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# Results Report

Default report

**Questionnaire: "Design: 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	47	100 %
Survey canceled	22	47 %
Survey completed	25	53 %

Table 1 – Response

### 1.2 Response development

Time period	Absolute	Percentage	C. percentage
2025 - 10	2	4 %	4 %
2025 - 11	3	6 %	11 %
2025 - 12	5	11 %	21 %
2025 - 13	1	2 %	23 %
2025 - 14	5	11 %	34 %
2025 - 15	4	9 %	43 %
2025 - 16	3	6 %	49 %
2025 - 17	2	4 %	53 %
2025 - 18	4	9 %	62 %
2025 - 19	17	36 %	98 %
2025 - 20	1	2 %	100 %
Total	47	100 %	100 %

Table 2 – Response development

### 1.3 Drop-Outs

Last answered question	Absolute	Percentage
1.	1	50 %
4. Considering your circumstances, how many days would you like to participate in the experiment?	1	50 %
Total	2	100 %

Table 3 – Drop-Outs

## 2 Part I: Participant information



3 2. Declaration of Consent

3.1 Please read and confirm that you have read all the above information and that you are willing to participate in the study voluntarily.

Answers		
Valid: 26 (55.3 %), Missing: 21 (44.7 %)		
Mode: I have read all the information and I voluntarily participate in the study by confirming that I accept all the conditions written.		
	Absolute	Percentage
I have read all the information and I voluntarily participate in the study by confirming that I accept all the conditions written.	26	100.0 %
I do not wish to participate in the study and do not consent to the use of my data.	0	0.0 %
Total	26	100.0 %

Table 4 – Frequencies: Please read and confirm that you have read all the above information and that you are willing to participate in the study voluntarily.

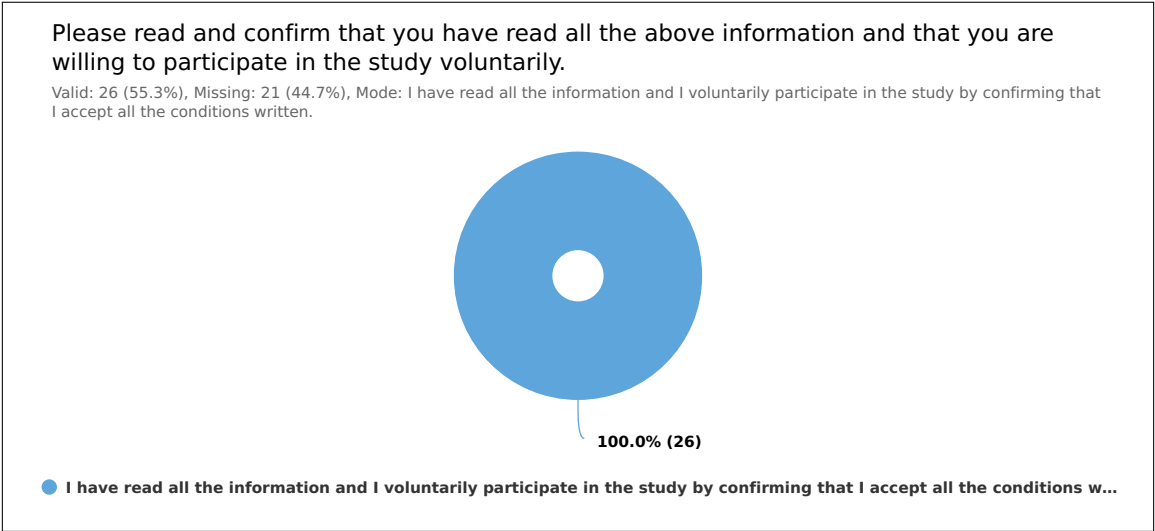


Figure 1 – Please read and confirm that you have read all the above information and that you are willing to participate in the study voluntarily.

## **4 Part II: Design the Study**

- 4.1 If you go through the steps on the form without selecting or confirming, or if any inconsistencies are found, unfortunately, no study will be prepared for you. Please make sure you fill in each step correctly and do not skip any steps.**

5 1. Duration of Experiment Participation

5.1 Considering your circumstances, how many days would you like to participate in the experiment?

Answers		
Valid: 26 (55.3 %), Missing: 21 (44.7 %)		
Mode: 16 days		
	Absolute	Percentage
16 days	17	65.4 %
32 days	7	26.9 %
64 days	2	7.7 %
Total	26	100.0 %

Table 5 – Frequencies: Considering your circumstances, how many days would you like to participate in the experiment?

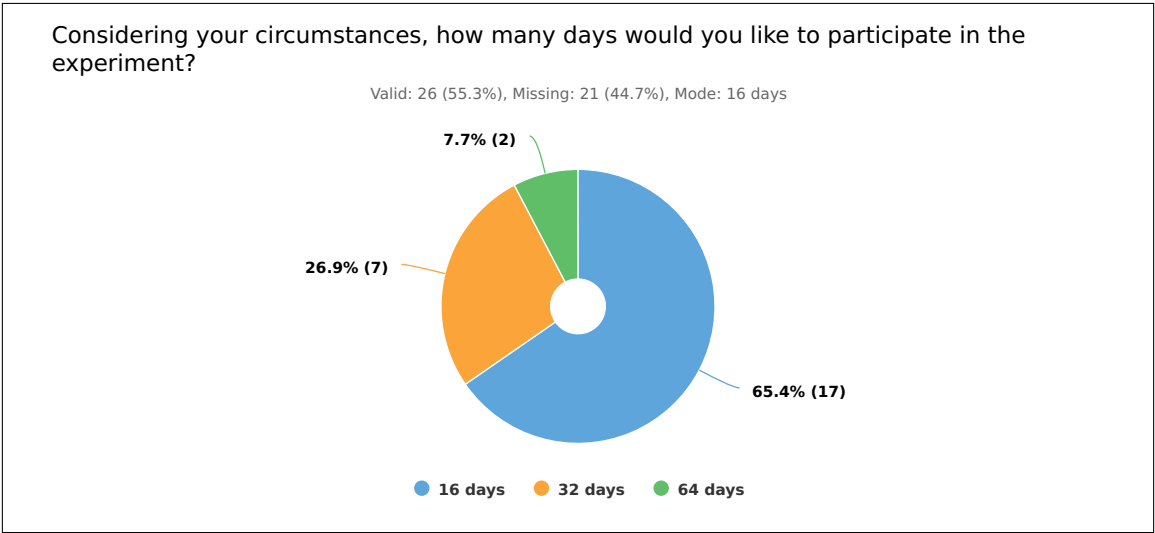


Figure 2 – Considering your circumstances, how many days would you like to participate in the experiment?



## 6 2. Choice of Method (Intervention)

### 6.1 Please select one method from the 11 methods below that you can practice regularly, that is appropriate to your current situation and that you are not currently practicing regularly.

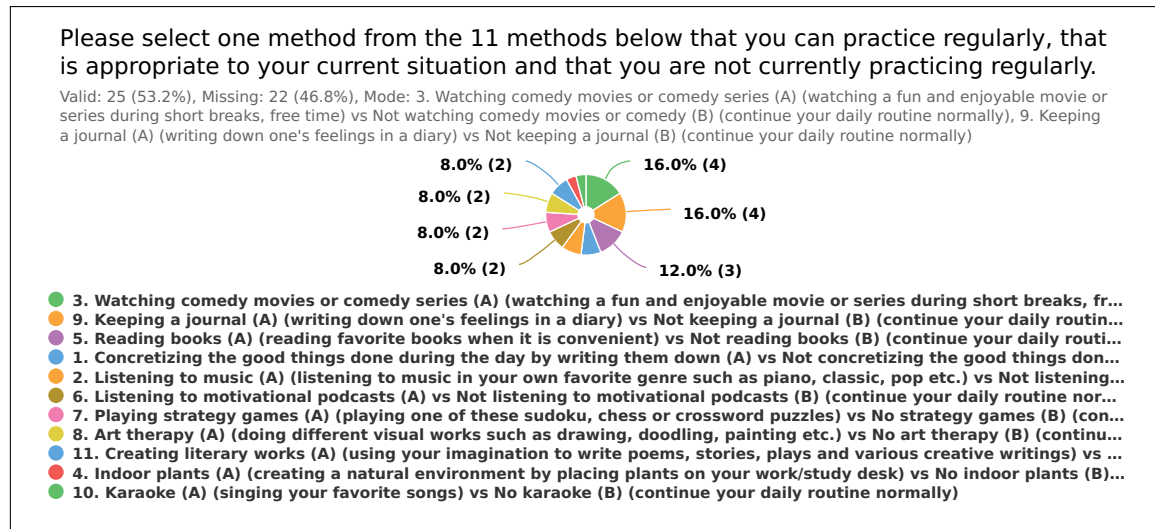
#### Answers

Valid: 25 (53.2 %), Missing: 22 (46.8 %)

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), 9. Keeping a journal (A) (writing down one's feelings in a diary) vs Not keeping a journal (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	16.0 %
9. Keeping a journal (A) (writing down one's feelings in a diary) vs Not keeping a journal (B) (continue your daily routine normally)	4	16.0 %
5. Reading books (A) (reading favorite books when it is convenient) vs Not reading books (B) (continue your daily routine normally)	3	12.0 %
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	8.0 %
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	8.0 %
6. Listening to motivational podcasts (A) vs Not listening to motivational podcasts (B) (continue your daily routine normally)	2	8.0 %
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	8.0 %
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	8.0 %
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	8.0 %
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	4.0 %
10. Karaoke (A) (singing your favorite songs) vs No karaoke (B) (continue your daily routine normally)	1	4.0 %
<b>Total</b>	<b>25</b>	<b>100.0 %</b>

**Table 6** – Frequencies: Please select one method from the 11 methods below that you can practice regularly, that is appropriate to your current situation and that you are not currently practicing regularly.



**Figure 3** – Please select one method from the 11 methods below that you can practice regularly, that is appropriate to your current situation and that you are not currently practicing regularly.

## **7 3. Participant Information and Guidelines**

- 7.1 You can find all the necessary information about your chosen method in the next section (3.2 Guidelines). We kindly recommend reading the PDF to ensure you follow the process accurately and downloading it for future reference. In order for us to create this study for you, you need to confirm that you have read and understood your own method.**

8 3.2 Guidelines

8.1 Please read your method from the links above and give your consent.

<b>Answers</b>		
Valid: 25 (53.2 %), Missing: 22 (46.8 %)		
Mode: I have read and understood what is written in my study, I will only do what is written here and I am responsible for any possible problems.	<b>Absolute</b>	<b>Percentage</b>
I have read and understood what is written in my study, I will only do what is written here and I am responsible for any possible problems.	25	100.0 %
I have read what is written in my study and I do not agree to participate in the study.	0	0.0 %
<b>Total</b>	<b>25</b>	<b>100.0 %</b>

Table 7 – Frequencies: Please read your method from the links above and give your consent.

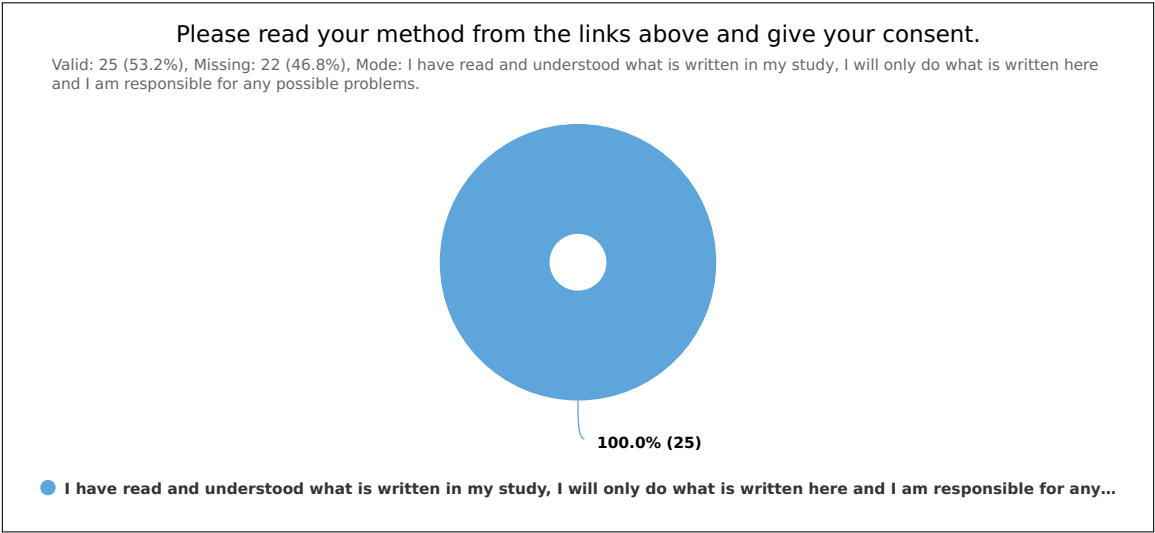


Figure 4 – Please read your method from the links above and give your consent.

## 9 4. Choice of the Mediators (Stress Factors)

### 9.1 Select ONLY 2 stressors in your life that you think increase your stress the most and are constantly in your life.

Question advice: Please do not select more than 2.

Answers		
Valid: 25 (53.2 %), Missing: 22 (46.8 %)		
	Absolute	Percentage of all response
Work intensity	10	40.0 %
Future anxiety	7	28.0 %
Some uncertainties in life (some uncertainties about the future, decisions about work)	6	24.0 %
Overthinking	6	24.0 %
Problems in educational life (presentations, homework, exam research, etc.)	4	16.0 %
Time management (inefficient use of time or accumulation of work)	4	16.0 %
Financial problems	3	12.0 %
Family problems	2	8.0 %
Loneliness	2	8.0 %
Short-term uncertainties (sudden decisions made during the day or changes in the daily schedule such as spontaneous meetings, unexpected phone calls, etc.)	2	8.0 %
Changes in daily routines (unexpected situations, sudden meetings, sudden events)	1	4.0 %
No social contacts	1	4.0 %
Insomnia or disturbed sleep patterns	1	4.0 %
Uncomfortable working or living environment (e.g. uncomfortable chair or insufficient light)	1	4.0 %
Household chores and responsibilities	0	0.0 %
Heavy traffic, crowds and noise	0	0.0 %
Heavy use of technology (instagram, twitter, game etc.)	0	0.0 %
Unhealthy lifestyle	0	0.0 %
Weather conditions	0	0.0 %

**Table 8** – Frequencies: Select ONLY 2 stressors in your life that you think increase your stress the most and are constantly in your life.

### 9.2 If you feel that these options do not adequately reflect the problem in your life or are too general, please list your two stressors in your own words.

## 10 5. Question Style Selection

### 10.1 Which category would you prefer the questions to be asked in the “Outcome” and “Mediators” sections of the Study app during the experiment to be in a way that does not disturb you psychologically and encourages you to continue the study?

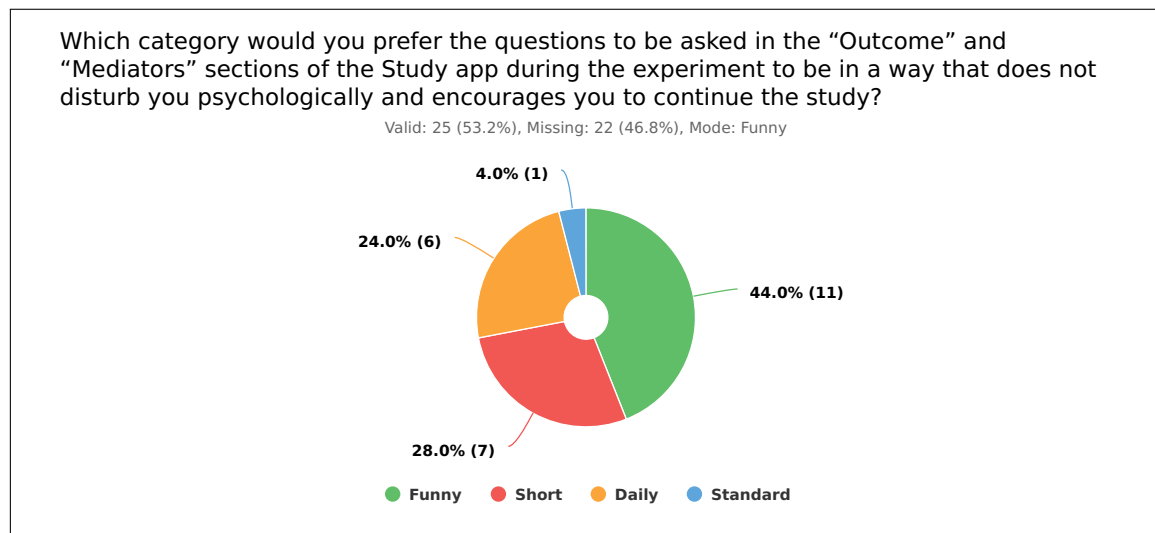
#### Answers

Valid: 25 (53.2 %), Missing: 22 (46.8 %)

Mode: Funny

	Absolute	Percentage
Funny	11	44.0 %
Short	7	28.0 %
Daily	6	24.0 %
Standard	1	4.0 %
<b>Total</b>	<b>25</b>	<b>100.0 %</b>

**Table 9** – Frequencies: Which category would you prefer the questions to be asked in the “Outcome” and “Mediators” sections of the Study app during the experiment to be in a way that does not disturb you psychologically and encourages you to continue the study?



**Figure 5** – Which category would you prefer the questions to be asked in the “Outcome” and “Mediators” sections of the Study app during the experiment to be in a way that does not disturb you psychologically and encourages you to continue the study?

## 11 6. Determination of the Experiment Start Date

### 11.1 Please enter a date that suits you, starting at the earliest 1 week after you fill in this form, until June 30 at the latest.

- |              |              |              |
|--------------|--------------|--------------|
| • 2025-03-24 | • 2025-04-02 | • 2025-04-24 |
| • 2025-04-15 | • 2025-04-04 | • 2025-05-02 |
| • 2025-04-21 | • 2025-04-06 | • 2025-05-04 |
| • 2025-05-19 | • 2025-04-07 | • 2025-05-05 |
| • 2024-03-02 | • 2025-04-14 | • 2025-05-08 |
| • 2025-03-21 | • 2025-04-18 | • 2025-05-26 |
| • 2025-03-30 | • 2025-04-23 | • 2025-05-31 |

## 12 7. Determination of Experiment Participation Code

### 12.1 Please specify a code that you will use to identify the study as yours on the application screen. Please follow “Steps to follow to generate code:”

- Maara9t
- apaydb5c
- apnonb4q
- appulb9e
- aptanb5d
- aptarb7m
- aunemb9o
- auteny2c
- feeemr5d
- feiing6c
- fenuar7d
- jarinw9b
- julaag1s
- jundlg0c
- jureeb9c
- maezab9d
- matesg5d
- matmab5p
- nolünb1f
- nonanb5c
- norenb0l
- oçeşus5g
- ocklun0l
- ocnaab1f
- ocniyb2c



13 8. What You Need to Do Now

13.1 Please confirm that you have carefully read the steps on what to do.

Answers		
Valid: 25 (53.2 %), Missing: 22 (46.8 %)		
	Absolute	Percentage of all response
I have read and understood all the steps in detail.	25	100.0 %

Table 10 – Frequencies: Please confirm that you have carefully read the steps on what to do.

