

## APPENDIX 1: Technology Use Survey

### I. Electronic Devices

Do you own either a Smartphone (e.g., LG, Android, iPhone), Flip phone, Laptop/Computer, or iPad/Tablet?

- Yes
- No ***If no, skip to end.***

What type of cell phone do you have?

- Flip phone ***If flip phone, skip to Section III - Interest in Technology.***
- Smartphone (e.g., LG, Android, iPhone)
- I don't have a cell phone but I have a laptop/computer or iPad/tablet

### II. Use of Technology

What kinds of electronic devices do you have and how often do you use them?  
(Mark only one oval per row)

	Yes:						
	No	every day	few times a week	once a week	once a month	less than once a month	never use it
iPhone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Android	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laptop or Computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
iPad or Tablet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do you use them for...

(Mark only one oval per row)

	Every day	Few times a week	Once a week	Few times a month	Almost never	Never
Calling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Texting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media (e.g., Facebook, Snapchat, Twitter, Instagram)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet (e.g., Google, Internet Explorer, Firefox)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Email	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Games I play alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Games I play with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading books	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
News/current events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calendar/appointment book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calculator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weather	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clock/alarm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Personal assistant (e.g., Siri, Cortana, Google)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Notepad/memos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food/nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical symptom monitoring (e.g., blood pressure or insulin level)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health symptom monitoring (e.g., mood or anxiety)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety/stress management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cognitive Behavioral therapy (CBT)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dialectical Behavior Therapy (DBT)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which features/apps help to support your recovery?

Mark only one oval per row.

	Yes	Yes but would like to learn how to use it more	No	No, but I would like to learn how to use it
Phone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Text	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media (e.g., Facebook, Snapchat, Twitter, Instagram)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet (e.g., Google, Internet Explorer, Firefox)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Email	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maps/navigation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Games I play alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Games I play with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading books	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
News/current events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calendar/appointment book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calculator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weather	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clock/alarm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Notepad/memos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food/nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical symptom monitoring (e.g., blood pressure or insulin level)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health symptom monitoring (e.g., mood or anxiety)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety/stress management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cognitive Behavioral therapy (CBT)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dialectical Behavior Therapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(DBT)				
Meditation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How easy is it to figure out, on your own, how a new app or electronic device works?

Mark only one oval.

- Very easy
- Easy
- Sometimes easy/sometimes hard
- Hard
- Very hard

When you don't know how to do something on your device, what are you most likely to do?

Mark only one oval.

- Nothing
- Get help from family or friends
- Ask my clinician/case manager
- Ask my mobile service provider (e.g., Verizon, Sprint, etc.)
- Go to the place where I purchased the device (e.g., Best Buy, Walmart, etc.)
- Research it online (e.g., "Google it")

How comfortable do you feel doing this?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Very Uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very Comfortable

**III. Interest in Technology**

Does your care manager or mentor ever talk with you about using technology to support your recovery?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
No, never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes, at every visit

What is your interest in trying new technologies?

Mark only one oval.

- Very interested, would definitely try new apps/technology
- Somewhat interested, would probably try new apps/technology
- Unsure, may or may not try new apps/technology
- Not interested, would probably not try new apps/technology

If there was a staff member here at the clinic who was supposed to help people with their electronic devices, would you go to that staff member for help with your devices?

*Mark only one oval.*

- Yes, definitely
- Probably
- Maybe/maybe not
- Probably not
- No, definitely not