The discussion forum	- <i>Why (not)?</i> - <i>Reading/posting?</i> - <i>Why did it (not) appeal to you?</i>
15f. The 'help' button	- <i>Why (not)?</i> - <i>Why did it (not) appeal to you?</i>
	<i>Were there components you would omit or add to the program?</i>
16. I have experienced privacy issues:	
16a. In general	- <i>What made you feel (un)safe?</i> - <i>How could this be improved?</i>
16b. In communication with my coach	- <i>What made you feel (un)safe?</i> - <i>How could this be improved?</i>
16c. At the discussion forum	- <i>What made you feel (un)safe?</i> - <i>How could this be improved?</i>
17. In general, I am satisfied with the program	- <i>Why (not)?</i> - <i>Points for improvement?</i>
18. The modules I choose were useful for me	- <i>Why (not)?</i> - <i>Points for improvement?</i>
19. The content of the modules was interesting	- <i>Why (not)?</i> - <i>Points for improvement?</i>
20. The tone of the text was appealing to me	- <i>Why (not)?</i> - <i>Points for improvement?</i>
21. I used the information that was offered in the program in my daily life	- <i>Why (not)?</i> - <i>Points for improvement?</i>
22. After following the program, I am more confident that me and my family member can cope with the memory impairment	- <i>Why (not)?</i> - <i>Points for improvement?</i>
23. The video clips were a valuable addition to the program	- <i>Why (not)?</i> - <i>Points for improvement?</i>
24. The written introduction was informative and helpful	- <i>Why (not)?</i> - <i>Points for improvement?</i>
25. The self-reflection assignments helped me to carefully review my own situation	- <i>Why (not)?</i> - <i>Points for improvement?</i>
26. The 5-step plan helped me to systematically tackle situations that I wished to change	- <i>Why (not)?</i> - <i>Points for improvement?</i>
27. The discussion forum was a valuable addition to the program	- <i>Why (not)?</i> - <i>Points for improvement?</i>
	<i>Which aspect(s) of the program were most/least helpful to you?</i>

28. After following the program, I know how to tackle unwanted situations in the future more easily	<i>- Why (not)?</i> <i>- Points for improvement?</i>
29. I would recommend the program to other family members of people with memory impairment	<i>- Why (not)?</i> <i>- What aspects of the program would you recommend in particular?</i>
30. Remaining remarks?	