

Multimedia Appendix 4

Results patient questionnaire

Table 1. Results on use. Scores range from 0-7 with 0: totally disagree and 7: totally agree. Statements are arranged on degree of agreeability.

question	Statement	Mean \pm standard deviation
20	The application is easy to use	5.95 \pm 1.32
37	The application helped me to increase my PA	4.92 \pm 2.2
38	The application made me feel more fit	4.32 \pm 2.18
15	A training on the use of the application is necessary	3.25 \pm 2.23
25	Battery life of the phone was short	3.15 \pm 2.67
16	The smartphone suffered from technical failure	1.77 \pm 2.37
17	The application suffered from technical failure	1.37 \pm 1.93
24	I did not reach my PA goal because I forgot my phone	1 \pm 1.43

Table 2. Results on privacy. Scores range from 1-7 with 1: totally disagree and 7: totally agree. Statements are arranged on degree of agreeability.

Question	Statement	Mean \pm standard deviation
	I do not mind that the following persons have access to my PA information:	
40	• PT	6.48 \pm 0.85
41	• Family	5.77 \pm 1.72
44	• Family members I selected	5.72 \pm 1.88
45	• Care insurers	4.33 \pm 2.57
43	• A good friend	4.23 \pm 2.34
46	• Local authority	3.25 \pm 2.38
39	It is good to know the application continuously collects data on my PA	5.92 \pm 1.34
51	I want to determine which PA information is sent to whom	5.52 \pm 2.03
48	I do not mind that my PA information is saved in a medical file	5.47 \pm 2
47	I do not mind that my PA information is saved forever	4.48 \pm 2.53
50	I worry that I lose my phone and others can access my PA information	4.03 \pm 2.22
49	Messages in the application should only be visible for me	4 \pm 2.12
52	The application is an invasion on my privacy	2.65 \pm 2.06
42	I worry that this information ends up in the wrong hands	2.73 \pm 2.03

Table 3. Results on feedback preferences. Scores range from 1-7 with 1: totally disagree and 7: totally agree. For question 62 and 63 scores were 1: never to 7: very frequently. Statements are arranged on degree of agreeability.

Question	Statement	Mean ± standard deviation
61	It was rewarding to see that I reached my PA goal	6.3 ± 1.31
55	I liked the fact that PA was presented in steps	6.28 ± 1.39
53	I liked the fact that I could see my PA information on the smartphone	6.23 ± 1.14
56	The bar clearly showed my PA goal progress	6.22 ± 1.39
60	The graph provided extra insight into my PA	5.63 ± 1.74
65	The widget on the home screen of the smartphone clearly stated my PA status	5.6 ± 1.84
57	The emoticon was stimulating	5.25 ± 2.16
59	The written advice was stimulating	5.15 ± 1.81
58	It was pleasant to have various choices of emoticons	4.87 ± 1.89
64	The messages from the PT supported me in reaching my PA goal	3.34 ± 2.35
62	I received messages from the PT in the application	3.1 ± 2.15
63	I sent messages to the PT in the application	2.05 ± 1.71
54	My PA information should not be visible to me, only to my health care professional	1.68 ± 1.49

Table 4. Results on personal circumstances. Scores range from 1-7 with 1: never and 7: always. Statements are arranged on frequency of occurrence.

question	Statement	Mean ± standard deviation
68	I did not reach my PA goal because of my state of health	2.39 ± 1.33
69	I was too tired to be able to reach my PA goal	2.28 ± 1.49
70	I did not reach my PA goal because of personal circumstances	1.73 ± 1.21
71	I was too busy to reach my PA goal	1.68 ± 1.26