

Necdet Güven

# Results Report

Default report

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

Survey period: 2024-10-06 - 2025-12-10

Created at: 11 August 2025

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# 1 Description of sample

## 1.1 Response

Response	Absolute	Percentage
Survey started	24	100 %
Survey canceled	0	0 %
Survey completed	24	100 %

Table 1 – Response

## 1.2 Response development

Time period	Absolute	Percentage	C. percentage
2025-03-14	1	4 %	4 %
2025-03-16	2	8 %	12 %
2025-03-17	1	4 %	17 %
2025-03-25	1	4 %	21 %
2025-03-26	1	4 %	25 %
2025-03-27	1	4 %	29 %
2025-03-28	1	4 %	33 %
2025-03-30	1	4 %	38 %
2025-04-07	1	4 %	42 %
2025-04-08	2	8 %	50 %
2025-04-10	1	4 %	54 %
2025-04-13	1	4 %	58 %
2025-04-16	2	8 %	67 %
2025-04-18	1	4 %	71 %
2025-04-24	2	8 %	79 %
2025-05-01	1	4 %	83 %
2025-05-08	1	4 %	88 %
2025-05-11	1	4 %	92 %
2025-05-15	1	4 %	96 %
2025-05-23	1	4 %	100 %
Total	24	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.)

- apaydb5c
- apnonb4q
- appulb9e
- aptanb5d
- aptarb7m
- aunemb9o
- auteny2c
- feeemr5d
- feiing6c
- fenuar7d
- jarinw9b
- julaag1s
- jundlg0c
- jureeb9c
- maezab9d
- matesg5d
- matmab5p
- nolünb1f
- nonan5c
- norenb0l
- oceşus5g
- ocklun0l
- ocnaab1f
- ocniyb2c

## 3 2. Demographic Information

### 3.1 Age

- |      |      |      |
|------|------|------|
| • 23 | • 30 | • 27 |
| • 20 | • 24 | • 28 |
| • 26 | • 25 |      |
| • 29 | • 22 |      |

### 3.2 Gender

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: Male		
	Absolute	Percentage
Male	16	66.7 %
Female	8	33.3 %
Other	0	0.0 %
Prefer not to say	0	0.0 %
Total	24	100.0 %

Table 3 – Frequencies: Gender

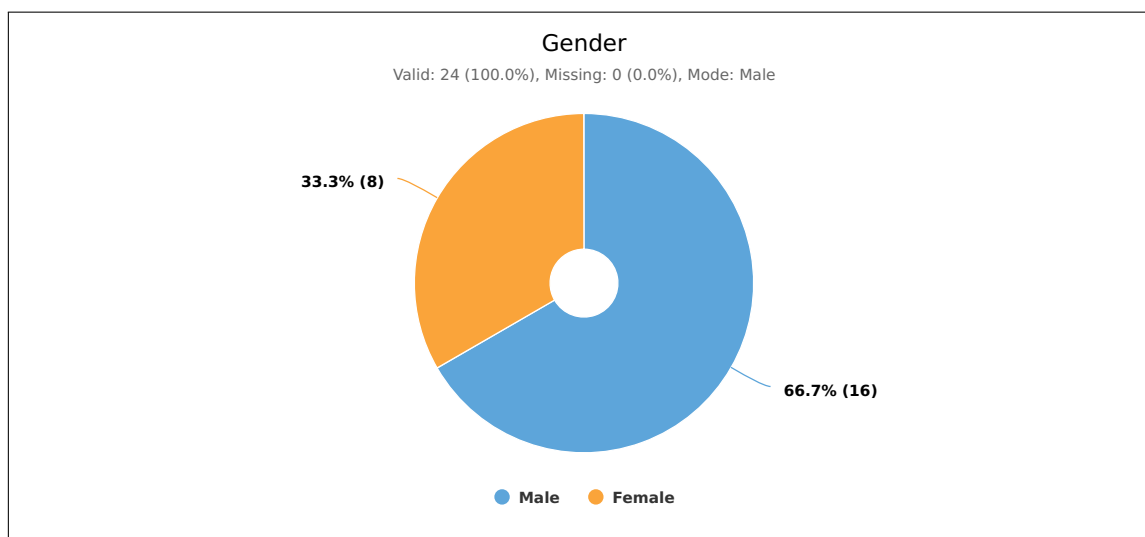


Figure 1 – Gender

### 3.3 Occupation

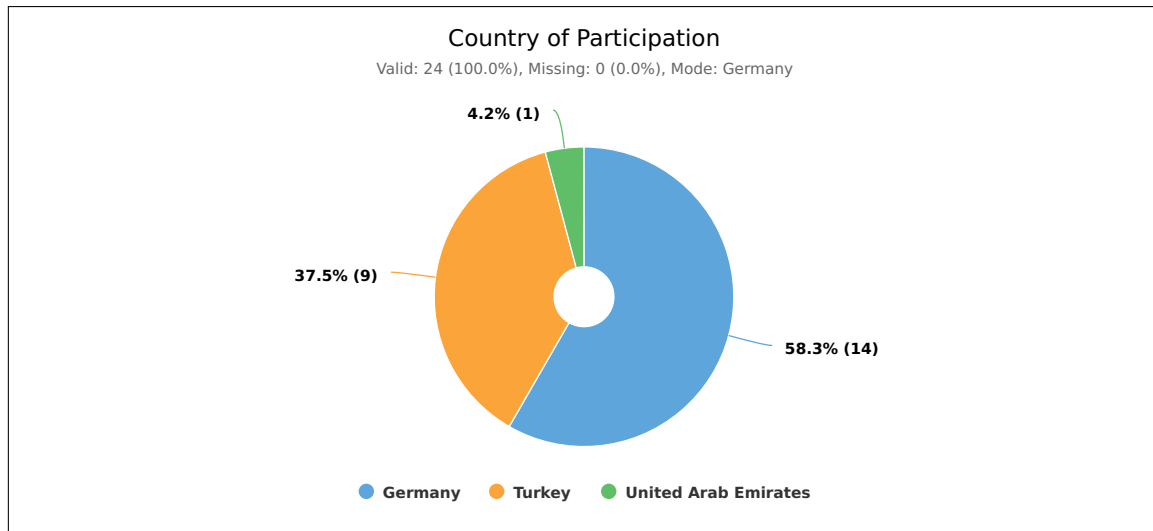
- Student
  - Master student
  - Avionics system design engineer
  - Biomedical Eng.
  - Biomedical Engineer
  - Civil Engineer
- Computer Sciences
  - Counselor
  - Dentist
  - Doctor
  - Master Student
  - Physiotherapist
- Political Scientist
  - Researcher
  - Software Engineer
  - Teacher
  - Tourist Guide





3.4 Country of Participation

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: Germany		
	Absolute	Percentage
Germany	14	58.3 %
Turkey	9	37.5 %
United Arab Emirates	1	4.2 %
Afghanistan	0	0.0 %
Albania	0	0.0 %
Algeria	0	0.0 %
American Samoa	0	0.0 %
Andorra	0	0.0 %
Angola	0	0.0 %
Anguilla	0	0.0 %
Antarctica	0	0.0 %
Antigua and Barbuda	0	0.0 %
Argentina	0	0.0 %
Armenia	0	0.0 %
Aruba	0	0.0 %
Australia	0	0.0 %
Austria	0	0.0 %
Azerbaijan	0	0.0 %
Bahamas	0	0.0 %
Bahrain	0	0.0 %
Bangladesh	0	0.0 %
Barbados	0	0.0 %
Belarus	0	0.0 %
Belgium	0	0.0 %
Belize	0	0.0 %
Benin	0	0.0 %
Bermuda	0	0.0 %
Bhutan	0	0.0 %
Bolivia	0	0.0 %
Bosnia and Herzegovina	0	0.0 %
Botswana	0	0.0 %
Bouvet Island	0	0.0 %
Brazil	0	0.0 %
British Indian Ocean Territory	0	0.0 %
British Virgin Islands	0	0.0 %
Brunei	0	0.0 %
Bulgaria	0	0.0 %
Burkina Faso	0	0.0 %
Burundi	0	0.0 %
Cambodia	0	0.0 %
Cameroon	0	0.0 %
Canada	0	0.0 %
Cape Verde	0	0.0 %
Cayman Islands	0	0.0 %
Central African Republic	0	0.0 %
Chad	0	0.0 %
Chile	0	0.0 %
China	0	0.0 %
Christmas Island	0	0.0 %



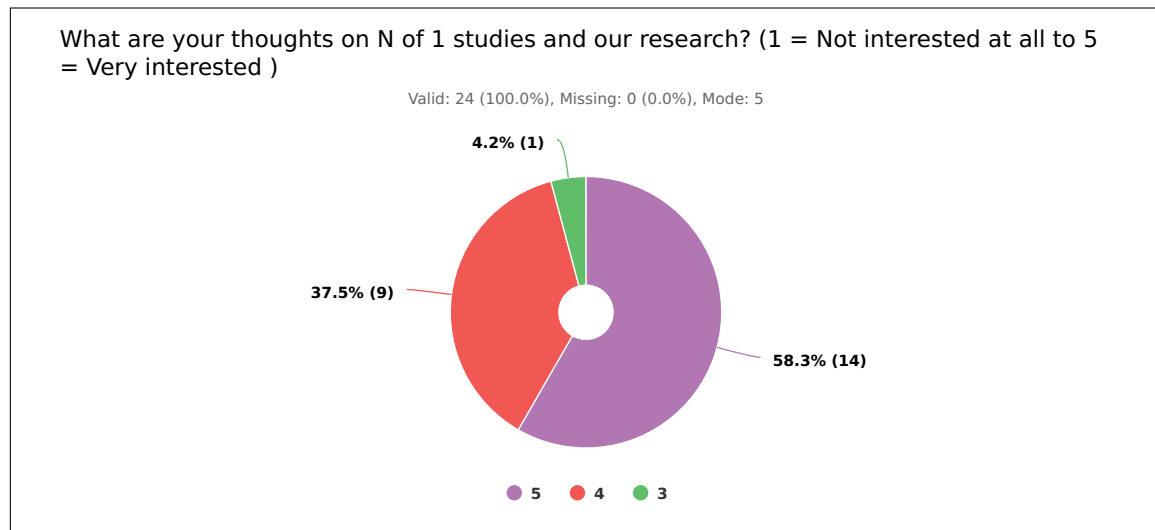
**Figure 2 – Country of Participation**

### 4 3. Perspective on N of 1 Studies, the StudyU App and Our Research

#### 4.1 What are your thoughts on N of 1 studies and our research? (1 = Not interested at all to 5 = Very interested )

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: 5		
	Absolute	Percentage
5	14	58.3 %
4	9	37.5 %
3	1	4.2 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 5** – Frequencies: What are your thoughts on N of 1 studies and our research? (1 = Not interested at all to 5 = Very interested )



**Figure 3** – What are your thoughts on N of 1 studies and our research? (1 = Not interested at all to 5 = Very interested )

## 4.2 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 = Hard to implement to 5 = Highly beneficial)

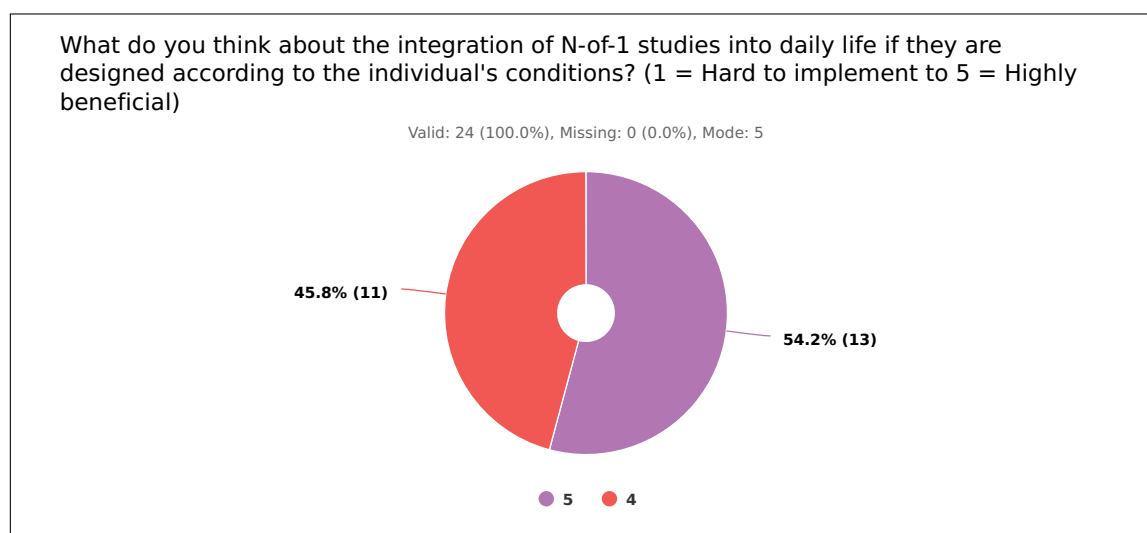
### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 5

	Absolute	Percentage
5	13	54.2 %
4	11	45.8 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 6** – Frequencies: 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 = Hard to implement to 5 = Highly beneficial)



**Figure 4** – 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 = Hard to implement to 5 = Highly beneficial)

## 5 4. Motivation and Expectations for Participation

### 5.1 What is your reason for participating in this study?

Question advice: You can select multiple options.

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
	Absolute	Percentage of all response
To manage my stress	17	70.8 %
To contribute to a scientific study	16	66.7 %
To improve my quality of life	16	66.7 %
To try new things	12	50.0 %
Other	0	0.0 %

**Table 7** – Frequencies: What is your reason for participating in this study?

## 5.2 If the study was designed independently of your choice, what would be your motivation for participating in the study? (1 = I would definitely not participate to 5 = I would definitely participate)

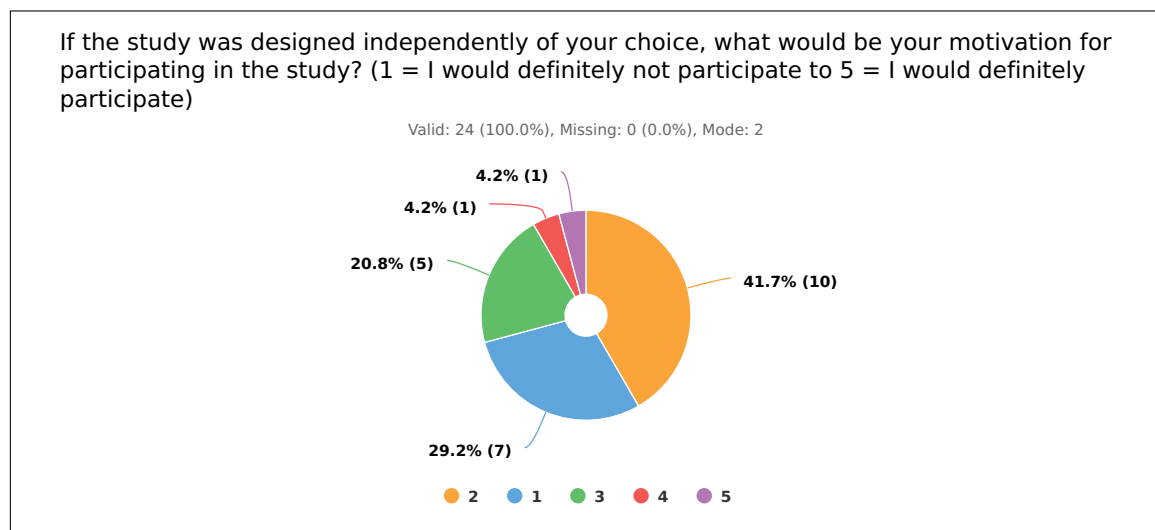
### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 2

	Absolute	Percentage
2	10	41.7 %
1	7	29.2 %
3	5	20.8 %
4	1	4.2 %
5	1	4.2 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 8** – Frequencies: If the study was designed independently of your choice, what would be your motivation for participating in the study? (1 = I would definitely not participate to 5 = I would definitely participate)



**Figure 5** – If the study was designed independently of your choice, what would be your motivation for participating in the study? (1 = I would definitely not participate to 5 = I would definitely participate)

## 6 5. Perspective on Stress Level and Factors

### 6.1 How would you rate your daily stress level in your life? Please try to make an average prediction (1 = Very low: Peaceful and relaxed; almost no stress. to 10 = Very high: Maximum stress; extreme anxiety, panic, and feelings of exhaustion.)

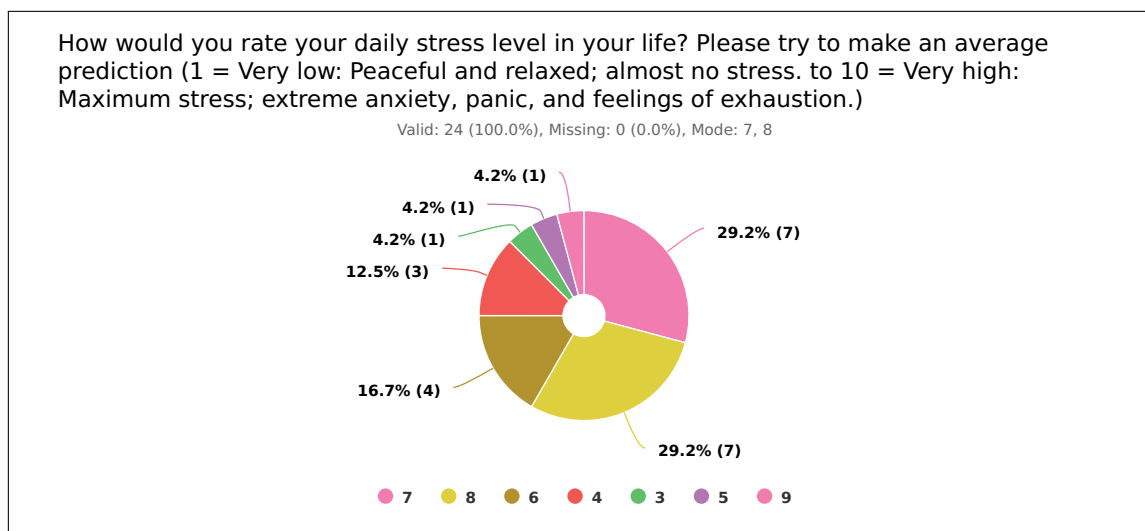
#### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 7, 8

	Absolute	Percentage
7	7	29.2 %
8	7	29.2 %
6	4	16.7 %
4	3	12.5 %
3	1	4.2 %
5	1	4.2 %
9	1	4.2 %
1	0	0.0 %
2	0	0.0 %
10	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 9** – Frequencies: How would you rate your daily stress level in your life? Please try to make an average prediction (1 = Very low: Peaceful and relaxed; almost no stress. to 10 = Very high: Maximum stress; extreme anxiety, panic, and feelings of exhaustion.)



**Figure 6** – How would you rate your daily stress level in your life? Please try to make an average prediction (1 = Very low: Peaceful and relaxed; almost no stress. to 10 = Very high: Maximum stress; extreme anxiety, panic, and feelings of exhaustion.)

## 6.2 Do you think that determining the stress factors according to your own conditions increases the authenticity of the study? ( 1 = Absolutely no to 5 = Absolutely yes )

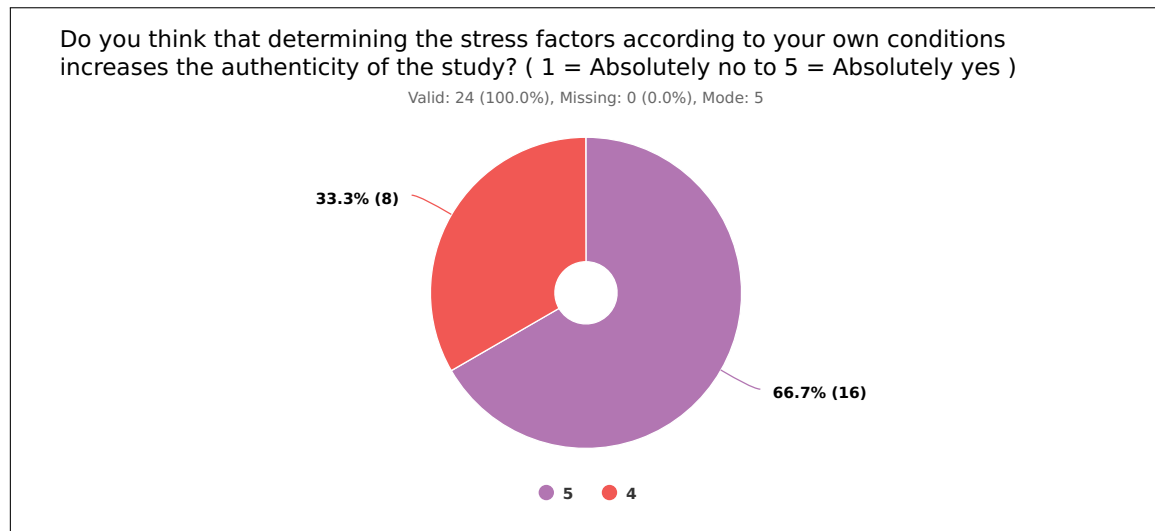
### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 5

	Absolute	Percentage
5	16	66.7 %
4	8	33.3 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	24	100.0 %

**Table 10** – Frequencies: Do you think that determining the stress factors according to your own conditions increases the authenticity of the study? ( 1 = Absolutely no to 5 = Absolutely yes )



**Figure 7** – Do you think that determining the stress factors according to your own conditions increases the authenticity of the study? ( 1 = Absolutely no to 5 = Absolutely yes )

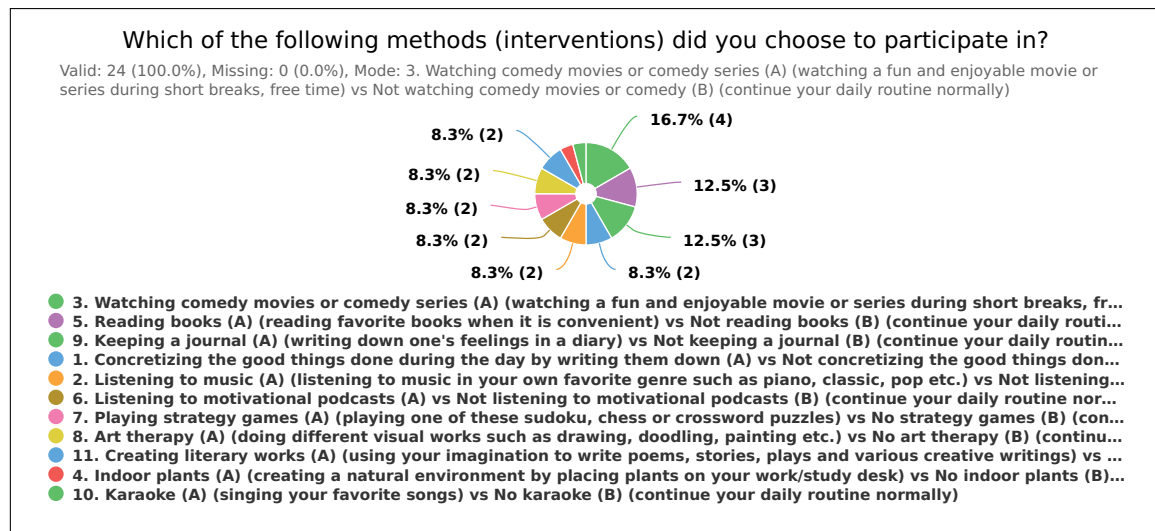


## 7 6. Perspective on Interventions

### 7.1 Which of the following methods (interventions) did you choose to participate in?

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: 3. Watching comedy movies or comedy series (A) (watching a fun and enjoyable movie or series during short breaks, free time) vs Not watching comedy movies or comedy (B) (continue your daily routine normally)		
	Absolute	Percentage
3. Watching comedy movies or comedy series (A) (watching a fun and enjoyable movie or series during short breaks, free time) vs Not watching comedy movies or comedy (B) (continue your daily routine normally)	4	16.7 %
5. Reading books (A) (reading favorite books when it is convenient) vs Not reading books (B) (continue your daily routine normally)	3	12.5 %
9. Keeping a journal (A) (writing down one's feelings in a diary) vs Not keeping a journal (B) (continue your daily routine normally)	3	12.5 %
1. Concretizing the good things done during the day by writing them down (A) vs Not concretizing the good things done during the day by writing them down (B) (continue your daily routine normally)	2	8.3 %
2. Listening to music (A) (listening to music in your own favorite genre such as piano, classic, pop etc.) vs Not listening to music (B) (continue your daily routine normally)	2	8.3 %
6. Listening to motivational podcasts (A) vs Not listening to motivational podcasts (B) (continue your daily routine normally)	2	8.3 %
7. Playing strategy games (A) (playing one of these sudoku, chess or crossword puzzles) vs No strategy games (B) (continue your daily routine normally)	2	8.3 %
8. Art therapy (A) (doing different visual works such as drawing, doodling, painting etc.) vs No art therapy (B) (continue your daily routine normally)	2	8.3 %
11. Creating literary works (A) (using your imagination to write poems, stories, plays and various creative writings) vs Not creating literary works (B) (continue your daily routine normally)	2	8.3 %
4. Indoor plants (A) (creating a natural environment by placing plants on your work/study desk) vs No indoor plants (B) (working/studying in a simple and minimal environment without plants on the desk)	1	4.2 %
10. Karaoke (A) (singing your favorite songs) vs No karaoke (B) (continue your daily routine normally)	1	4.2 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 11** – Frequencies: Which of the following methods (interventions) did you choose to participate in?



**Figure 8** – Which of the following methods (interventions) did you choose to participate in?

## 7.2 What was/were the main reason/s for selecting the method (intervention) you chose to participate in this study?

*Question advice: You can select more than one option, and you can also write your thoughts.*

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
	Absolute	Percentage of all response
I believe it will help me manage my stress effectively.	20	83.3 %
It seems easy to adapt to my daily life.	17	70.8 %
It is the most appealing and interesting to me.	13	54.2 %
I feel it aligns well with the study requirements and instructions.	12	50.0 %
Other	0	0.0 %

**Table 12** – Frequencies: What was/were the main reason/s for selecting the method (intervention) you chose to participate in this study?

### 7.3 Do you think the intervention you have chosen in this study will reduce your stress levels? ( 1 = Absolutely no to 5 = Absolutely yes )

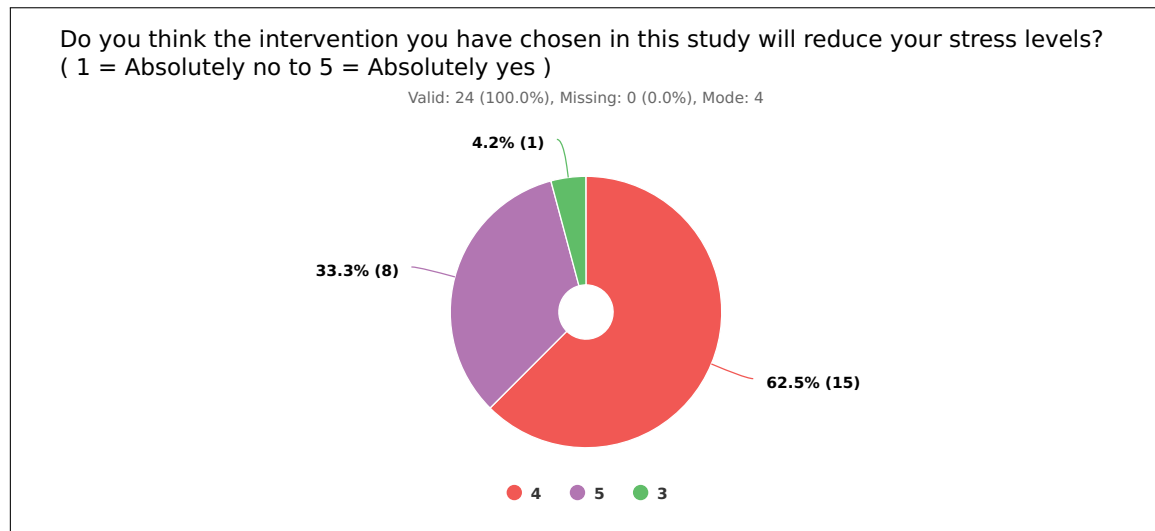
#### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 4

	Absolute	Percentage
4	15	62.5 %
5	8	33.3 %
3	1	4.2 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 13** – Frequencies: Do you think the intervention you have chosen in this study will reduce your stress levels? ( 1 = Absolutely no to 5 = Absolutely yes )

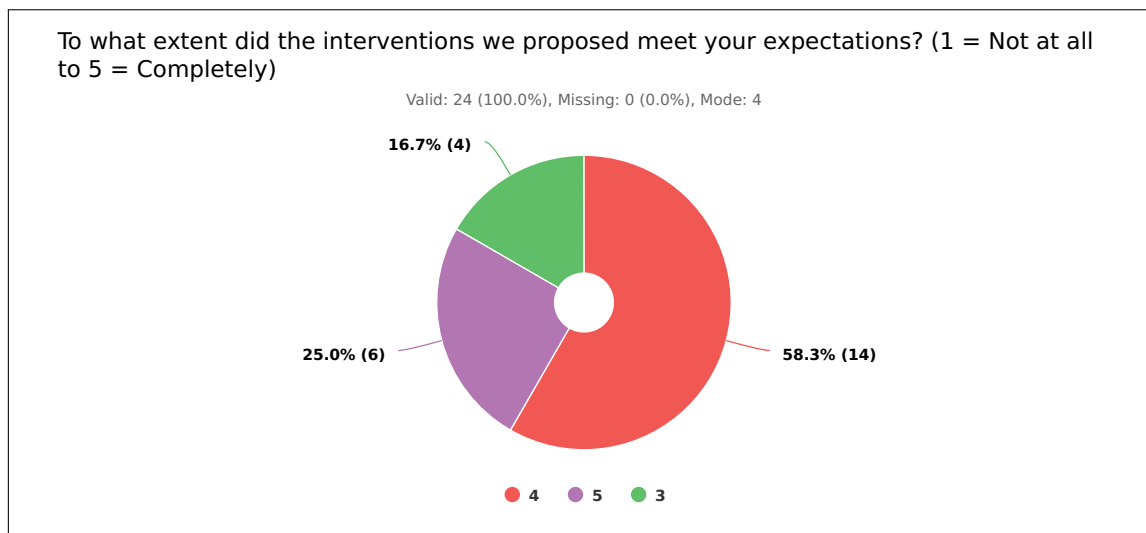


**Figure 9** – Do you think the intervention you have chosen in this study will reduce your stress levels? ( 1 = Absolutely no to 5 = Absolutely yes )

## 7.4 To what extent did the interventions we proposed meet your expectations? (1 = Not at all to 5 = Completely)

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: 4		
	Absolute	Percentage
4	14	58.3 %
5	6	25.0 %
3	4	16.7 %
1	0	0.0 %
2	0	0.0 %
Total	24	100.0 %

**Table 14** – Frequencies: To what extent did the interventions we proposed meet your expectations? (1 = Not at all to 5 = Completely)

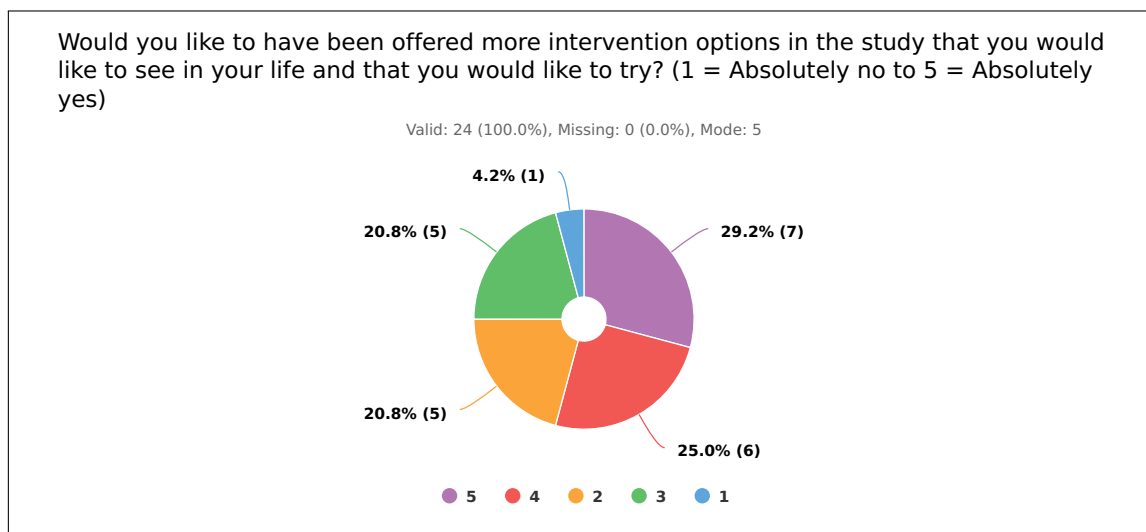


**Figure 10** – To what extent did the interventions we proposed meet your expectations? (1 = Not at all to 5 = Completely)

## 7.5 Would you like to have been offered more intervention options in the study that you would like to see in your life and that you would like to try? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: 5		
	Absolute	Percentage
5	7	29.2 %
4	6	25.0 %
2	5	20.8 %
3	5	20.8 %
1	1	4.2 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 15** – Frequencies: Would you like to have been offered more intervention options in the study that you would like to see in your life and that you would like to try? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 11** – Would you like to have been offered more intervention options in the study that you would like to see in your life and that you would like to try? (1 = Absolutely no to 5 = Absolutely yes)

## 7.6 Would you still participate in the study if we only asked you to have plants in your work/study environment instead of interventions that appeal to your preferences (1 = Absolutely no to 5 = Absolutely yes)

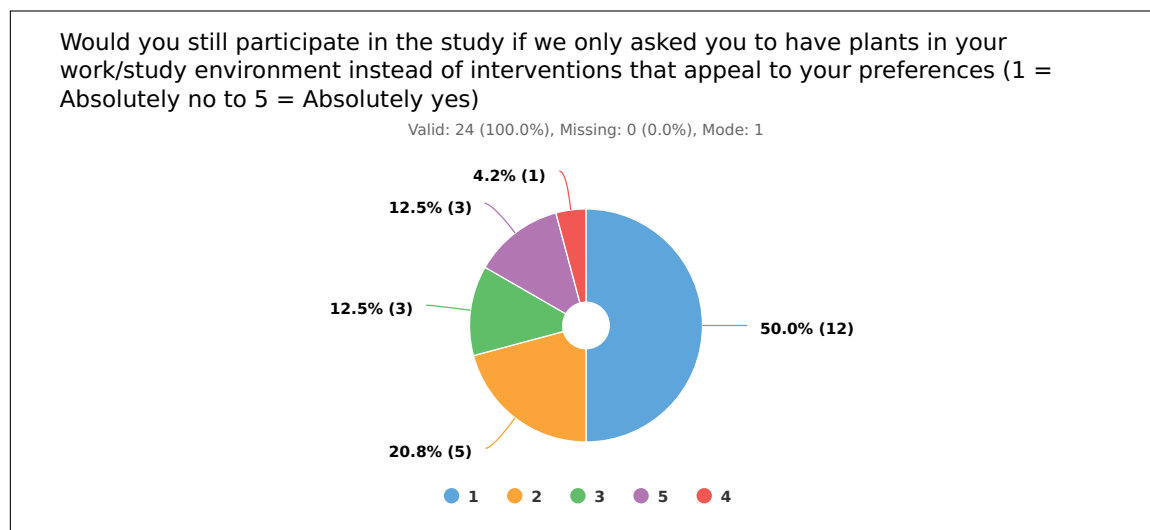
### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 1

	Absolute	Percentage
1	12	50.0 %
2	5	20.8 %
3	3	12.5 %
5	3	12.5 %
4	1	4.2 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 16** – Frequencies: Would you still participate in the study if we only asked you to have plants in your work/study environment instead of interventions that appeal to your preferences (1 = Absolutely no to 5 = Absolutely yes)



**Figure 12** – Would you still participate in the study if we only asked you to have plants in your work/study environment instead of interventions that appeal to your preferences (1 = Absolutely no to 5 = Absolutely yes)

7.7 During the study, do you plan to regularly do any other stress-reducing activity other than your chosen method?

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
	Absolute	Percentage of all response
Yes	18	75.0 %
Maybe	4	16.7 %
No	2	8.3 %
If yes, which one?	17	70.8 %

Table 17 – Frequencies: During the study, do you plan to regularly do any other stress-reducing activity other than your chosen method?

If yes, which one?

- Listening to music ( $n = 3$ )
  - Gym, jogging
  - Listening technomusic
  - Making music, sports, playing computer games, listening to podcasts
  - Music, gym, and volleyball
  - Playing football, Music
- Playing football, playing chess,
  - Reading books, physical activity, listening to music, plants in my study environment, watching comedy videos (all already part of my stable routine)
  - Travelling
- going to choir
  - gym, music, party
  - listening to music
  - mindfulness practices
  - work out
  - workout, listening music, swimming

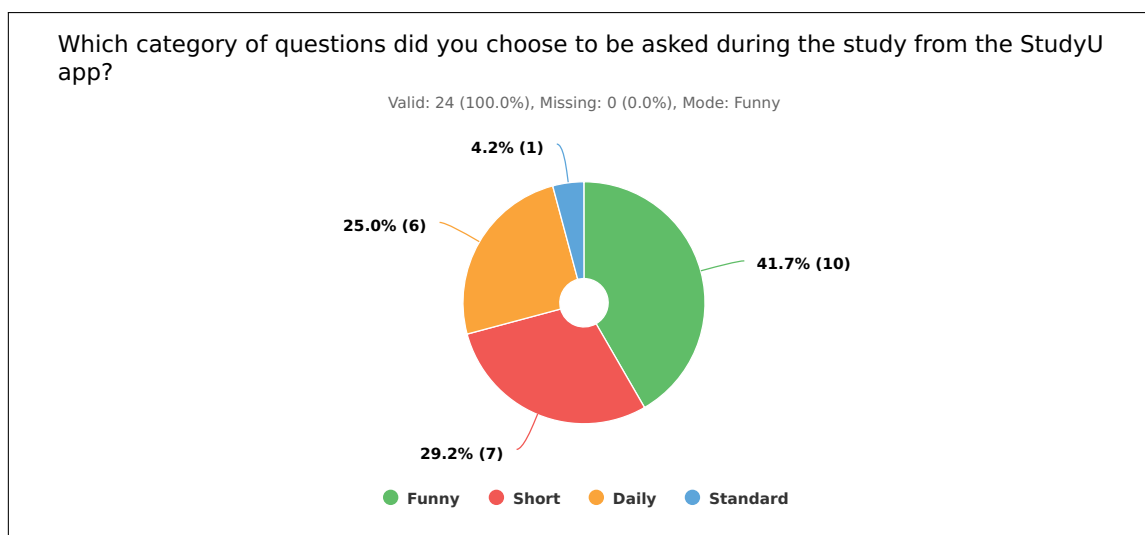


## 8 7. Perspective on Impact of Question Styles

### 8.1 Which category of questions did you choose to be asked during the study from the StudyU app?

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: Funny		
	Absolute	Percentage
Funny	10	41.7 %
Short	7	29.2 %
Daily	6	25.0 %
Standard	1	4.2 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 18** – Frequencies: Which category of questions did you choose to be asked during the study from the StudyU app?



**Figure 13** – Which category of questions did you choose to be asked during the study from the StudyU app?

## 8.2 What was your reason for choosing this category (one of the standard, fun, daily, or short) of questions to be asked to you from the StudyU application throughout the study?

Question advice: You can select multiple options

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
	Absolute	Percentage of all response
Feeling more comfortable	20	83.3 %
Feeling the experiment as a part of everyday life	14	58.3 %
Not feeling psychologically pressured	11	45.8 %
Keeping the experiment fun	9	37.5 %
Save time	5	20.8 %
Other	0	0.0 %

**Table 19** – Frequencies: What was your reason for choosing this category (one of the standard, fun, daily, or short) of questions to be asked to you from the StudyU application throughout the study?

### 8.3 Do you think that being asked questions according to your style throughout the study in the StudyU app has an impact on experiment adherence? (1 = Absolutely no to 5 = Absolutely yes)

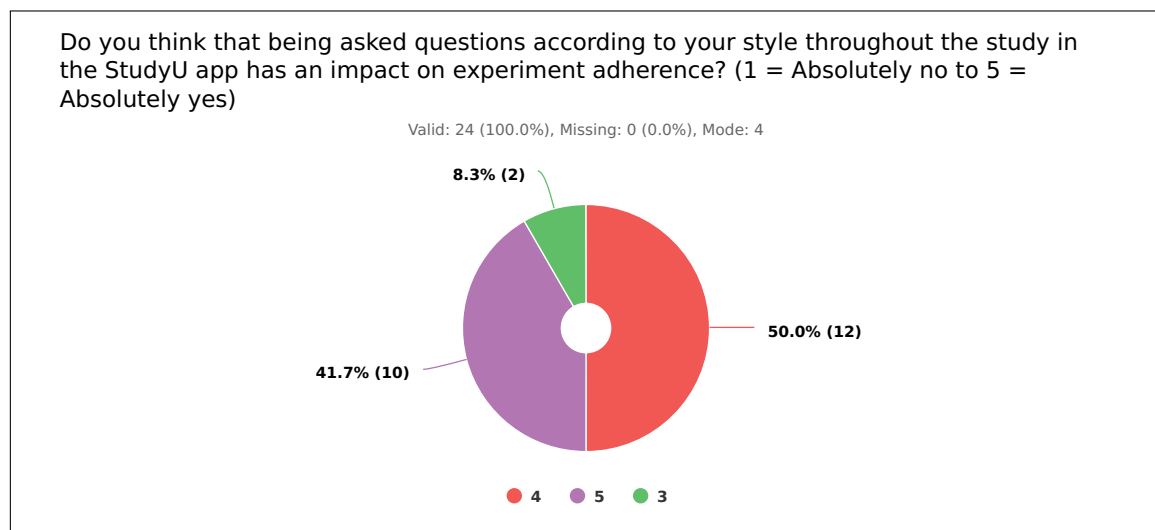
#### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 4

	Absolute	Percentage
4	12	50.0 %
5	10	41.7 %
3	2	8.3 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 20** – Frequencies: Do you think that being asked questions according to your style throughout the study in the StudyU app has an impact on experiment adherence? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 14** – Do you think that being asked questions according to your style throughout the study in the StudyU app has an impact on experiment adherence? (1 = Absolutely no to 5 = Absolutely yes)

#### 8.4 Do you think that being asked questions according to your style throughout the study in the StudyU app would have a more positive effect on your ability to carry out the study more comfortably, without feeling under pressure? (1 = Absolutely no to 5 = Absolutely yes)

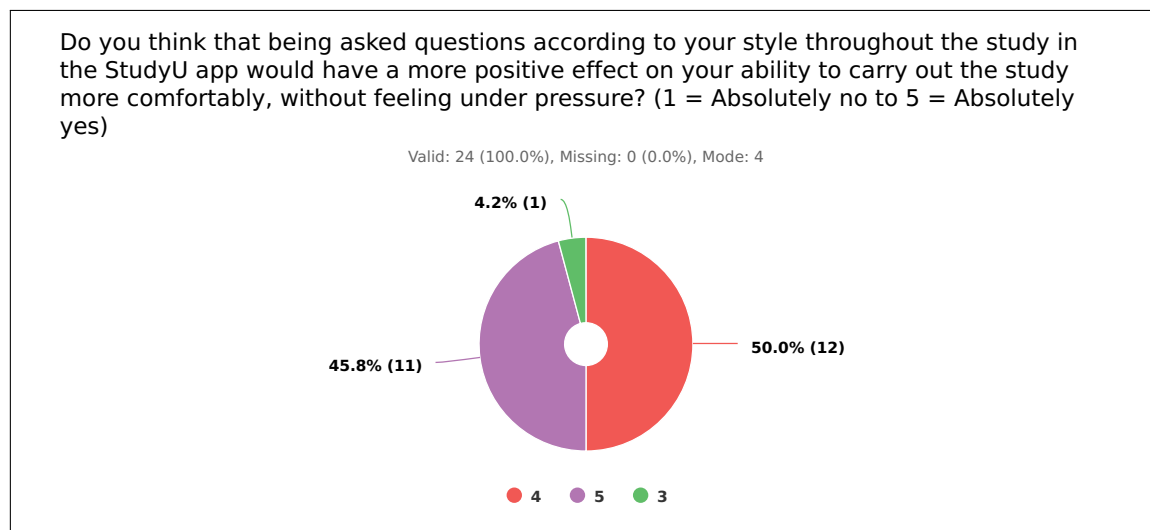
##### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 4

	Absolute	Percentage
4	12	50.0 %
5	11	45.8 %
3	1	4.2 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 21** – Frequencies: Do you think that being asked questions according to your style throughout the study in the StudyU app would have a more positive effect on your ability to carry out the study more comfortably, without feeling under pressure? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 15** – Do you think that being asked questions according to your style throughout the study in the StudyU app would have a more positive effect on your ability to carry out the study more comfortably, without feeling under pressure? (1 = Absolutely no to 5 = Absolutely yes)

### 8.5 Do you think that asking questions in a manner tailored to your style could be effective in increasing the use of N-of-1 studies in everyday life? (1 = Absolutely no to 5 = Absolutely yes)

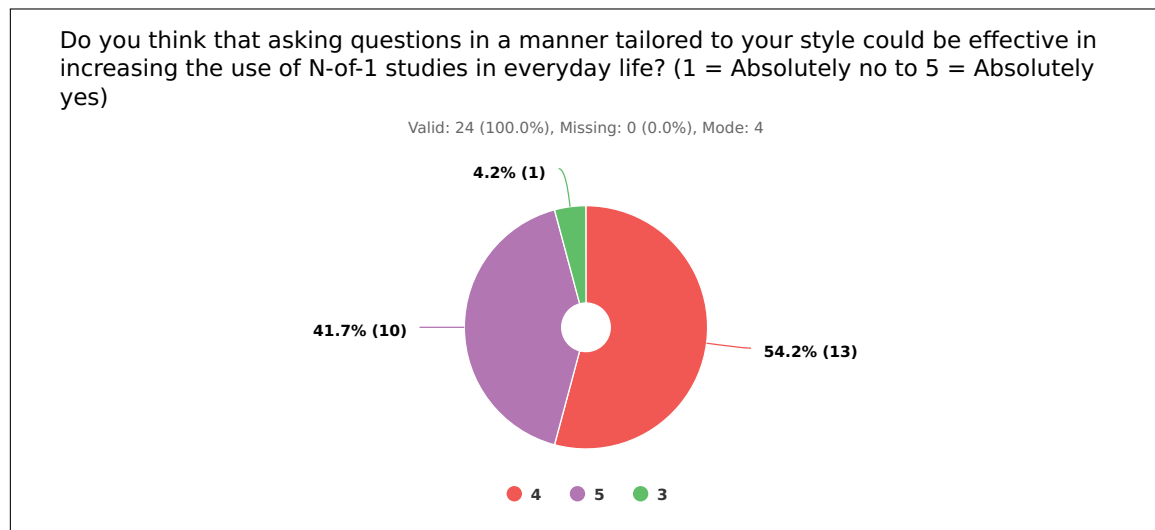
#### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 4

	Absolute	Percentage
4	13	54.2 %
5	10	41.7 %
3	1	4.2 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 22** – Frequencies: Do you think that asking questions in a manner tailored to your style could be effective in increasing the use of N-of-1 studies in everyday life? (1 = Absolutely no to 5 = Absolutely yes)



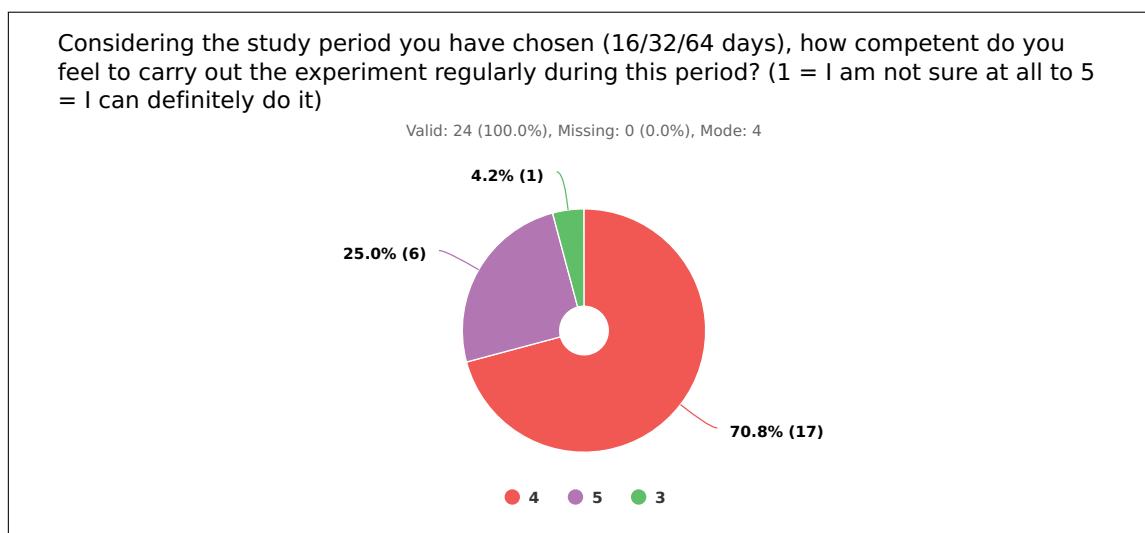
**Figure 16** – Do you think that asking questions in a manner tailored to your style could be effective in increasing the use of N-of-1 studies in everyday life? (1 = Absolutely no to 5 = Absolutely yes)

## 9 8. Perspective on Experiment Duration

### 9.1 Considering the study period you have chosen (16/32/64 days), how competent do you feel to carry out the experiment regularly during this period? (1 = I am not sure at all to 5 = I can definitely do it)

Answers		
Valid: 24 (100.0 %), Missing: 0 (0.0 %)		
Mode: 4		
	Absolute	Percentage
4	17	70.8 %
5	6	25.0 %
3	1	4.2 %
1	0	0.0 %
2	0	0.0 %
Total	24	100.0 %

**Table 23** – Frequencies: Considering the study period you have chosen (16/32/64 days), how competent do you feel to carry out the experiment regularly during this period? (1 = I am not sure at all to 5 = I can definitely do it)



**Figure 17** – Considering the study period you have chosen (16/32/64 days), how competent do you feel to carry out the experiment regularly during this period? (1 = I am not sure at all to 5 = I can definitely do it)

## 9.2 If we did the study for 32 days as standard, would you still participate in the experiment? (1 = Absolutely no to 5 = Absolutely yes)

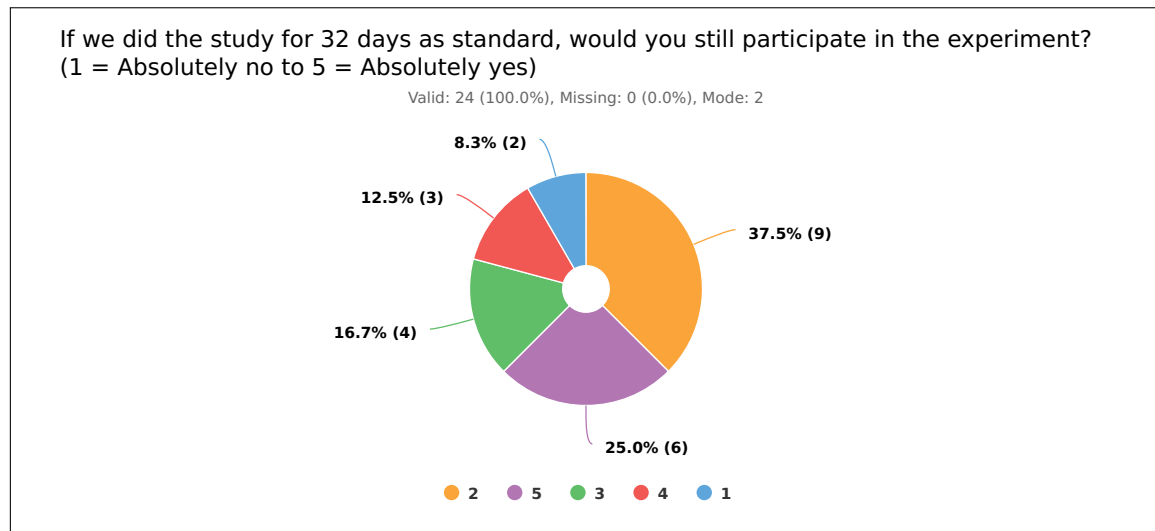
### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 2

	Absolute	Percentage
2	9	37.5 %
5	6	25.0 %
3	4	16.7 %
4	3	12.5 %
1	2	8.3 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 24** – Frequencies: If we did the study for 32 days as standard, would you still participate in the experiment? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 18** – If we did the study for 32 days as standard, would you still participate in the experiment? (1 = Absolutely no to 5 = Absolutely yes)

### 9.3 Do you think that allowing you to flexibly choose the duration of participation in the experiment, instead of adhering to standard durations, was effective in convincing you to participate in the experiment? (1 = Absolutely no to 5 = Absolutely yes)

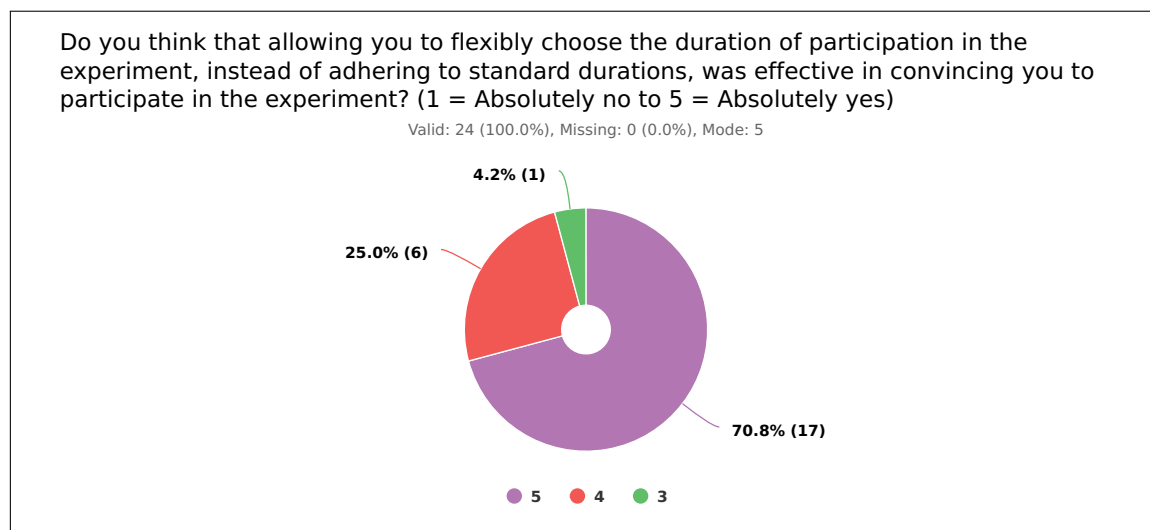
#### Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: 5

	Absolute	Percentage
5	17	70.8 %
4	6	25.0 %
3	1	4.2 %
1	0	0.0 %
2	0	0.0 %
<b>Total</b>	<b>24</b>	<b>100.0 %</b>

**Table 25** – Frequencies: Do you think that allowing you to flexibly choose the duration of participation in the experiment, instead of adhering to standard durations, was effective in convincing you to participate in the experiment? (1 = Absolutely no to 5 = Absolutely yes)



**Figure 19** – Do you think that allowing you to flexibly choose the duration of participation in the experiment, instead of adhering to standard durations, was effective in convincing you to participate in the experiment? (1 = Absolutely no to 5 = Absolutely yes)



## 10 9. Suggestions and Comments on the Study

### 10.1 What are your general thoughts 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.

- Giving education about Nof1 studies in medical universities should be more or taught.
- I would like to schedule my notifications.
- Maybe, there should be more methods i can consider and decide to try. 11 methods are still not enough.
- Methods which may help reducing stress level could be more diverse.
- There should be more methods which we can try. 11 methods may not be enough for stress management for all.

11 10. Important reminders

11.1 Do you understand all the important reminders you need to follow?

Answers

Valid: 24 (100.0 %), Missing: 0 (0.0 %)

Mode: Yes

	Absolute	Percentage
Yes	24	100.0 %
No	0	0.0 %
Total	24	100.0 %

Table 26 – Frequencies: Do you understand all the important reminders you need to follow?

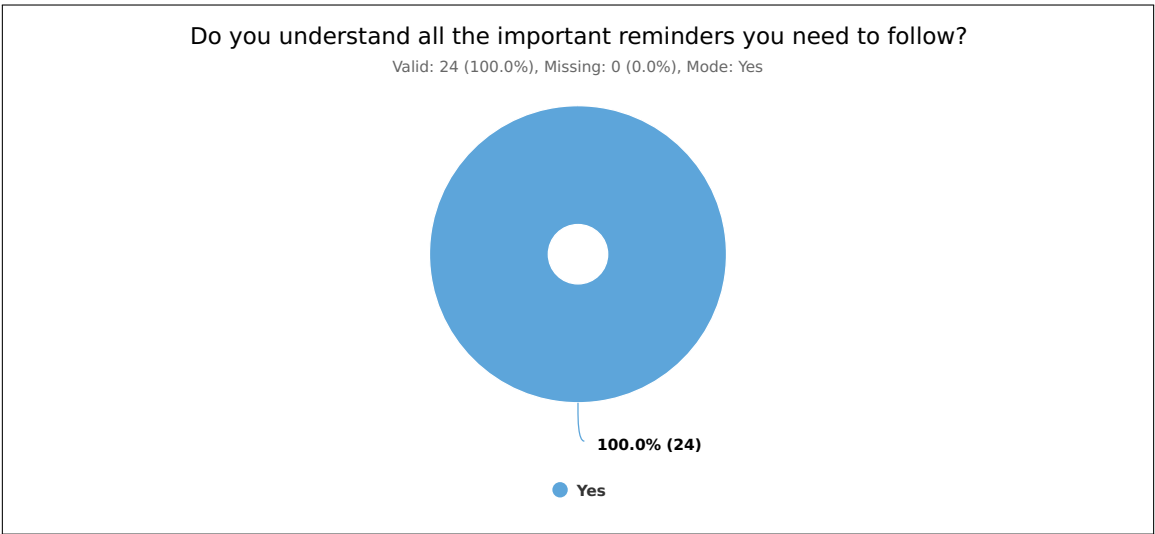


Figure 20 – Do you understand all the important reminders you need to follow?

