Author’s response to reviews

Title: Is the quantified self anxious or empowered? A cross-sectional study exploring users' affective responses to their wearable activity trackers, and the role of personality and individual differences.

Authors:

Jillian Ryan (jillian.ryan@csiro.au)
Sarah Edney (sarah.edney@mymail.unisa.edu.au)
Carol Maher (carol.maher@unisa.edu.au)

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Author’s response to reviews:

Thank you to the reviewers and editors for taking the time to read and consider our paper and provide thoughtful and constructive comments. We have made changes to our manuscript based on this feedback, which are outlined in a separate word document attached to our submission.

Looking forward to hearing from you in response to our manuscript.

Kind regards,

Jillian Ryan (on behalf of all authors).