

REASONS WHY ADOLESCENTS STOPPED USING THE #LIFEGOALS-APP

I do not use the #LIFEGOALS app anymore because... (n=44)	Strongly disagree		Disagree		Neutral		Agree		Strongly agree	
	n	%	n	%	n	%	n	%	n	%
<b>the app takes too much time</b>	n=6	13.6%	n=9	20.5%	n=16	36.4%	n=7	15.9%	n=6	13.6%
<i>Academic track</i>	n=5	15.6%	n=7	21.9%	n=12	37.5%	n=4	12.5%	n=4	12.5%
<i>Non-academic track</i>	n=1	8.3%	n=2	16.7%	n=4	33.3%	n=3	25.0%	n=2	16.7%
<b>I am not allowed to use my mobile phone much at home</b>	n=23	52.3%	n=9	20.5%	n=7	15.9%	n=5	11.4%	n=0	0.0%
<i>Academic track</i>	n=16	50.0%	n=7	21.9%	n=5	15.6%	n=4	12.5%	n=0	0.0%
<i>Non-academic track</i>	n=7	58.3%	n=2	16.7%	n=2	16.7%	n=1	8.3%	n=0	0.0%
<b>I already live a sufficiently healthy life</b>	n=2	4.5%	n=4	9.1%	n=22	50.0%	n=10	22.7%	n=6	13.6%
<i>Academic track</i>	n=0	0.0%	n=4	12.5%	n=16	50.0%	n=7	21.9%	n=5	15.6%
<i>Non-academic track</i>	n=2	16.7%	n=0	0.0%	n=6	50.0%	n=3	25.0%	n=1	8.3%
<b>there were technical problems with the app</b>	n=21	47.7%	n=8	18.2%	n=6	13.6%	n=4	9.1%	n=5	11.4%
<i>Academic track</i>	n=14	43.8%	n=6	18.8%	n=4	12.5%	n=3	9.4%	n=5	15.6%
<i>Non-academic track</i>	n=7	58.3%	n=2	16.7%	n=2	16.7%	n=1	8.3%	n=0	0.0%
<b>the app was too complicated</b>	n=11	25.0%	n=10	22.7%	n=12	27.3%	n=10	22.7%	n=1	2.3%
<i>Academic track</i>	n=9	28.1%	n=8	25.0%	n=9	28.1%	n=6	18.8%	n=0	0.0%
<i>Non-academic track</i>	n=2	16.7%	n=7	16.7%	n=3	25.0%	n=4	33.3%	n=1	8.3%
<b>I did not like the app</b>	n=4	9.1%	n=6	13.6%	n=17	38.6%	n=13	29.5%	n=4	9.1%
<i>Academic track</i>	n=3	9.4%	n=3	9.4%	n=13	40.6%	n=11	34.4%	n=2	6.3%
<i>Non-academic track</i>	n=1	8.3%	n=3	25.0%	n=4	33.3%	n=2	16.7%	n=2	16.7%
<b>my behavior did not change by using the app</b>	n=4	9.1%	n=5	11.4%	n=11	25.0%	n=12	27.3%	n=12	27.3%
<i>Academic track</i>	n=3	9.4%	n=5	15.6%	n=8	25.0%	n=9	28.1%	n=7	21.9%
<i>Non-academic track</i>	n=1	8.3%	n=0	0.0%	n=3	25.0%	n=3	25.0%	n=5	41.7%
<b>the app did not meet my expectations</b>	n=4	9.1%	n=15	34.1%	n=18	40.9%	n=4	9.1%	n=3	6.8%
<i>Academic track</i>	n=2	6.3%	n=11	34.4%	n=13	40.6%	n=4	12.5%	n=2	6.3%
<i>Non-academic track</i>	n=2	16.7%	n=4	33.3%	n=5	41.7%	n=0	0.0%	n=1	8.3%
<b>my friends did not use the app either</b>	n=9	20.5%	n=13	29.5%	n=15	34.1%	n=5	11.4%	n=2	4.5%
<i>Academic track</i>	n=8	25.0%	n=9	28.1%	n=11	34.4%	n=2	6.3%	n=2	6.3%
<i>Non-academic track</i>	n=1	8.3%	n=4	33.3%	n=4	33.3%	n=3	25.0%	n=0	0.0%

I did not get enough reminders to use the app	n=8	18.2%	n=11	25.0%	n=15	34.1%	n=8	18.2%	n=2	4.5%
<i>Academic track</i>	n=3	9.4%	n=8	25.0%	n=12	37.5%	n=7	21.9%	n=2	6.3%
<i>Non-academic track</i>	n=5	41.7%	n=3	25.0%	n=3	25.0%	n=1	8.3%	n=0	0.0%
I was not motivated by my environment to keep using the app (e.g. at home, by friends, etc.)	n=4	9.1%	n=7	15.9%	n=18	40.9%	n=10	22.7%	n=5	11.4%
<i>Academic track</i>	n=2	6.3%	n=3	9.4%	n=14	43.8%	n=10	31.3%	n=3	9.4%
<i>Non-academic track</i>	n=6	50.0%	n=1	8.3%	n=1	8.3%	n=2	16.7%	n=2	16.7%
I already use other apps to track and/or improve my lifestyle (e.g. Fitbit app)	n=12	27.3%	n=5	11.4%	n=10	22.7%	n=12	27.3%	n=5	11.4%
<i>Academic track</i>	n=6	18.8%	n=4	12.5%	n=9	28.1%	n=10	31.3%	n=3	9.4%
<i>Non-academic track</i>	n=6	50.0%	n=1	8.3%	n=1	8.3%	n=2	16.7%	n=2	16.7%
there are other things in my life I consider more important than my health	n=6	13.6%	n=13	29.5%	n=18	40.9%	n=5	11.4%	n=2	4.5%
<i>Academic track</i>	n=4	12.5%	n=11	34.4%	n=14	43.8%	n=3	9.4%	n=0	0.0%
<i>Non-academic track</i>	n=2	16.7%	n=2	16.7%	n=4	33.3%	n=2	16.7%	n=2	16.7%
the chatbot often answered my questions incorrectly	n=14	31.8%	n=8	18.2%	n=16	36.4%	n=6	13.6%	n=0	0.0%
<i>Academic track</i>	n=9	28.1%	n=7	21.9%	n=12	37.5%	n=4	12.5%	n=0	0.0%
<i>Non-academic track</i>	n=5	41.7%	n=1	8.3%	n=4	33.3%	n=2	16.7%	n=0	0.0%