Supplementary material – Figure III: App Evaluation Questionnaire

Study ID:
Date:

We would like your views on the exercise app. All feedback will be helpful and treated in the strictest confidence. Could you please rate the different aspects of the exercise app in this questionnaire (please circle as appropriate).

Section A – General information
Which device did you use the app on?
1. iPhone – please specify model: iPhone 4S, iPhone 5, iPhone 5S, iPhone 6, iPhone 6 Plus, iPhone 5C
2. iPad – please specify model: iPad 2, iPad Air, iPad Mini, iPad 3, iPad Mini 2, iPad 4
3. iPod Touch (5G model)

How easy was it to install the app on your device?

On average, how often did you use the app during the study?
1. Several times a day  2. Almost daily  3. Few times a week  4. Few times a month

Section B – App design and usability
The app was reliable and there were no technical issues

It was difficult to learn how to use the app

It was easy to navigate through the app (e.g. moving between the screens)

The text for labels and buttons was clear and concise

The design of the app was too overwhelming (e.g. too many links or features)

The app looked very appealing and enhanced my experience

The colours used provided poor contrast and poor readability

The font size and spacing of text ensured good readability

The app kept me highly motivated and engaged throughout my use of it
Supplementary material – Figure III: App Evaluation Questionnaire – continued

Section C – Content

How useful were the videos of the exercises (individual and long session)?

How clear were the videos (images)?

How clear was the sound?

How confusing were the instructions of each video?

How useful was it to have reminders for the exercises?

How useful was it to do the daily ratings (mood, pain, flexibility)?

How useful were the charts of the daily ratings?

Section D – Overall Rating

How helpful did you find the app after surgery?

Would you recommend this app to other women with breast cancer?
1. Would not recommend  2. Would maybe recommend  3. Would definitely recommend

What is your overall star rating of the app?
1. * One of the worst apps I’ve used
2. **
3. *** Average
4. ****
5. ***** One of the best apps I’ve used

Please write any other comments below

Thank you very much for completing the questionnaire.
Please return it to SHORE-C in the stamped and addressed envelope.