Customization in Mobile Health Apps: Explaining Effects on Physical Activity Intentions by

the Need for Autonomy

Supplementary File:

Survey Items of Perceived Active Control, Autonomous Motivation, Intention to Engage in

Physical Activity, and Need for Autonomy

PERCEIVED ACTIVE CONTROL [PAC]

To what extent do you agree with the following statements about the demo health app you just looked at:

PAC1 I could choose freely what I wanted to see in the app.
PAC2 While I used the app, I was always aware where in the app I was.
PAC3 While I used the app, I always knew where I was going.
PAC4 I feel that I have a great deal of control over my visiting experience in this app.

[measured on 7-point Likert scales:
1 = Strongly disagree,
2 = Disagree,
3 = Somewhat disagree,
4 = Neither agree or disagree,
5 = Somewhat agree,
6 = Agree,
7 = Strongly agree]

AUTONOMOUS MOTIVATION [AM]

I would use a health-related smartphone app because...

AM1 Using health-related smartphone apps is fun.
AM2 I enjoy learning new skills through health-related smartphone apps.
AM3 The outcome from using a health-related smartphone app is exiting.
AM4 Using a health-related smartphone app is an enjoyable way to learn new skills/techniques.

[measured on 7-point Likert scales:
1 = Strongly disagree,
2 = Disagree,
3 = Somewhat disagree,
4 = Neither agree or disagree,
5 = Somewhat agree,
6 = Agree,
7 = Strongly agree]

INTENTION TO ENGAGE IN PHYSICAL ACTIVITY [PA]
What is your opinion on the following statement? Please indicate your opinion using the two answer scales:

"I intend to engage in physical activity (e.g., walking, moving, biking, swimming, exercising etc.) for at least 30 minutes, 5 times a week for the next 3 months."

[measured on a 7-point semantic differential scale:
1 = Very likely,
7 = Very unlikely] (Reversed coded)

[measured on a 7-point semantic differential scale:
1 = Strongly disagree,
7 = Strongly agree]

NEED FOR AUTONOMY [NA]
Now we will present you with five health related situations. What are you the most likely to do in each situation below?

NA1 You are considering making changes to your health (e.g. improving your diet or exercising more often). How likely are you to: Decide for yourself which type of changes you would like to make?
NA2 You have been advised that setting goals is a good way to motivate yourself to change your health behaviours. How likely are you to: Set your own goals?
NA3 During a discussion with a health professional (your doctor, a physiotherapist etc.), he/she presents you with several options on the best way for you to reach your health goal (e.g. get in better physical shape). How likely is your first thought: What do I think is the best option for me?
NA4 In the past, when you needed to become more motivated to do something for your health (e.g. exercise more, change your diet, move more during a day at the school/office). How likely would you say that you: Found the motivation yourself?
NA5 You find out from your doctor that you have diabetes. What are you the most likely to do? Research on your own what you should do?

[measured on 7-point Likert scales:
1 = Very unlikely,
2 = Unlikely,
3 = Somewhat unlikely,
4 = Neither likely nor unlikely,
5 = Somewhat likely,
6 = Likely,
7 = Very likely]