

## **Technology use by populations**

*We would like to know some basic details about your use of various technologies; social networking habits and sharing of information*

## Section A: Technology Use

- Q1 Have you used a computer?  Yes  
 No
- Q2 Do you own a computer  Yes  
 No
- Q3a Please state what type of computer do you own  Apple Mac  
 PC based  
 Other (please specify)  
 Don't know
- Q3b Where do you use a computer? (please tick all that apply)  At own home  
 At a friend's house  
 At a adult child's house  
 At a public building (e.g. library, community centre)

**\*If you answered NO to Q3a, then please skip Q4-Q7, and turn to page 3**

- Q4 How long have you used a computer? (please tick 1 answer)  More than 10 years  
 More than 5 years  
 More than 2 Years  
 For 1 year or less  
 1 month or less
- Q5 How frequently do you use a computer (please tick 1 answer)  More than once a day  
 About once a day  
 More than once a week  
 More than once a month  
 Less than once a month  
 I normally do not use a computer
- Q6 How many hours a week do you use a computer? (please tick 1 answer)  0-1 hours  
 2-5 hours  
 6-10 hours  
 10+ hours  
 11-20 hours  
 20+ hours
- Q7 What do you usually use a computer for (please tick all that apply)  Word processing  
 Drawing  
 Email  
 Playing games  
 Internet (checking facts)  
 Internet (Social networking, EG. Facebook)  
 Internet (banking)  
 Internet (purchasing)  
 Database/Spreadsheets  
 Recording data (health, finances)  
 Other (please specify)

Q8 Please briefly write how you learnt how to use a computer & its software

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Q9 Have you played games?  Yes  
 No

**\*If you answered NO to Q9, then please skip Q10a-Q16, and turn to page 5**

Q10 Do you own a video game console  Yes  
 No

Q11 Please state what type of game console(s) do you own? (if you own more than 1, please list all)

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Q12 Do you have access to a computer that can be used to play games?  Yes  
 No

Q13 Do you own a handheld videogame console (e.g. Nintendo DS/ DS Lite/ Sony PSP)  Yes  
 No

Q14 Please tick which kind of games you play

- Adventure
- Sport
- Exergame
- Strategy
- Casual
- Shooter
- Role Playing
- Action
- Simulation
- Puzzle
- Other (please state)

Q15 Please write what your is your favourite game(s) to play

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Q16 Please write how you learnt how to play a videogame

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## Section B: Internet use & Ownership

- Q17 Do you have the Internet at home  Yes  
 No

**\*If you answered NO to Q17, please skip Q18-Q22, and turn to Q 23 page 5**

- Q18 How much you pay per month for your Internet (which may include TV and phone line)

\_\_\_\_\_

- Q10 How long have you used the Internet?
- More than 10 years
  - More than 5 years
  - More than 2 Years
  - For 1 year or less
  - 1 month or less (I've just changed)

- Q20 How frequently do you use the Internet?
- More than once a day
  - About once a day
  - More than once a week
  - More than once a month
  - Less than once a month

- Q21 Please write what you use the Internet for? (include all purposes)
- Record video
  - Facebook
  - Google+
  - Take a photograph
  - Use Instagram
  - Pinterest
  - Snapchat, What's app, Other (please specify)
  - Twitter
  - Spotify, Deezer, Other (please specify)
  - Kindle
  - Foursquare
  - Netflix, BBC iPlayer, Other (Please specify)
  - Shazam
  - Games (please specify)
  - Reading
  - Make a call, use Viber, use Skype
  - Send a text message
  - Access the Internet (Google)
  - Access Facebook
  - Access Twitter
  - Upload a photo to a social media site
  - Online Banking

- Diary function
- Weather report
- Access news reports (BBC)
- Use the alarm
- Play games
- Access GPS/Maps
- Use as a note taker
- Access/ send email
- Access functional apps (e.g. Health, Trainline.com/ tube map – please specify)
- Other (Please specify  Email)
- Social media (e.g. Facebook)
- Online shopping
- Online banking
- Searching for information
- Booking holidays/flights
- Booking events
- Watching television
- Streaming content
- Downloading content
- Other

Q22 Please write how you learnt to use the Internet including your behaviours (e.g. online banking) \_\_\_\_\_

## Section C: Digital Device Ownership & Social Networking

Q23 Do you own any of the following digital devices (please tick all that apply)

- Mobile phone
- Blackberry
- Apple iPad
- Apple iPod
- Apple iPhone
- Kindle/e-book
- Tablet
- Fitbit
- Other (please specify)

Q24 From the above list of devices & what you have selected, please write which you use frequently \_\_\_\_\_

Q25 What activities do you use your digital device for? (please tick all that apply)

- Record video
- Facebook
- Google+
- Take a photograph
- Use Instagram
- Pinterest
- Snapchat, What's app, Other (please specify)

- Twitter
- Spotify, Deezer, Other (please specify)
- Kindle
- Foursquare
- Netflix, BBC iPlayer, Other (Please specify)
- Shazam
- Games (please specify)
- Reading
- Make a call, use Viber, use Skype
- Send a text message
- Access the Internet (Google)
- Access Facebook
- Access Twitter
- Upload a photo to a social media site
- Online Banking
- Diary function
- Weather report
- Access news reports (BBC)
- Use the alarm
- Play games
- Access GPS/Maps
- Use as a note taker
- Access/ send email
- Access functional apps (e.g. Health, Trainline.com/ tube map – please specify)
- Other (Please specify)

**\*If you answered NO to Q25, then please skip Q26-Q32, and turn to Q33 on page 7**

- Q26 How long have you been using social networking sites? (please tick one answer)
- More than 10 years
  - More than 5 years
  - More than 2 Years
  - For 1 year or less
  - 1 month or less (I've just changed)
- Q27 How frequently do you use social networking sites? (please tick one answer)
- More than once a day
  - About once a day
  - More than once a week
  - More than once a month
  - Less than once a month
- Q28 Please tick why you use social media sites
- To stay connected with friends
  - To stay connected with grand/children
  - To share information that I am interested in with friends/family
  - To share photographs with friends/family
  - To organize events
  - To partake in events/groups that I am interested in
  - To keep up to date with the latest news
  - To express my opinions and views
  - Other (please specify)

Q29 Please tick who introduced you to social networking?  Spouse/partner  
 Adult child  
 Grandchild  
 Friend

Q30 Have you introduced anyone to social networking sites or apps?  Yes  
 No

Q31 Please tick who you introduced to social networking sites or apps to?  Spouse/partner  
 Adult child  
 Grandchild  
 Friend

Q32 Please write what type of social media site or App you introduce that person to?  
\_\_\_\_\_

Q33 Does anyone else access your digital devices?  Yes  
 No  
 Not sure

Q34 Please write which device(s) they have access to?  
\_\_\_\_\_

Q35 Please write who accesses your device(s)  Spouse/partner  
 Adult child  
 Grandchild  
 Friend

Q36 Please write what they use your device for?  
\_\_\_\_\_

**Section D: Purchasing habits**

Q37 Have you ever bought any of the following digital devices?  Mobile phone  
 Blackberry  
 Apple iPad  
 Apple iPod  
 Apple iPhone  
 Kindle/e-book  
 Tablet  
 Video game console  
 A handheld game console (e.g., Nintendo DS/Lite  
 Fitbit

[ ] Other

Q38 Please write what the reason was for buying these devices?

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Q39 Where did you buy these devices from? (please tick all that apply)

- [ ] Supermarket
- [ ] A computer shop
- [ ] A high street shop
- [ ] A rental shop
- [ ] Online (Amazon)
- [ ] Online (specific store – e.g., Marks & Spencers)
- [ ] Other (please specify)

## Section E: Lifelogging/recording of data

**Self-Logging** – is a term where a person records a specific piece of information (e.g., mileage travelled in 1 day/holiday or a certain type of medication to be taken at a specific time or day)

**Q40a We would like to know if you have previously or at present recorded this type of data. Please write what kind of items you have recorded in your daily life (past or present).**

**Life-logging** is a term whereby, a person logs a variety of information on a daily basis relating to their physical activity. For example:

Betty is 80 year old woman who enjoys the company of her children and grandchildren on a daily and weekly basis. She walks to her coffee mornings where she can catch up with her friends and to church on a Sunday morning. Recently, Betty found out one of her grandchildren – Jake (20 years old) who is an avid runner has started to track his own physical activity through the use of a Fitbit device.



Betty was fascinated with the Fitbit and wanted to know more information about this device. Jake showed his grandmother the simple interface which displays the time, number of steps taken, and how it can easily be attached to a piece of clothing. Betty asked Jake to buy her a Fitbit and to setup the synchronization on to her desktop computer, so she could update her progress on a daily basis.

Since wearing her Fitbit, Betty has now started walking everywhere (pending weather). She still attends her coffee mornings and weekly church services, but she also takes a walk after lunch and dinner, and she has started to share her progress with her friends, explaining to them, why she is has started doing this and how unobtrusive the Fitbit is in her activities of daily living.

We are interested in your knowledge and perception of life-logging. We are asking the following question to gauge the understanding, needs, and requirements, knowledge of older adults in relation to recording of data or logging specific activities.

Q40b Do you undertake any self-logging in your life with a smart phone?  Yes  
 No  
 Not sure

Q40c Do you undertake any self-logging activities with a tablet?  Yes  
 No  
 Not sure

Q40d Do you undertake any self-logging activities with a PC?  Yes  
 No  
 Not sure

Q40e Do you undertake any self-logging activities using a spreadsheet?  Yes  
 No  
 Not sure

Q40f Do you undertake any self-logging activities using traditional methods (e.g. pen/paper)  Yes  
 No  
 Not sure

**If you answered YES to Q40b-f, please go to Q41. If you answered NO to Q40b-f go to Q43**

Q41 If you use a digital format for life-logging activities. Have you installed any of these 'apps' onto your digital device(s)? (please tick all that apply)

- Runtastic
- Strava
- Fitbit
- Foursquare
- Pinterest
- Health Apps (please specify all)
- Work related Apps (please specify all)
- Social Apps (please specify all)
- Other (please specify all)

- Q42 Have you heard of the following brands used for self-logging (please tick all that apply)
- Fitbit
  - Jawbone
  - Garmin
  - Samsung
  - LG G
  - Garmin
  - No I haven't heard of any of the devices above
  - Other (please specify all)
- Q43 Would you consider taking up Quantified Self (QS)-logging?
- Yes
  - No
  - Not sure
- Q44 If you answer YES to Q43 please select your reasons why
- Because it's fun
  - To build my confidence
  - Because I like sharing information
  - To inform persons of my activities
  - To feel better
  - To have others' opinions
  - To make sure the recipient is thinking of me
  - To increase the amount of communication in friendship
  - Common interests
  - Start or continue conversations with friends
  - Other (please state)
- Q45 If you answer NO to Q43 please select your reason(s) why
- It is not informative
  - It doesn't make sense to me
  - It has not real impact on my life
  - I don't know how to use this technology
  - I wouldn't know how to share this information
  - People might laugh at what I am doing
  - Because it is embarrassing
  - Persons might perceive me as being weird
  - This activity could take up too much of my time
  - I think it might be too expensive
  - I wouldn't know where to buy the equipment from
  - Other (please specify)
- Q46 Do you know if any of your friends or family undertake self-logging activities
- Yes
  - No
  - Not sure

**If you answer YES to Q46 please go to Q47**

**If you answer NO to Q46 please go to Q51– Page 11**

- Q47 Please write who self-logs their data
- Spouse/partner
  - Adult child

- [ ] Grandchild  
[ ] Friend
- Q48 For those who you know self-loggers, do they share their data/activity with you? [ ] Yes  
[ ] No  
[ ] Not sure
- Q49 Do they share their data with you on a regular basis? [ ] Yes  
[ ] No  
[ ] Not sure

**If you answer NO to Q48 & 49 please go to Q54, Page 12**

- Q50 How frequently do they share their data with you? (please tick 1 answer) [ ] More than once a day  
[ ] About once a day  
[ ] More than once a week  
[ ] More than once a month  
[ ] Less than once a month
- Q51 Do you enjoy hearing this information? [ ] Yes  
[ ] No  
[ ] Sometimes  
[ ] Not sure

**If you answer YES to Q51 please go to Q52**

**If you answer NO to Q51 please go to Q53**

- Q52 If you answered **YES** to **Q51** Please tick why do you enjoy hearing this information? [ ] Because it's fun  
[ ] Because I find this information informative  
[ ] Because they like sharing information  
[ ] To inform me of their activities  
[ ] It motivate me to undertake physical activity  
[ ] I can provide my opinion(s) about their progress  
[ ] I can show my support to the recipient during this physical activity  
[ ] Our communication has increased and improved our friendship  
[ ] Common interests  
[ ] Start or continue conversations with friends  
[ ] Other (please state)
- Q53 If you answered **NO** to **Q51** Please tick why you do not enjoy hearing this information? [ ] It is not informative  
[ ] It doesn't make sense to me  
[ ] It has not real impact on my life  
[ ] I don't undertake physical activity & it doesn't interest me  
[ ] I might laugh at the person for not doing well  
[ ] Because it is embarrassing  
[ ] I have problems been motivated myself, I don't want to motivate others  
[ ] I don't have the time to listen, read, watch or

- speak about this information  
 I have my own problems  
 Other (please specify)

## Section F: Sharing Information

- Q54 Do you use digital devices to share information?  Yes  
 When using your digital device(s) or traditional methods, have you ever shared information (e.g. photo; exercise/ health data; personal feelings, websites?)  Sometimes  
 No
- Q55 Do you use traditional methods for sharing information?  Yes  
 Sometimes  
 No
- Q56 Either by digital or traditional methods, have you ever shared information (e.g. photo; exercise/ health data; personal feelings, websites?)  Yes  
 Sometimes  
 No

**If you answer YES to Q54 please go to Q57**

**If you answer NO to Q54 please go to Q62 – page 14**

- Q57 Please write which digital device(s) or traditional approaches you have used to share information on? \_\_\_\_\_
- Q58 When did you start sharing your information? (please tick 1 answer)  More than 10 years  
 More than 5 years  
 More than 2 Years  
 For 1 year or less  
 1 month or less
- Q59 How frequently do you share your information? (please tick 1 answer)  More than once a day  
 About once a day  
 More than once a week  
 More than once a month  
 Less than once a month  
 I normally do not share information

- Q60 Why are you sharing information?  Because it's fun  
 To build my confidence  
 Because I like sharing information  
 To inform persons of my activities  
 To feel better  
 To have others' opinions  
 To make sure the recipient is thinking of me  
 To increase amount of communication in friendship  
 Common interests  
 Start or continue conversations with friends  
 Other (please state)
- Q61 What kind of information have you shared? (e.g., social networking sites; what's app, Viber or Twitter)  Photographs  
 Music (You tube; Spotify; Deezer)  
 Status updates (e.g. How I'm feeling today)  
 News articles  
 Job advertisements  
 Professional meetings (e.g. conferences)  
 Salutations (e.g. Happy Birthday to a friend or new job)  
 Personal health data (e.g. number of steps counted via a Fitbit)  
 Physical fitness (e.g. running route)  
 Other (please specify)
- Q62 Would you consider sharing information? (e.g. on Social media sites, specific health/app related websites)  Yes  
 No  
 Not sure
- Q63 What concerns do you have about sharing your information (please tick all that apply)  Information being stolen  
 Persons wouldn't be interested  
 I don't know how to share this information  
 It is my data and I don't want to share it  
 Persons might laugh at me  
 Because it is embarrassing  
 Sharing could make others evaluate me negatively  
 Sharing could result in a loss of control over who knows this about me  
 Sharing could result in an increase in telephone or mail solicitations from 3<sup>rd</sup> party companies  
 Other (please specify)

## Section G: Demographic Information

- Q64 What is your age?
- Q65 What is the annual household income
- Q66 Do you have private health insurance?  Yes  
 No

**If you have answered YES to Q66 please go to 67**

**If you have answered NO to Q66 please go to Q68**

- Q67 Would you consider wearing a Fitbit device if your insurance company agreed to provide you with a year discount for accessing your information?  Yes  
 No  
 Not sure  
 Maybe, but I would like to know more information
- Q68 What is your gender?  Male  
 Female
- Q69 What is your marital status?  Single  
 Married/Living with partner  
 Widowed  
 Other
- Q70 Are you currently employed?  Yes  
 No  
 Retired (please state your previous occupation)
- Q71 What level of education have you gained? (highest gained, please only tick 1 answer)  GCSE/O-level/ High School equivalent  
 A-Level/ College equivalent  
 Higher Education – BSc/BA (Hons)  
 Higher Education – MSc/MA  
 Higher Education - MPhil  
 Higher Education – PhD  
 Teaching Certification – PGCE  
 Other (please state)
- Q72 Who do you live with?  Live alone  
 With spouse or partner  
 With adult child  
 With grandchild  
 With family, friend or acquaintance  
 Other (please state)
- Q73 What are you living arrangements?  At home  
 Long-term care  
 Assisted living

- Q74 What is the type of community do you live in? [ ] Rural (<2500)  
 [ ] Small town (2501-10000)  
 [ ] City suburb (10001-50000)  
 [ ] Metropolitan city (50001>)

Q75 How do you rate your current physical activity (please select 1 answer)

<b>Never</b>	<b>Infrequent</b>	<b>Neutral</b>	<b>Once a day</b>	<b>More than once a day</b>
1	2	3	4	5

Q76 How do you rate your current health status (please select 1 answer)

<b>Very unhealthy</b>	<b>Somewhat unhealthy</b>	<b>Neutral</b>	<b>Somewhat healthy</b>	<b>Very healthy</b>
1	2	3	4	5

**Thank you for completing the survey.**