

Additional file 2 – Topic list used during the semi-structured interviews.

Table. Topic list of the interviews.

Topic	Question
Start	<p>Discuss (without recording) the informed consent form:</p> <ul style="list-style-type: none"> - Purpose of research & interview - Anonymous processing of data - Monitoring recording & processing - If you do not want to give an answer then you are free to do so (also stop research) - If you have questions, you can ask them at any time - Do you have any questions so far? <p>Start recording</p>
Stress definition	<ol style="list-style-type: none"> 1. Could you describe what stress entails according to you? <ol style="list-style-type: none"> a. Symptoms / characteristics
Customer jobs	<ol style="list-style-type: none"> 1. From the situation of Miriam/Peter: in which way has stress an influence on: <ol style="list-style-type: none"> a. Working life b. Private life
	<ol style="list-style-type: none"> 2. 2. What would Miriam / Peter need when it comes to reducing stress?
	<ol style="list-style-type: none"> 3. Which problems would the reduction of stress solve for Miriam/Peter? <ol style="list-style-type: none"> a. Why is it a problem? b. In what situations?
Gains	<ol style="list-style-type: none"> 1. To what extent do you expect that such an application could help reduce stress?
	<ol style="list-style-type: none"> 2. What could be the benefit of using such an application for Miriam / Peter? <ol style="list-style-type: none"> a. Functional: Could it make a positive contribution to the work? In what way / in which situations? b. Social: Could it make a positive social contribution? In what way / in which situations? c. Emotional: Could it make a positive emotional contribution? In what way / in which situations?
	<ol style="list-style-type: none"> 3. What are essential elements that the application should contain for Miriam / Peter to start using the app?
	<ol style="list-style-type: none"> 4. How do you think the application should be designed so that it is appealing for Miriam / Peter to use the app? <ol style="list-style-type: none"> a. General

	<ul style="list-style-type: none"> b. Portable sensor technology <ul style="list-style-type: none"> - Validity of measurements - Manually entering data - Combine data of, for example, agenda, location, email behaviour, causes of stress c. Coaching messages: <ul style="list-style-type: none"> - Frequency - Time of the day - Appearance of the message - Rewards - Social support. With whom? Colleagues share experiences, etc.? - Goal setting d. Coaching techniques: <ul style="list-style-type: none"> - Relax exercises - Time management - Cognitive therapy
	<p>5. What preconditions must the app meet so that Miriam / Peter would be satisfied with the app?</p> <ul style="list-style-type: none"> - How should employees be guided before and during the use of the application? - How would you like to use the app during the day? - Privacy: Problems with data collection? Who may have access to the data?
Pains	<p>1. What would be barriers for Miriam / Peter to start working on stress management via the app?</p> <ul style="list-style-type: none"> a. Functional: Do you expect Miriam / Peter to start using the app? What infringement / influence does usages of the app have on their daily activities? b. Social: What if colleagues know that Miriam / Peter are using the app to reduce work stress? c. Emotional: Do you believe Miriam / Peter would enjoy working on stress management via the app?
	<p>2. What could frustrate Miriam / Peter or experience as a nuisance when using such an application?</p> <ul style="list-style-type: none"> a. General b. Portable sensor technology <ul style="list-style-type: none"> - Validity of measurements - Manually entering data - Combine data of, for example, agenda, location, email behaviour, causes of stress

	<ul style="list-style-type: none"> c. Coaching messages: <ul style="list-style-type: none"> - Frequency - Time of the day - Appearance of the message - Rewards - Social support. With whom? Colleagues share experiences, etc.? - Goal setting d. Coaching techniques: <ul style="list-style-type: none"> - Relax exercises - Time management - Cognitive therapy
	<p>3. Could Miriam / Peter also experience disadvantages from using the application for the purpose of reducing stress in the workplace setting? What are the disadvantages?</p> <ul style="list-style-type: none"> a. Functional: Are there negative consequences for Miriam / Peter by using the application during the work / job? b. Social: Could it contribute negatively in the social field? In what way / in which situations? c. Emotional: Could it contribute negatively on an emotional level? In what way / in which situations? d. Privacy: What is your view on the collection of personal data via portable sensor technology?
End	<p>1. Would you use such an application for stress management yourself? Yes/No/Doubt</p>