

Multimedia Appendix 2

Results of the usability assessment results for laboratory and field usability (n = 11 trials^a).

Task	Function	Seconds to perform Mean (range)	Errors Total (range)
Log into website	Learnability ^b	103.7 (0.5-720.0)	2 (0-1)
Access daily gratitude journal	Learnability	8.8 (0.5-60.0)	4 (0-2)
	Memorability ^c	1.0 (0.5-4.0)	1 (0-1)
Access relaxation recordings	Learnability	1.2 (0.5-8.0)	4 (0-1)
Access weekly overview	Learnability	3.7 (0.5-15.0)	3 (0-1)
	Memorability	2.1 (0.5-10.0)	2 (0-1)
Access weekly overview independently	Efficiency ^d	0.8 (0.5-3.0)	2 (0-1)
Access web conference	Learnability	2.2 (0.5-10.0)	5 (0-2)
Turn off tablet	Learnability	0.5 (0.5-0.5)	0 (0)

^aThe 11 trials include six usability testing trials and the five field usability testing trials. These trials included nine participants as two participants completed both lab and field usability testing.

^bLearnability was assessed by the number of seconds to first perform a new task.

^cMemorability was assessed by the number of second to perform a task after a delay. It was only meaningful in the two specific contexts reported above.

^dEfficiency was assessed by the number seconds to perform a leaned task. It was only meaningful in the specific context reported above.