

## Supplementary Information

### Questionnaire

The questionnaire submitted to obese patients is reported here.

#### Part A: Demographics and personal information

#	Question	Answers
1	Gender	Male
		Female
2	Age range	< 18
		18-30
		31-40
		41-50
		51-60
		61-70
		>70
3	Weight (kg)	.....
4	Height (cm)	.....
5	What is your highest level of education	Elementary
		Lower middle school
		High school
		Bachelor's degree
		Doctoral or postgraduate degree
6	Region of residence	.....
7	What is your occupation?	Student
		Worker
		Unemployed
		Housemaker
		Retired
8	What romantic relationship are you in?	Single
		I have a stable partner
		Other
9	How much do you agree with the following statement: "I consider myself a person who likes to be in company"?	Strongly disagree
		Disagree
		Neutral
		Agree
		Strongly agree
10	With whom do you consume the main meals of the day?	Alone
		With family
		With colleagues/friends
11	Does your household support/motivate you in maintaining/improving your health status?	Yes
		No
12	Does your household NEGATIVELY influence your eating behavior?	Yes
		No

<b>13</b>	Is/would your household be involved in your care journey?	Yes
		No
<b>14</b>	How much do you agree with the following statement: "I am the main architect of my own health"?	Strongly disagree
		Disagree
		Neutral
		Agree
		Strongly agree
<b>15</b>	How much do you agree with the following statement: "I use Apps on my cell phone (smartphone) with great ease"?	Strongly disagree
		Disagree
		Neutral
		Agree
		Strongly agree
		I don't have a cell phone with access to the Internet and Apps (smartphone)
<b>16</b>	Are you affected by one or more of these conditions? (You can select more than one answer)	Cardio or cerebrovascular disease
		Hypertension
		Diabetes
		Liver disease
		Osteoarthritis
		Osteoporosis
		Kidney disease
<b>17</b>	Are you taking or have you taken drug therapy for obesity?	Yes
		No
<b>18</b>	Have you performed any of the following health care services in the past year? (You can select more than one answer)	Ambulatorio (Obesity Center)
		MAC / Day Hospital
		Hospitalization (e.g., Piancavallo)
		Bariatric Surgery
<b>19</b>	How much do you agree with the following statement: "My health status improved while being taken care of by Auxologico"?	Strongly disagree
		Disagree
		Neutral
		Agree
		Strongly agree
<b>20</b>	How much do you agree with the following statement: "I am satisfied with the results obtained"?	Strongly disagree
		Disagree
		Neutral
		Agree
		Strongly agree
<b>21</b>	Once you return home, do you have difficulty managing the maintenance/improvement of results over time?	I have no difficulty (I manage well on my own without external support)
		Yes, I have difficulty in the area of weight maintenance/reduction
		Yes, I have difficulty in the area of eating habits/behavior
		Yes, I have difficulty in the area of motivation to change
		Yes, I have difficulties in other aspects
<b>22</b>	Would you like to be able to be followed by health care	I don't care
		Yes, for 1 month

	professionals remotely from home, even through technological-digital tools?	Yes, for 3 months
		Yes, for 6 months
		Yes, for 12 months
		Yes, for a lifetime
<b>23</b>	How many hours a day do you use your cell phone (smartphone)?	Less than 1 hour
		1-2 hours
		3-5 hours
		5-10 hours
		More than 10 hours
<b>24</b>	Do you use digital solutions (e.g., APPs, wearable devices such as smartwatches, smart bracelets) to manage your health (e.g., to track a diet or exercise)?	Never
		Rarely
		Sometimes
		Often
		Always
<b>25</b>	Do you know an APP called "Noom?" (Please, read all the possible answers carefully)	Never heard of it
		Heard about it from some of my family/friends/colleagues, but never downloaded it
		Heard about it from some doctors, but never downloaded it
		I heard about it on the web/social media, but never downloaded it
		I heard about it in some magazines and downloaded it to try it out
		I heard about it from some of my family/friends/colleagues and downloaded it to try it out
		I heard about it from some doctors and downloaded it to try it out
		I heard about it on the web/social media and downloaded it to try it out
		I heard about it in some magazines, but never downloaded it
<b>26</b>	Do you know of APPs for "intermittent fasting" ("fasting" in English) such as Fasting; DoFasting; Zero; Vora; 21 Day Hero? (Please, read all possible answers carefully)	Never heard of it
		Heard about it from some of my family/friends/colleagues, but never downloaded it
		Heard about it from some doctors, but never downloaded it
		I heard about it on the web/social media, but never downloaded it
		I heard about it in some magazines and downloaded it to try it out
		I heard about it from some of my family/friends/colleagues and downloaded it to try it out
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		I heard about it in some magazines, but never downloaded it

Part B: Model Measurement through Likert Scale (from 1: strongly disagree to 5: strongly agree)

#	Question	1	2	3	4	5
1	I will want to use this medical APP					
2	I plan to use this medical APP in the future					
3	I will want to take advantage of this medical APP to keep myself fit					
4	Using this medical APP will improve my lifestyle and health					
5	Using this medical APP will allow me to more effectively manage my care pathway					
6	Using this medical APP will be helpful in managing my health					
7	Using this medical APP will NOT require a great deal of effort on my part					
8	Using this medical APP will be intuitive and easy for me					
9	When I use this medical APP on my cell phone, I will easily be able to do what I need to do					
10	I always agree with what the doctors who are treating me tell me, including about using this medical APP					
11	I always agree with the priorities given to me by the doctors in my care, including on the use of this medical APP					
12	I always agree with the therapies that the doctors who treat me prescribe, including on the use of this medical APP					
13	People I value most think I should use this medical APP to improve my course of treatment					
14	People I value most would use a medical APP to improve their care pathway if prescribed by their doctor					
15	People I value most think that medical APPs can help improve the care pathway if certified and validated					
16	In my circle of family/friends/colleagues, there is full confidence in technological innovation (such as, for example, this medical APP)					
17	In my circle of family/friends/colleagues there is NO fear of trying new things (like, for example, this medical APP)					
18	In my circle of family/friends/colleagues there is full openness to digital solutions (like, for example, this medical APP)					