

Multimedia Appendix 2 Main – and subcategories based on the interviews

Main category	Adherent sub-categories
Influence on the individual	Motivation
	Emotions
	Awareness
	Behavior
Experiences from being monitored	Limitations
	Possibilities
	Integrity
	Reliability
	Feedback
Experiences from using the technical devices	Handling
	Learning
	Insecurity
	Wearing the monitors