

Implementing Goal Mama: Barriers and facilitators to introducing mobile health technology in a public health nurse home-visiting program

Supplementary Materials

Appendix 1: Goal Mama App Features

Feature	Description
Information Center	A resource area where clients can read and access important content developed by NFP related to pregnancy and early parenthood.
Mom Community	A social forum where clients can respond to specific prompts and share their experiences and advice on non-medical related topics.
Visit Info	Where upcoming appointments are set, and one-way encouragement from the nurse to the client is sent.
Discussion Topics	A mechanism for clients to indicate topics or issues they would like to discuss with their nurse at their next visit, which will allow nurses to better prepare and tailor materials most useful for their clients.
To-Do's and Reminders	A space for clients to document small milestones and tasks that can keep them on track towards achieving their goals.
Self-Discovery	A place where clients can take self-discovery assessments to help them learn more about themselves and their priorities.
Healthy Habit Challenges	Clients can sign up for 2-week challenges where they are encouraged daily about a specific health behavior (including hydration, smoking cessation, and stress reduction).

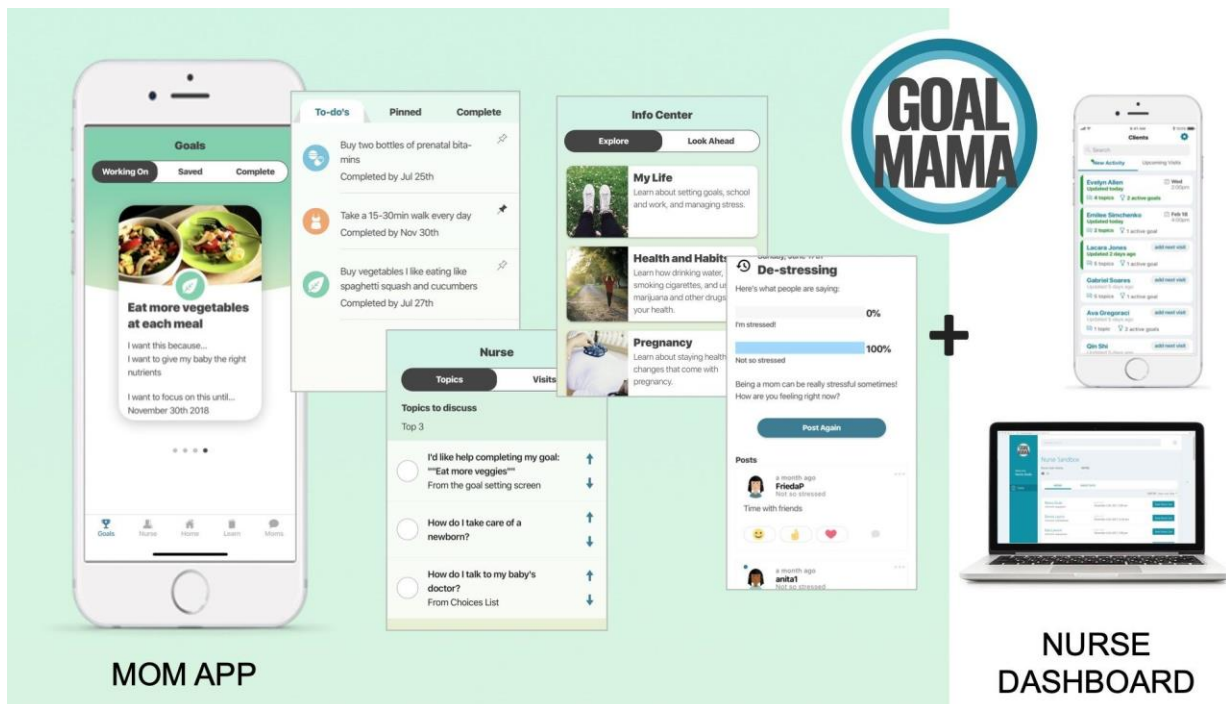
Appendix 2: Goal Mama Nurse Dashboard Features

Feature	Description
Client List	A high-level view of all of a nurse's clients using Goal Mama, which tracks upcoming visits and signals new activity done by clients in the client app.
Individual Client Profile	A client-specific view that shows how an individual client is progressing on setting and completing their goals, and shows nurses new topics clients want to discuss based on their activity in Goal Mama during and between visits.

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Topics to Discuss	A detailed view of the topics that clients have indicated they are interested in talking about with their nurse at upcoming visits. Clients can update and re-prioritize these between visits.
Goals Details	A view of all clients' goals and relevant details, including new information and progress (or lack of progress) between visits.
Other App Activity	An at-a-glance view of additions or modifications a client has made in the Goal Mama app including Discovery Quizzes, and starting new goals and habits.
Shout-outs	A way for nurses to send short messages of encouragement and affirmation to their clients.
Nurse Supervisor View	A view that allows Nurse Supervisors to view the Goal Mama information of their nurse team and their nurses' clients.

Appendix 3: Screenshot of Goal Mama App and Dashboard Features



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Appendix 4: Adapted Acceptability and Feasibility Measures

The table below presents the app and dashboard survey items included in the nurse survey. Response options for each of the survey items included: 1 = Completely disagree, 2 = Disagree, 3 = Neither agree nor disagree, 4 = Agree, 5 = Completely Agree. Items 1–4 of each survey represent the acceptability measure and items 5–8 represent the feasibility measure. To create the scaled score for each measure, an average was calculated on the corresponding set of items. For example, to create the app acceptability measure, app survey items 1–4 were averaged and, to create the app feasibility measure, app survey items 5–8 were averaged.

App Survey Items	Dashboard Survey Items
1. The Goal Mama app meets my approval.	1. The Nurse Dashboard meets my approval.
2. The Goal Mama app is appealing to me.	2. The Nurse Dashboard is appealing to me.
3. I like the Goal Mama app.	3. I like the Nurse Dashboard.
4. I welcome the Goal Mama app being used by clients.	4. I welcome the Nurse Dashboard in my work with clients.
5. The Goal Mama app seems implementable to use with clients.	5. The Nurse Dashboard seems implementable in my workload.
6. The Goal Mama app seems possible to use with clients.	6. The Nurse Dashboard seems possible for me to use.
7. The Goal Mama app seems doable to use with clients.	7. The Nurse Dashboard seems doable for me to use.
8. The Goal Mama app seems easy to use.	8. The Nurse Dashboard seems easy to use.
9. The Goal Mama app seems helpful to my clients.	9. The Nurse Dashboard seems helpful to my work with clients.
10. I feel confident in my ability to use the Goal Mama app with clients.	10. I feel confident in my ability to use the Nurse Dashboard.

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11. I will continue to use the Goal Mama app with my clients after the study.	11. I will continue to use the Nurse Dashboard after the study.
12. I would share the Goal Mama app with more clients in the future.	12. I would recommend the Nurse Dashboard to other nurses.

Appendix 5: Sample Focus Group Questions

Theme	Sample Questions
Acceptability	<p>What is working well for your nurses with the Nurse Dashboard?</p> <p>What kind of issues have come up with the Nurse Dashboard?</p> <p>How has your use of the Nurse Dashboard changed over time?</p> <p>How has (or hasn't) the Nurse Dashboard been helpful to your practice?</p>
Feasibility	<p>How will the type of your organization affect the implementation of the Nurse Dashboard?</p> <p>What factors would allow Goal Mama to be effective in your setting? What challenges may arise?</p> <p>In what ways has the Nurse Dashboard changed your workflow?</p>
Facilitators	<p>What kinds of changes or alterations do you think need to be made to the Nurse Dashboard, so it can work effectively at your implementation agency?</p> <p>What supports, such as online resources, marketing materials, or a toolkit, would help you implement and use the Goal Mama app?</p> <p>What opportunities can make implementing the Nurse Dashboard successful at other NFP implementing agencies?</p>
Barriers	<p>How do you feel about technology (like the Goal Mama app and the Nurse Dashboard) being used in your work?</p> <p>What challenges do you think the Goal Mama app will face when implemented at other NFP sites?</p> <p>What challenges do you think the Nurse Dashboard will face when implemented at other NFP</p>

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