

**Data Collection Tools**

CONFIDENTIAL

**Title of project:**  INDividualised EXercise approach for people with chronic low back pain (INDEX study): The development of an enhanced EMG biofeedback app

**Investigators:** Carolina Costa Lopes, Dr Alexander Casson, Dr Janet Deane

I will be collecting textual data through group sessions. The group sessions will be conducted on Microsoft Teams and will be transcribed by me after the meeting.

The meetings will consist of three main sections:

1. A presentation on the background of the project and the aims and objectives of the research.
2. A series of designs will be shown to the participants, where they will be asked a series of questions (see list below for possible questions) about their thoughts and opinions on the designs seen. These designs will be presented both through simple screenshots/drawings on a PowerPoint presentation, and through clickable prototypes using Figma by screen-sharing.
3. The group will then be encouraged to discuss any other thoughts or opinions that they would like to mention regarding the development of the application.

A second session will be held, with new and improved designs, to gain more feedback and to confirm their opinions.

**Possible questions / seeds for discussion:**

Possible questions that will be asked:

1. What are your first impressions of this design?
2. Which design do you prefer 1, 2 or 3?
3. What do you like about this design?
4. What do you dislike about this design?
5. Would you use this app if it was recommended to you by your physiotherapist?

Possible questions for the physiotherapist group:

1. What are your first impressions?
2. Would you feel comfortable recommending an app like this to your patients?
3. What other features do you feel would add to this application?
4. How would you like to be able to access your patients’ data?