

Necdet Güven

# Results Report

Default report

**Questionnaire: "Post-Study: N-of-1 Trials for Personalized Stress Management Through User-Driven Choices in Everyday Life"**

Survey period: 2024-11-07 - 2025-12-10

Created at: 11 August 2025

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# 1 Description of sample

## 1.1 Response

Response	Absolute	Percentage
Survey started	27	100 %
Survey canceled	4	15 %
Survey completed	23	85 %

Table 1 – Response

## 1.2 Response development

Time period	Absolute	Percentage	C. percentage
2025 - 11	1	4 %	4 %
2025 - 14	1	4 %	7 %
2025 - 15	1	4 %	11 %
2025 - 16	5	19 %	30 %
2025 - 17	1	4 %	33 %
2025 - 18	2	7 %	41 %
2025 - 20	5	19 %	59 %
2025 - 21	3	11 %	70 %
2025 - 22	2	7 %	78 %
2025 - 23	2	7 %	85 %
2025 - 25	1	4 %	89 %
2025 - 26	1	4 %	93 %
2025 - 31	2	7 %	100 %
Total	27	100 %	100 %

Table 2 – Response development

## 1.3 Drop-Outs

No drop-outs

## 2 1. Experiment Participation Code

### 2.1 What was your code to participate in the study? (Please make sure that you type your code correctly and do not skip this section. Otherwise, we will not be able to interpret anything you answer in this survey.)

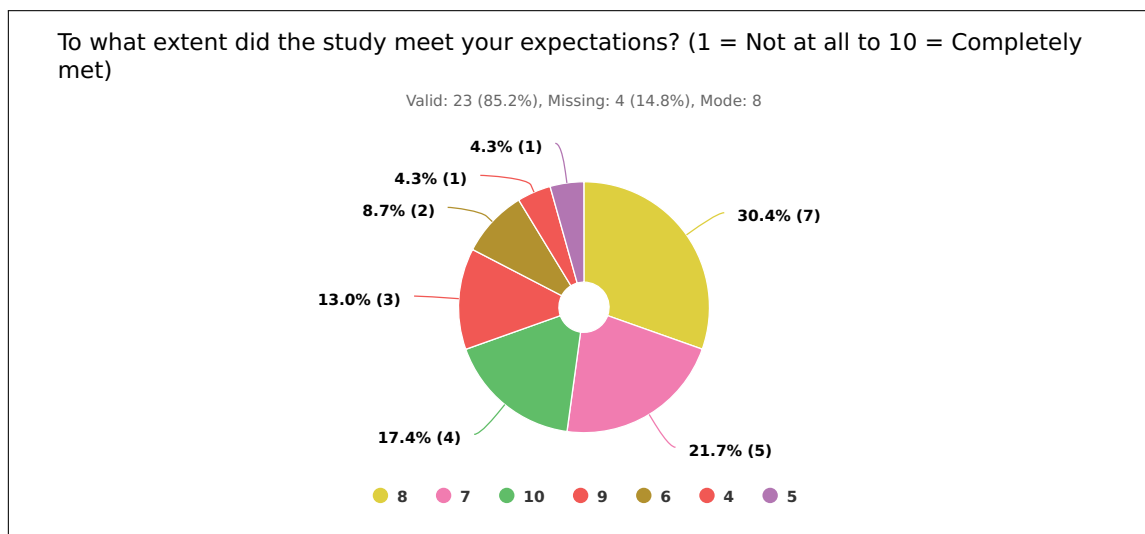
- APPULB9E
- apaydb5c
- apnonb4q
- aptanb5d
- aptarb7m
- auteny2c
- cureeb9c
- faiang6c
- feeemr5d
- fenuar7d
- jarinw9b
- julaag1s
- jundlg0c
- maezab9d
- matesg5d
- matmab5p
- nolünb1f
- nonanb5c
- norenb0l
- oceşus5g
- ocklun0l
- ocnaab1f
- ocniyb2c

## 3 2. General Study Experience

### 3.1 To what extent did the study meet your expectations? (1 = Not at all to 10 = Completely met)

Answers		
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
Mode: 8		
	Absolute	Percentage
8	7	30.4 %
7	5	21.7 %
10	4	17.4 %
9	3	13.0 %
6	2	8.7 %
4	1	4.3 %
5	1	4.3 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	23	100.0 %

**Table 3** – Frequencies: To what extent did the study meet your expectations? (1 = Not at all to 10 = Completely met)



**Figure 1** – To what extent did the study meet your expectations? (1 = Not at all to 10 = Completely met)

### 3.2 Would you have the same motivation for the study if it had not been designed according to your own style and circumstances? (1 = Absolutely no to 5 = Absolutely yes)

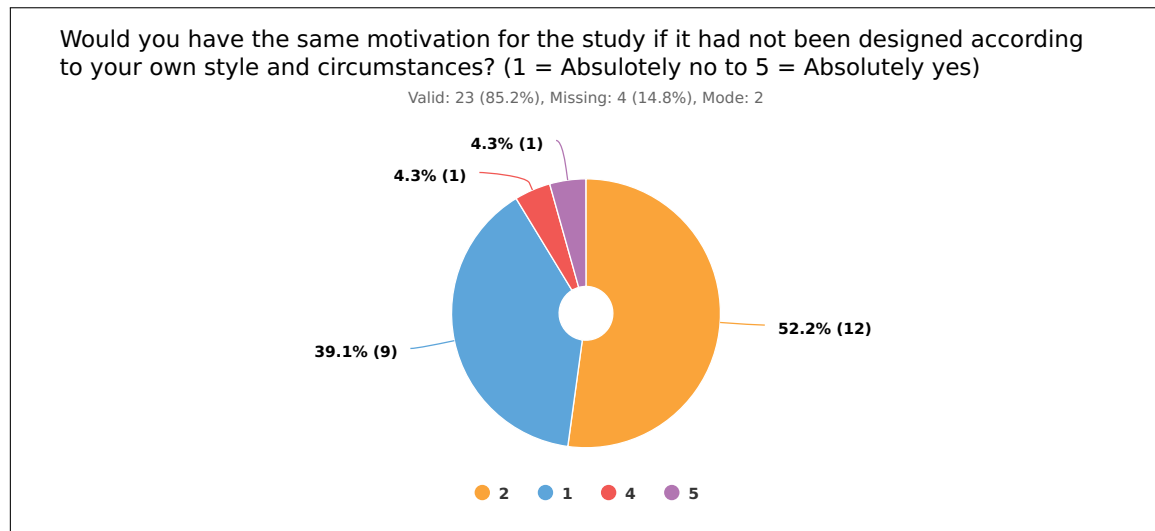
#### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 2

	Absolute	Percentage
2	12	52.2 %
1	9	39.1 %
4	1	4.3 %
5	1	4.3 %
3	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 4** – Frequencies: Would you have the same motivation for the study if it had not been designed according to your own style and circumstances? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 2** – Would you have the same motivation for the study if it had not been designed according to your own style and circumstances? (1 = Absolutely no to 5 = Absolutely yes)

3.3 What part/s of the study did you find tiring or time-consuming?

Question advice: You can make more than one choice.

Answers	Absolute	Percentage of all response
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
Doing and following the experiment every day during the experiment	12	52.2 %
Answering questions on StudyU	4	17.4 %
The complexity of the study	2	8.7 %
Implementing the intervention	1	4.3 %
Other	4	17.4 %

Table 5 – Frequencies: What part/s of the study did you find tiring or time-consuming?

Other

- Changing the plants place
  - It was simple.
- It was very easy. There was no complexity.
- Nothing



### 3.4 Did you adhere to the study during the experiment?

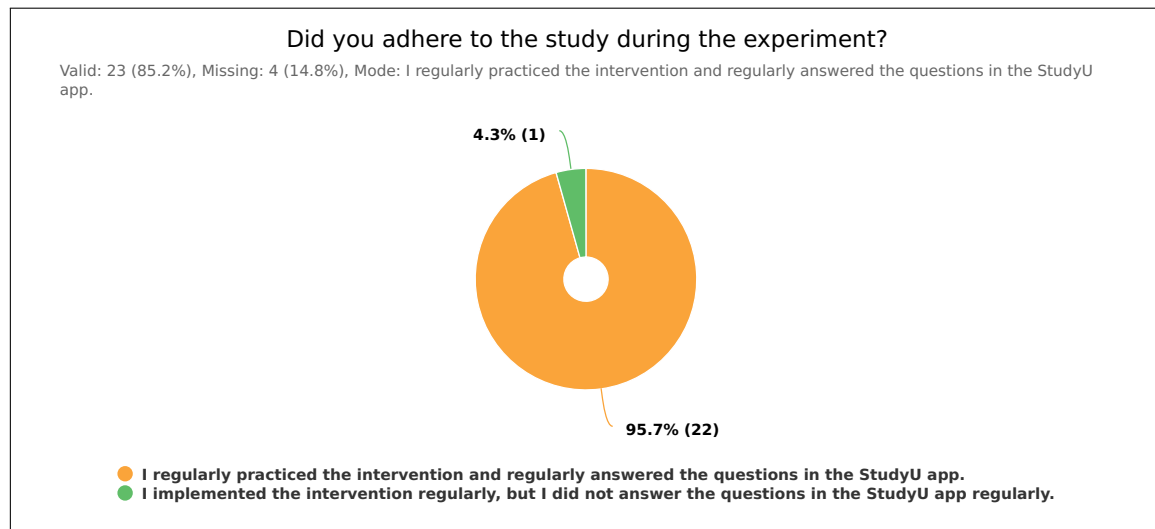
#### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: I regularly practiced the intervention and regularly answered the questions in the StudyU app.

	Absolute	Percentage
I regularly practiced the intervention and regularly answered the questions in the StudyU app.	22	95.7 %
I implemented the intervention regularly, but I did not answer the questions in the StudyU app regularly.	1	4.3 %
I was not able to follow and implement the intervention regularly, but I continued until the end of the study.	0	0.0 %
I could not complete the study.	0	0.0 %
I was neither able to follow the intervention regularly nor answer the questions in the StudyU app regularly, but I continued until the end of the study.	0	0.0 %
Other	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 6** – Frequencies: Did you adhere to the study during the experiment?



**Figure 3** – Did you adhere to the study during the experiment?

### 3.5 Based on your experiences after participating in the experiment, what do you think about the integration of N-of-1 studies into daily life if they are designed according to the individual's conditions? (1 = Not beneficial to implement to 10 = Highly beneficial )

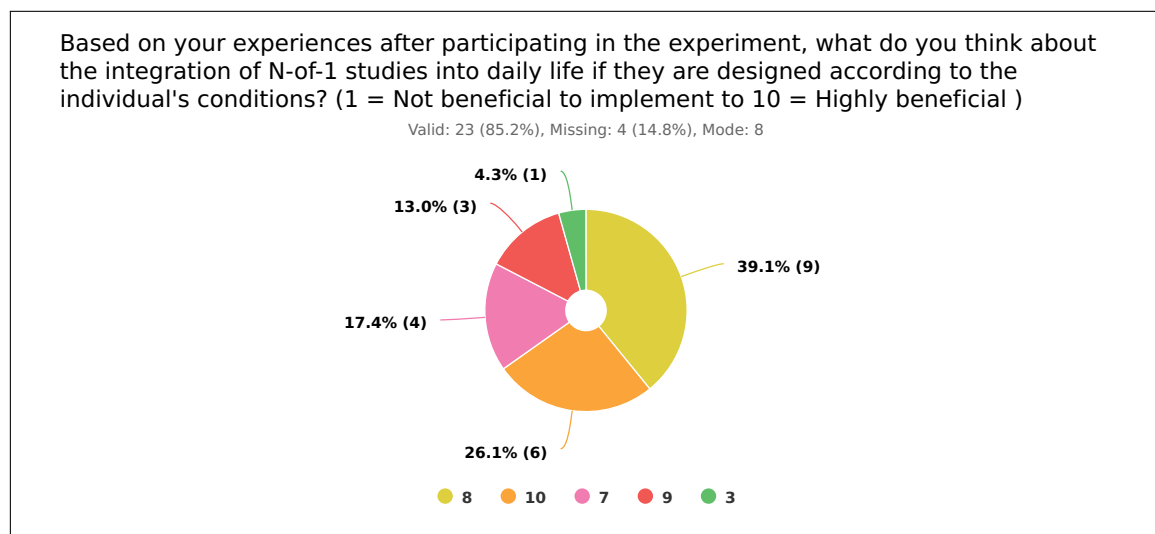
#### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 8

	Absolute	Percentage
8	9	39.1 %
10	6	26.1 %
7	4	17.4 %
9	3	13.0 %
3	1	4.3 %
1	0	0.0 %
2	0	0.0 %
4	0	0.0 %
5	0	0.0 %
6	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 7** – Frequencies: Based on your experiences after participating in the experiment, what do you think about the integration of N-of-1 studies into daily life if they are designed according to the individual's conditions? (1 = Not beneficial to implement to 10 = Highly beneficial )



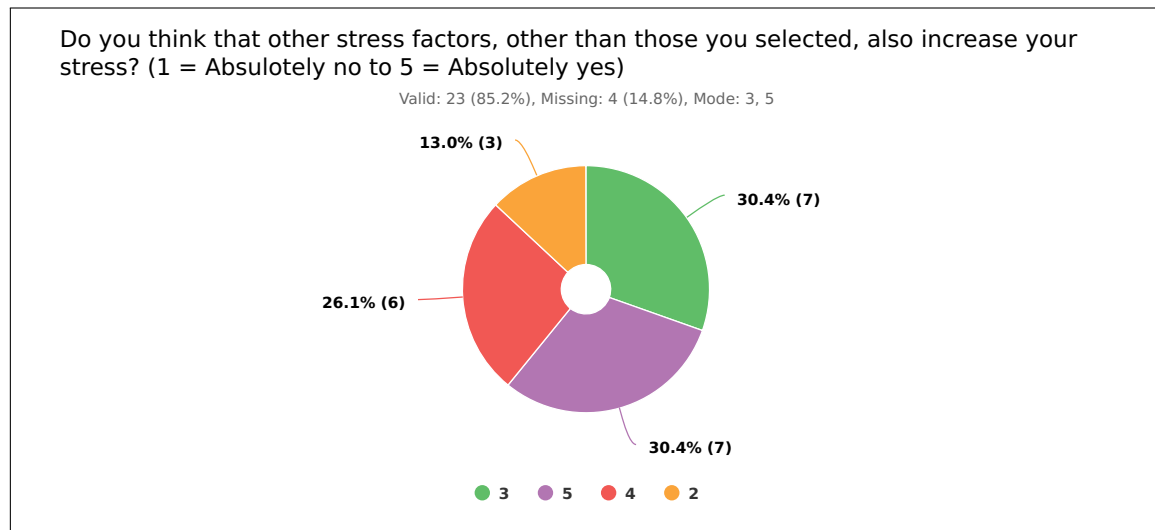
**Figure 4** – Based on your experiences after participating in the experiment, what do you think about the integration of N-of-1 studies into daily life if they are designed according to the individual's conditions? (1 = Not beneficial to implement to 10 = Highly beneficial )

## 4 3. Stress Level and Factors

### 4.1 Do you think that other stress factors, other than those you selected, also increase your stress? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
Mode: 3, 5		
	Absolute	Percentage
3	7	30.4 %
5	7	30.4 %
4	6	26.1 %
2	3	13.0 %
1	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 8** – Frequencies: Do you think that other stress factors, other than those you selected, also increase your stress? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 5** – Do you think that other stress factors, other than those you selected, also increase your stress? (1 = Absolutely no to 5 = Absolutely yes)

## 4.2 Did identifying the main stress factors that increase your stress according to your preference contribute to making the study more relevant for you? (1 = Absolutely no to 5 = Absolutely yes)

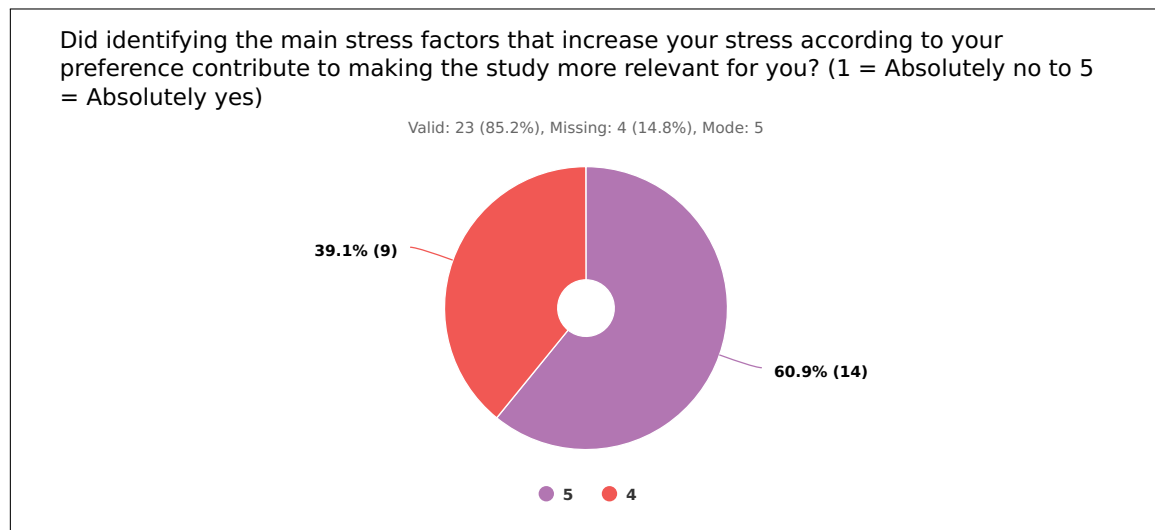
### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 5

	Absolute	Percentage
5	14	60.9 %
4	9	39.1 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 9** – Frequencies: Did identifying the main stress factors that increase your stress according to your preference contribute to making the study more relevant for you? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 6** – Did identifying the main stress factors that increase your stress according to your preference contribute to making the study more relevant for you? (1 = Absolutely no to 5 = Absolutely yes)

5 4. Evaluation of Interventions

5.1 During the study, did you regularly engage in any other stress-reducing activity other than your chosen method?

Answers		
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
	Absolute	Percentage of all response
no	12	52.2 %
yes	11	47.8 %
If yes, what other activities did you do?	11	47.8 %

Table 10 – Frequencies: During the study, did you regularly engage in any other stress-reducing activity other than your chosen method?

If yes, what other activities did you do?

- Choir
  - Fitness
  - Playing Football
  - Playing Guitar
- Playing strategy games
  - Reading a book, listening to music
  - Sport
  - Sports
- Violin
  - daily routines, such as listening to music or walking
  - listening to music

## 5.2 Do you think there was a significant difference in your stress level when you compare the days when you applied your preferred method during the study process with the days when you did not? (1 = There was no positive difference to 5 = There was an extreme positive difference )

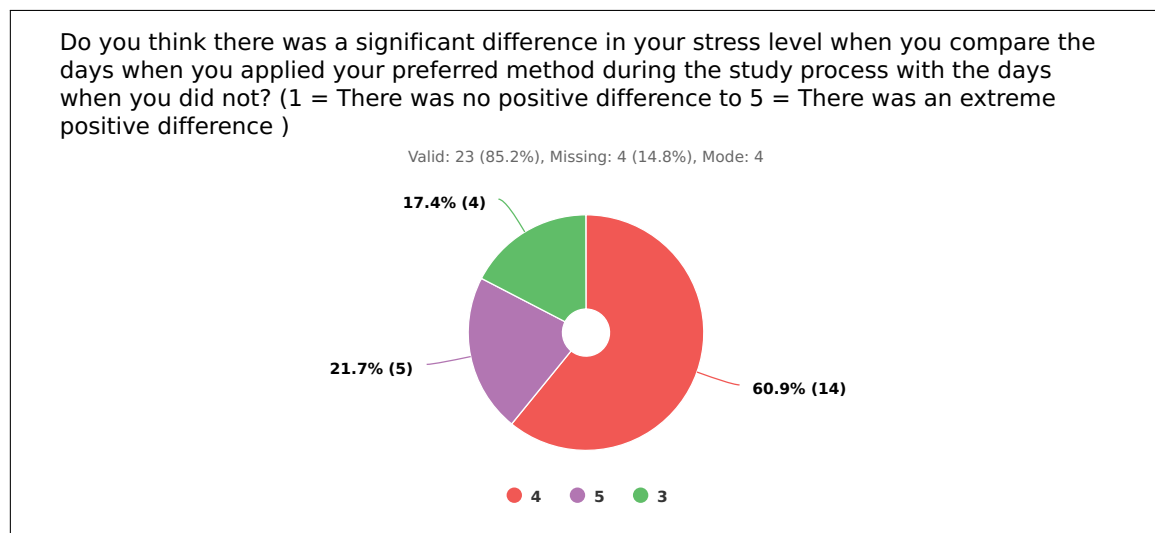
### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 4

	Absolute	Percentage
4	14	60.9 %
5	5	21.7 %
3	4	17.4 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 11** – Frequencies: Do you think there was a significant difference in your stress level when you compare the days when you applied your preferred method during the study process with the days when you did not? (1 = There was no positive difference to 5 = There was an extreme positive difference )



**Figure 7** – Do you think there was a significant difference in your stress level when you compare the days when you applied your preferred method during the study process with the days when you did not? (1 = There was no positive difference to 5 = There was an extreme positive difference )

### 5.3 Did choosing the most appropriate intervention for your circumstances help you to apply the intervention better and more consistently? (1 = Absolutely no to 5 = Absolutely yes)

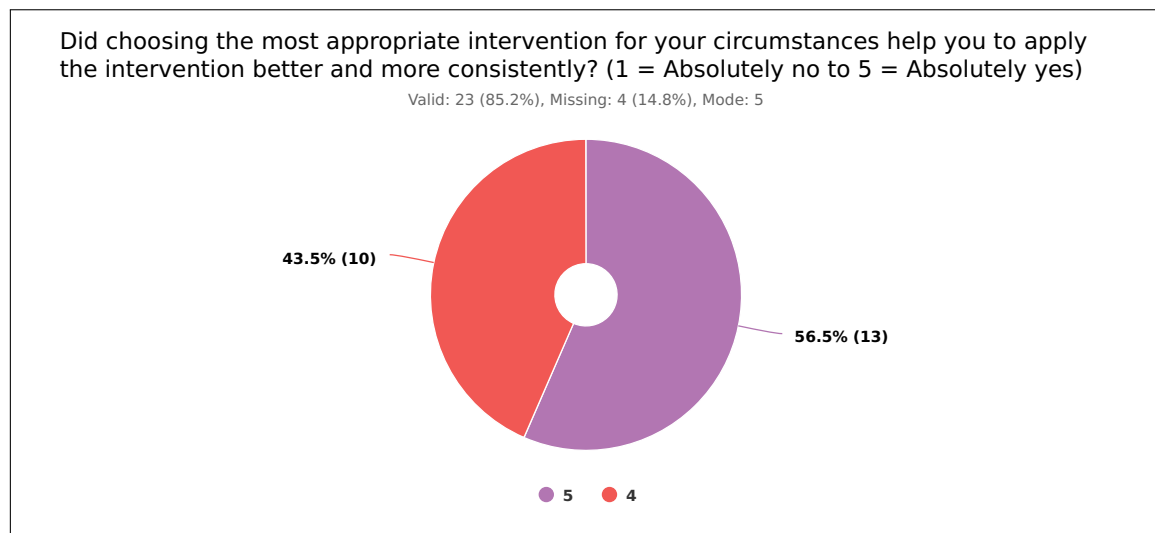
#### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 5

	Absolute	Percentage
5	13	56.5 %
4	10	43.5 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 12** – Frequencies: Did choosing the most appropriate intervention for your circumstances help you to apply the intervention better and more consistently? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 8** – Did choosing the most appropriate intervention for your circumstances help you to apply the intervention better and more consistently? (1 = Absolutely no to 5 = Absolutely yes)

#### 5.4 If we offered you an intervention that was not of your own choice, but just an intervention that we thought would reduce stress, would you participate with the same motivation? (1 = Absolutely no to 5 = Absolutely yes)

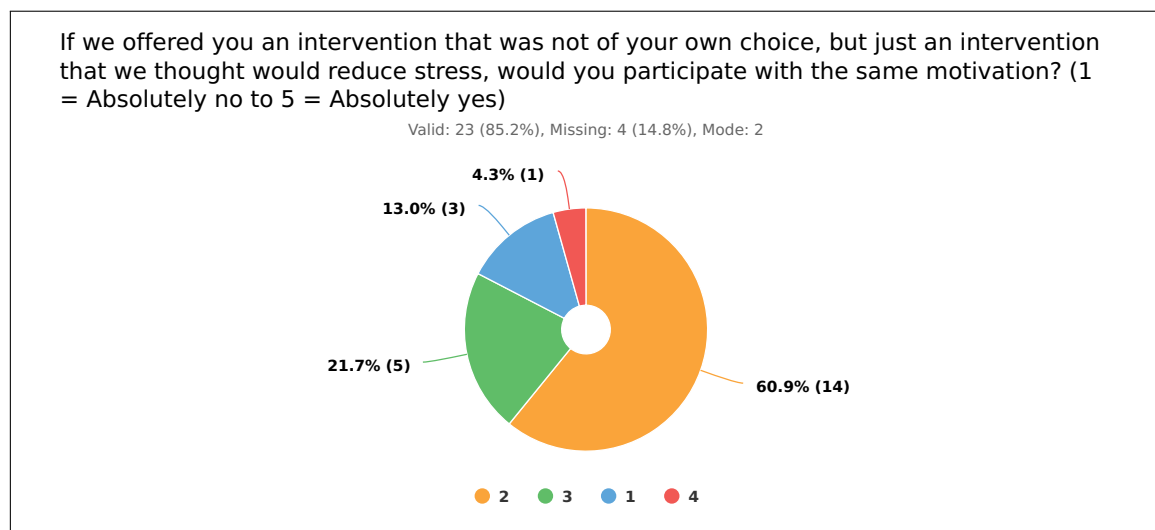
##### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 2

	Absolute	Percentage
2	14	60.9 %
3	5	21.7 %
1	3	13.0 %
4	1	4.3 %
5	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 13** – Frequencies: If we offered you an intervention that was not of your own choice, but just an intervention that we thought would reduce stress, would you participate with the same motivation? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 9** – If we offered you an intervention that was not of your own choice, but just an intervention that we thought would reduce stress, would you participate with the same motivation? (1 = Absolutely no to 5 = Absolutely yes)

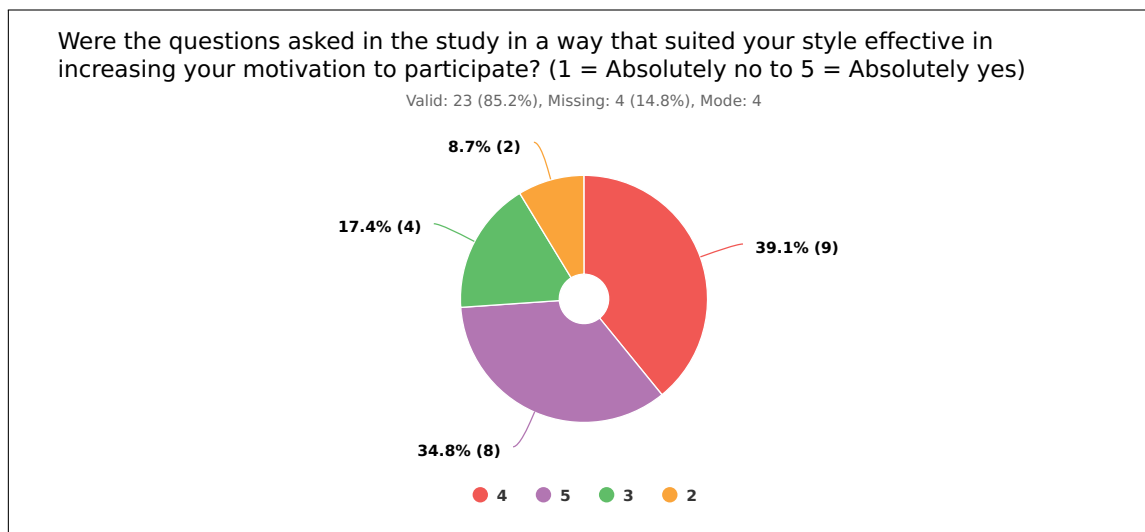


## 6 5. Impact of Question Styles

### 6.1 Were the questions asked in the study in a way that suited your style effective in increasing your motivation to participate? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
Mode: 4		
	Absolute	Percentage
4	9	39.1 %
5	8	34.8 %
3	4	17.4 %
2	2	8.7 %
1	0	0.0 %
Total	23	100.0 %

**Table 14** – Frequencies: Were the questions asked in the study in a way that suited your style effective in increasing your motivation to participate? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 10** – Were the questions asked in the study in a way that suited your style effective in increasing your motivation to participate? (1 = Absolutely no to 5 = Absolutely yes)

## 6.2 Do you think that being asked questions according to your style throughout the study in the StudyU app had a positive effect on following the study more comfortable, without feeling under pressure? (1 = Absolutely no to 5 = Absolutely yes)

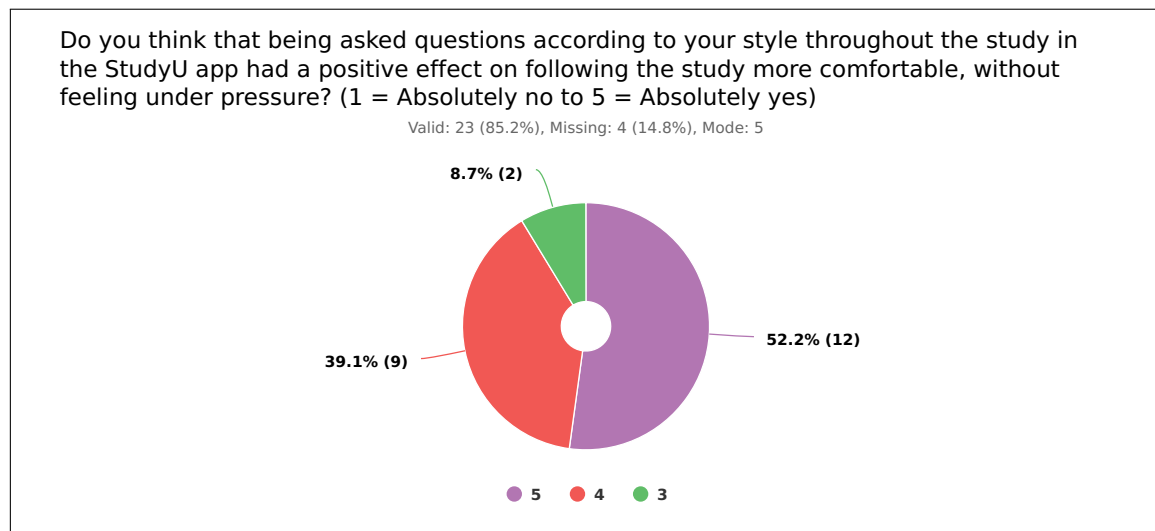
### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 5

	Absolute	Percentage
5	12	52.2 %
4	9	39.1 %
3	2	8.7 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 15** – Frequencies: Do you think that being asked questions according to your style throughout the study in the StudyU app had a positive effect on following the study more comfortable, without feeling under pressure? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 11** – Do you think that being asked questions according to your style throughout the study in the StudyU app had a positive effect on following the study more comfortable, without feeling under pressure? (1 = Absolutely no to 5 = Absolutely yes)

### 6.3 If we asked you the questions in a standardized way, would you feel any discomfort or psychological pressure? (1 = Absolutely no to 5 = Absolutely yes)

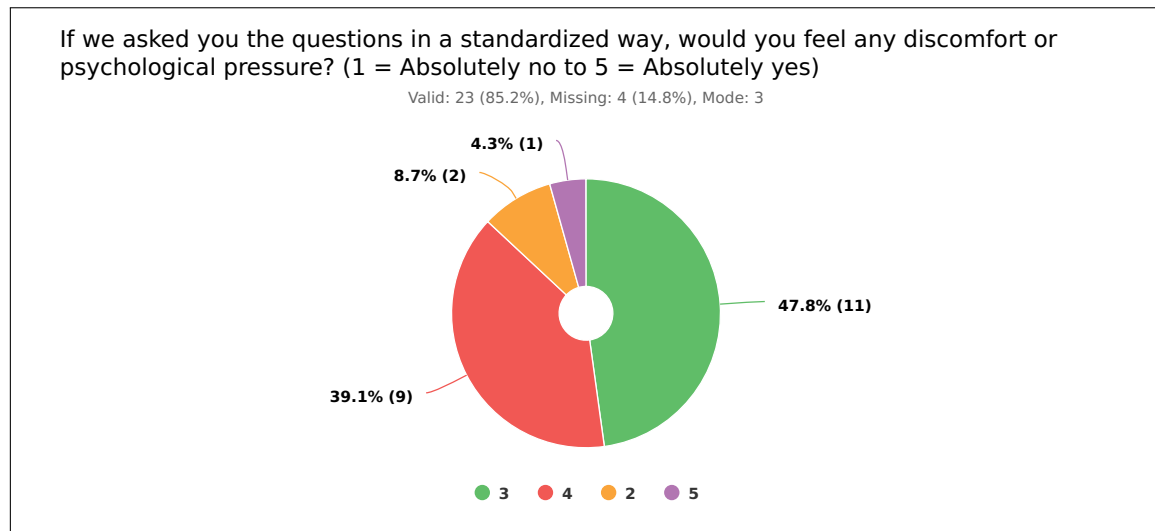
#### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 3

	Absolute	Percentage
3	11	47.8 %
4	9	39.1 %
2	2	8.7 %
5	1	4.3 %
1	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 16** – Frequencies: If we asked you the questions in a standardized way, would you feel any discomfort or psychological pressure? (1 = Absolutely no to 5 = Absolutely yes)



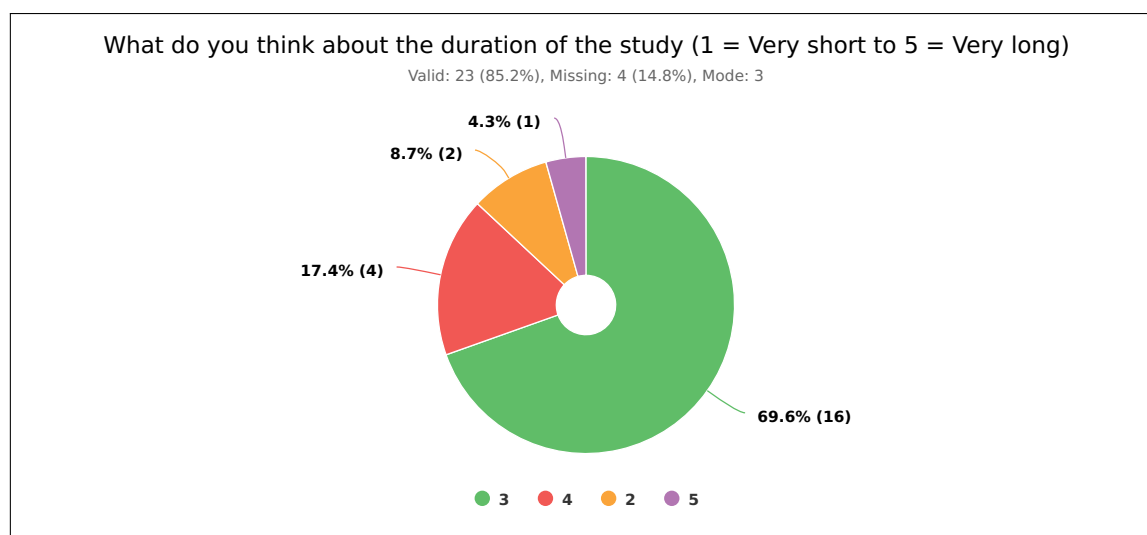
**Figure 12** – If we asked you the questions in a standardized way, would you feel any discomfort or psychological pressure? (1 = Absolutely no to 5 = Absolutely yes)

## 7 6. Evaluation of Experiment Duration

### 7.1 What do you think about the duration of the study (1 = Very short to 5 = Very long)

Answers		
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
Mode: 3		
	Absolute	Percentage
3	16	69.6 %
4	4	17.4 %
2	2	8.7 %
5	1	4.3 %
1	0	0.0 %
Total	23	100.0 %

**Table 17** – Frequencies: What do you think about the duration of the study (1 = Very short to 5 = Very long)



**Figure 13** – What do you think about the duration of the study (1 = Very short to 5 = Very long)

## 7.2 Did the fact that the choice of study duration was left to you help you perform the experiment more consistently and regularly? (1 = Absolutely no to 5 = Absolutely yes)

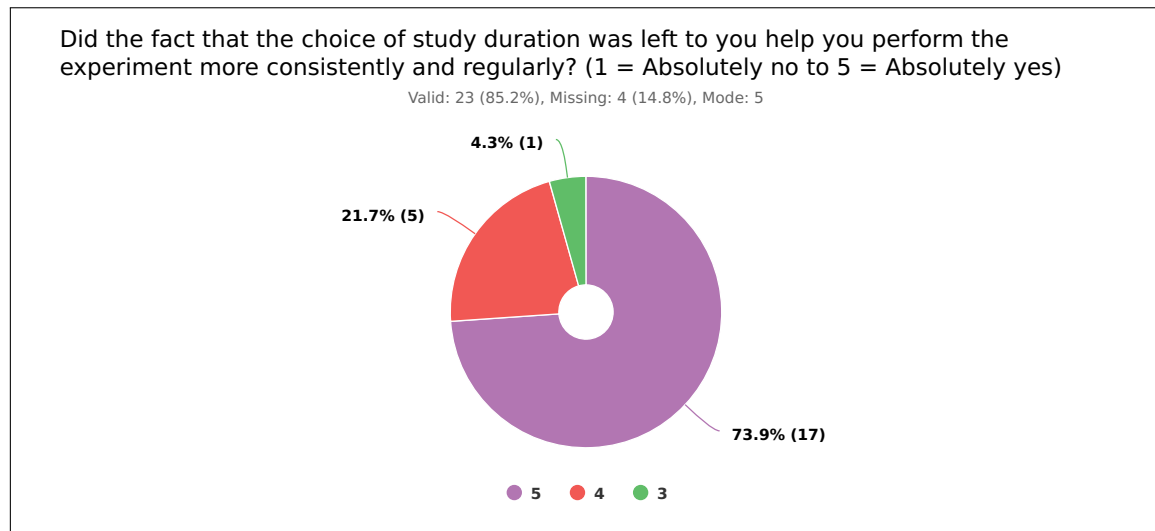
### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 5

	Absolute	Percentage
5	17	73.9 %
4	5	21.7 %
3	1	4.3 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 18** – Frequencies: Did the fact that the choice of study duration was left to you help you perform the experiment more consistently and regularly? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 14** – Did the fact that the choice of study duration was left to you help you perform the experiment more consistently and regularly? (1 = Absolutely no to 5 = Absolutely yes)

### 7.3 On the days you practiced your method, how many minutes on average did you dedicate per day?

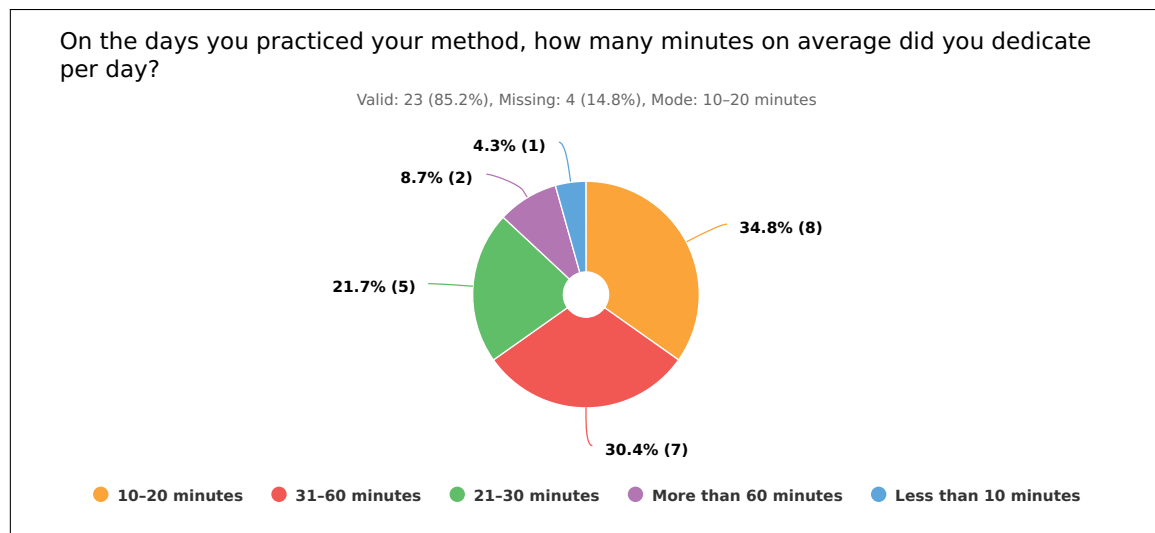
#### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 10–20 minutes

	Absolute	Percentage
10–20 minutes	8	34.8 %
31–60 minutes	7	30.4 %
21–30 minutes	5	21.7 %
More than 60 minutes	2	8.7 %
Less than 10 minutes	1	4.3 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 19** – Frequencies: On the days you practiced your method, how many minutes on average did you dedicate per day?



**Figure 15** – On the days you practiced your method, how many minutes on average did you dedicate per day?

#### 7.4 If we did the study in a standardized way for 32 days, would you have the same motivation? (1 = Absolutely no to 5 = Absolutely yes)

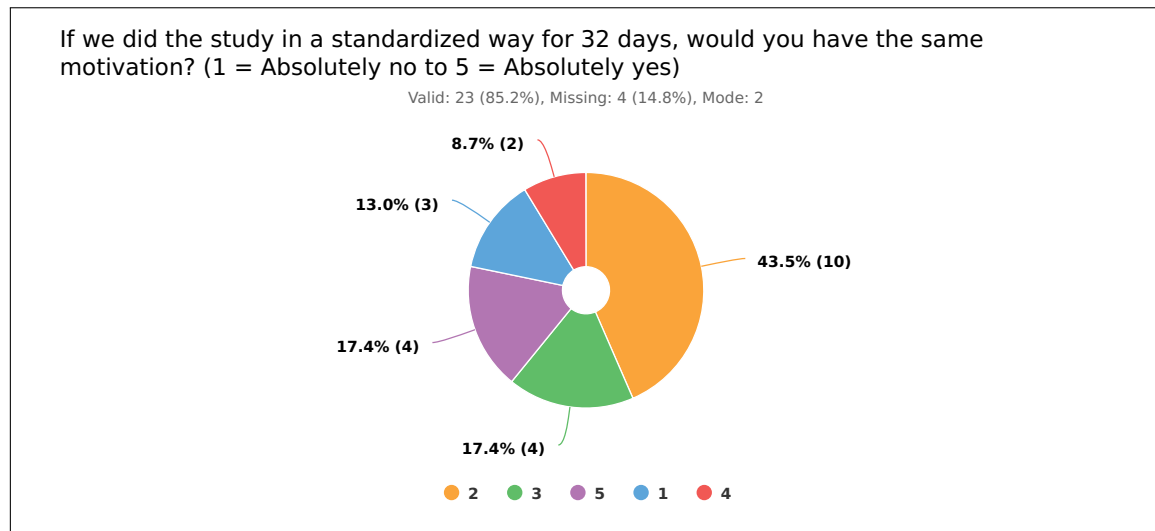
##### Answers

Valid: 23 (85.2 %), Missing: 4 (14.8 %)

Mode: 2

	Absolute	Percentage
2	10	43.5 %
3	4	17.4 %
5	4	17.4 %
1	3	13.0 %
4	2	8.7 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 20** – Frequencies: If we did the study in a standardized way for 32 days, would you have the same motivation? (1 = Absolutely no to 5 = Absolutely yes)

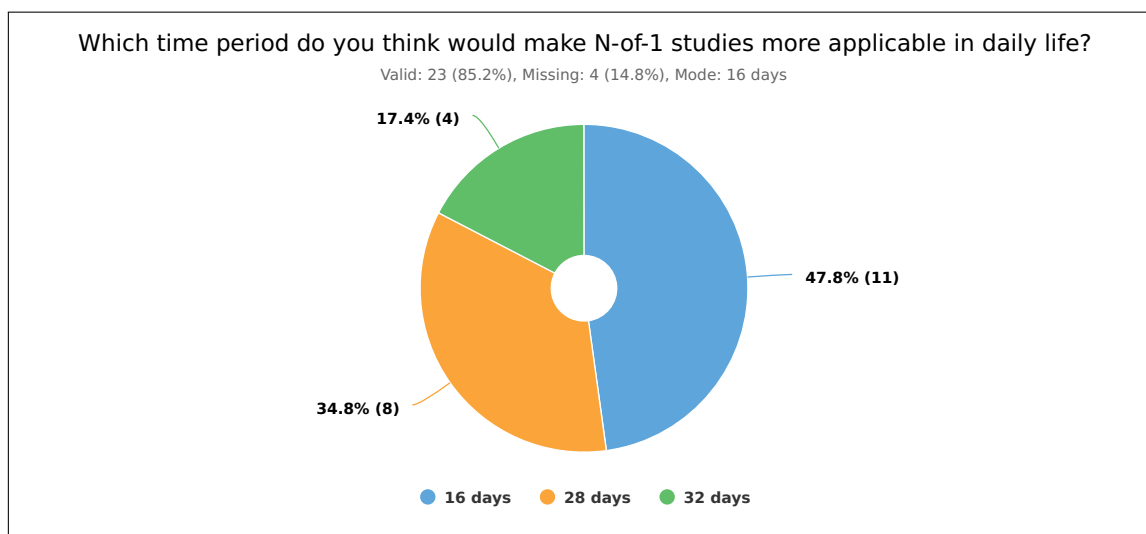


**Figure 16** – If we did the study in a standardized way for 32 days, would you have the same motivation? (1 = Absolutely no to 5 = Absolutely yes)

## 7.5 Which time period do you think would make N-of-1 studies more applicable in daily life?

Answers		
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
Mode: 16 days		
	Absolute	Percentage
16 days	11	47.8 %
28 days	8	34.8 %
32 days	4	17.4 %
64 days	0	0.0 %
<b>Total</b>	<b>23</b>	<b>100.0 %</b>

**Table 21** – Frequencies: Which time period do you think would make N-of-1 studies more applicable in daily life?



**Figure 17** – Which time period do you think would make N-of-1 studies more applicable in daily life?



## 8 7. Suggestions and Comments on the Study

### 8.1 Do you have any suggestions about the structure, duration or content of this study? What would you suggest that we should pay attention to in order to include N-of-1 studies more in our daily life? Please try to explain in a few sentences.

- At a certain point during the trials, the researcher would contact me to ensure that I am conducting the trials correctly. This could make me feel safer and more motivated. In addition, knowing which intervention I am conducting on a given day might affect my results. Using the blinding methods or comparing with another stress reducing methods could be more effective and useful.
- Based on our initial experience with the study, it would be highly beneficial to be able to extend the duration of our participation. To help maintain engagement and motivation, the types of questions could also be varied on a daily basis
- Being able to choose the times of notifications I receive on my phone would have made it easier to participate in the study.
- For the study I was asked to read books to reduce my stress. I had difficulties picking up the habit of reading books back after two back-to-back not-reading-books periods. I think the duration of these periods (A,B) can be flexible according to different activities.
- Inclusion of objective factors (such as blood values, neuropsychological parameters) other than subjective factors such as stress.
- It could be better if you had objective scales on StudyU app but overall it was quite nice study.
- It might be used blinding method because i prepare myself psychologically to the days when i cant listen music.
- My study would be watching comedy movies or series vs watching sad movies or series
- Notifications should be more than one time.I sometimes forgot to confirm the study in the mornings and answer questions due to taking only one time notifications which I think it is not enough to remember.
- Potentially more variety in formulation of the survey questions. (I.e. different funny questions every day)
- Quantitative (number of steps, heart rate) and subjective (energy level, mood) data may provide clearer results regarding the study. It can be difficult to determine the effect of the method using mood data alone.
- Stress factors I have decided would be more than two because I have been affected with different stress factors. Also, notifications would be personal.
- The study would be easier to reach and complete it. For instance, it could be really hard for old people who are not capable of using tech, and app.

9 8. Important reminders

9.1 Please confirm that you have entered your code so that we can interpret and analyze the study.

Answers		
Valid: 23 (85.2 %), Missing: 4 (14.8 %)		
	Absolute	Percentage of all response
I have read the 'Important reminders' section and successfully entered my code.	23	100.0 %

Table 22 – Frequencies: Please confirm that you have entered your code so that we can interpret and analyze the study.

