

CONsumer Navigation of Electronic Cardiovascular Tools (CONNECT) Study

Supporting Information: End-of-Study Survey (Patient Participants)

<p>1. Did you have access to the CONNECT Web site in the 12 months you took part in this study? <input type="radio"/> NO → There are no more questions. Please return form to study staff (see instructions at end of survey) <input type="radio"/> YES → Please complete the remaining survey questions</p>						
<p>PART A - These questions are about using the different features in CONNECT</p>						
<p>2. Which types of heart health goals did you set? (select all that apply)</p> <p align="center"> <input type="radio"/> Healthy eating <input type="radio"/> Physical activity <input type="radio"/> Wellbeing & mental health <input type="radio"/> Smoking cessation <input type="radio"/> I did not set goals </p>						
<p align="center">Please read each statement below and select one response</p>						
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Did not use this
3. Tracking my goals helped me focus on my heart health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. The Heart Risk dial helped me understand how changing risk factors would affect my overall risk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. The email message tips helped me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. The text message tips helped me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. It was <u>not</u> helpful to add my personal measurements to graphs (e.g., for blood pressure)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. The 'More info' buttons and links to other Web sites were <u>not</u> useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<p>9. How did you use the "Join the Chat" message board? <input type="radio"/> I did not use this → Please go to Part B <input type="radio"/> I read and/or wrote comments → Please go to Q.10</p>						
<p>10. What did you like about the "Join the Chat" message board? (Select all that apply) <input type="radio"/> sharing my experiences <input type="radio"/> asking questions <input type="radio"/> reading messages written by others <input type="radio"/> reading messages from the study team <input type="radio"/> other _____</p>						
<p>PART B - These questions are about taking part in CONNECT</p>						
<p>11. On average, how often did you log in to use CONNECT? <input type="radio"/> Never <input type="radio"/> Less than once each month <input type="radio"/> A few times each month <input type="radio"/> At least once each week</p>						
12. It was hard for me to find the screens and features I needed				<input type="radio"/> Yes	<input type="radio"/> No	
13. Information on the screens was clear to me				<input type="radio"/> Yes	<input type="radio"/> No	
14. Did phone and email access to the study staff help you? If yes, please give 1 or 2 examples:				<input type="radio"/> Yes	<input type="radio"/> No	
<p>15. For me, using the CONNECT program for 12 months was <input type="radio"/> A suitable duration <input type="radio"/> Too long <input type="radio"/> Too short</p>						

PART C - These questions are about how taking part in CONNECT affected you

16. I was motivated to improve my heart health because (select all that apply)

- | | | | | |
|-------------------------------------|------------------------------|--------------------------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| My blood cholesterol level was high | My heart risk score was high | My blood pressure or weight was high | My GP's advice | I have a family history of heart disease |

17. As a result of CONNECT, I am better at taking my prescribed medicines

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Strongly agree | Agree | Neutral | Disagree | Strongly disagree |

18. As a result of CONNECT, I do more to improve my mental health and well being

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Strongly agree | Agree | Neutral | Disagree | Strongly disagree |

19. As a result of CONNECT, my weekly physical activity level is

- | | | | |
|-------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Much higher than before | A little higher | About the same | Less than before |

20. As a result of CONNECT, my eating habits are

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Much healthier | A little healthier | About the same | Less healthy |

PART D - Please provide any further feedback about the following questions

21. Which screens or features did you find most useful? Why? Did you have a favourite?

22. Which screens or features did you find least useful? Why?

23. How could we improve the CONNECT program?

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Supporting Information: End-of-Study Survey (General Practitioner Participants)

The RecordConnect software installed on your computer enabled linkage of the practice or clinic electronic record with the patient’s personalized CONNECT Web site.

24. What concerns, if any, did you have about the software for this purpose?

25. Were your concerns addressed/resolved by CONNECT study staff? Yes No
 Comment: _____

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
26. Overall, I found it easy to use the RecordConnect software for conduct of this trial	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I am satisfied with the support from the CONNECT study staff during the study start-up and recruitment period at my practice or health service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. During the periods of initial participant recruitment and follow-up study visits, the presence of CONNECT staff was disruptive to my practice or health service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. For what reasons did you agree to take part in the CONNECT trial? (Select all that apply)

- The concept of eHealth for patient care interests me
- I already comfortably use eHealth systems in my practice/clinic
- I could see potential benefits for my patients who took part
- Taking part required minimal time input from me/my staff
- The aims of the study aligned with my personal research interests
- The option to claim CPD points for taking part appealed to me
- Other: _____

30. The CONNECT Web site was innovative in that it was linked to your patient’s medical record in your practice or health service software. What do you feel are the benefits and/or drawbacks of using an integrated system such as this?

31. Would you be in favour of a similar linked program in the future? Yes No
 Comment: _____

32. The CONNECT Web site included a risk dial that displayed for the patient their personalized absolute CVD risk score. Do you use the absolute risk score to explain CVD risk to patients and/or to initiate conversation about lifestyle behaviour change? Yes No
 Comment: _____

33. For patients at moderate-high CVD risk, which strategies do you use for lifestyle behaviour counselling or advice? (Select all that apply)

- Printed materials
- Face-to-face discussion
- Desk-based software tools - e.g. HealthTracker CVD risk projection graph
- Referral to other health professionals - e.g. dietitian, hospital-based cardiac rehab (if applicable)
- I suggest use of commercial programs/devices – e.g. “Weight Watchers”, activity monitoring devices
- I suggest use of technology (“Apps”) for supporting behaviour change – e.g. “My QuitBuddy”
- I suggest community-based activities/resources – e.g. local walking group, gym, pool
- I request that the patient track or record measurements in between office visits – e.g. BP, weight
- Other: _____

34. How likely are you to recommend to your patients an eHealth strategy for lifestyle behaviour change?

Very likely Likely Unlikely Very unlikely

35. Which patient characteristics make you *likely* to recommend a technology-based tool for CVD prevention?

Why? _____

36. Which patient characteristics make you *unlikely* to recommend a technology-based tool for CVD prevention?

Why? _____

37. Did any of your patients taking part in CONNECT initiate conversation with you about their use of the program? Yes No

If yes, what was discussed? (e.g., goals set, receipt of motivational tips, improved activity levels, etc.)

38. What were three beneficial features or aspects of the CONNECT program for your patients who took part?

a. _____

b. _____

c. _____

Comment: _____

39. Were you aware of any improvements in laboratory or physical measurements for your patients who used the CONNECT program (e.g. BP, weight, BMI, LDL-C, HDL-C, HbA1c)? Yes No

Comment: _____

40. How often do you participate in research? Never Sometimes Often Very Often

41. How often do you conduct your own research? Never Sometimes Often Very Often

42. Is there anything else you’d like to add regarding the CONNECT trial?
