

Necdet Güven

Results Report

Default report

Questionnaire: "General Survey: N-of-1 Trials for Personalized Stress Management Through User-Driven Choices in Everyday Life"

Survey period: 2024-12-09 - 2025-12-30

Created at: 16 August 2025

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26.3 Do you think that N-of-1 studies based on individual preferences are easier to integrate into daily life compared to standard N-of-1 studies? (1 = Absolutely no to 5 = Absolutely yes)	49
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27 5.2. Mediators/Factors	51
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28.2 Do you believe that tailoring the question style to individual preferences would increase participation and commitment to the study? (1 = Absolutely no to 5 = Absolutely yes)	54
29 5.4. Experiment Duration	55
29.1 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)	55
29.2 How much do you think the option of flexible timing influenced your willingness to accept and start participating in the study? (1 = Definitely not convincing to 5 = Definitely convincing)	56

29.3 Which time period do you think would make N-of-1 studies more applicable in daily life?	57
30 6. Post-study Perspective	58
30.1 Do you think that allowing you to choose the method according to your circumstances, using personalized question styles, identifying your own stress factors, and implementing flexible scheduling could enhance the use of N-of-1 studies in daily life? (1 = Absolutely no to 5 = Absolutely yes)	58
30.2 What do you think is the most problematic aspect that would hinder the wider use of N-of-1 studies in daily life? You can choose one or more of the following options:	59
30.3 Apart from the four approaches we have presented to you, what do you think are the most effective ways to increase the use of N-of-1 studies in everyday life? You can choose one or more of the following options: .	60
31 7. Suggestions and Comments on the Study	61
31.1 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.	61

1 Description of sample

1.1 Response

Response	Absolute	Percentage
Survey started	26	100 %
Survey canceled	6	23 %
Survey completed	20	77 %

Table 1 – Response

1.2 Response development

Time period	Absolute	Percentage	C. percentage
2025-03-14	1	4 %	4 %
2025-03-23	1	4 %	8 %
2025-03-26	2	8 %	15 %
2025-03-28	1	4 %	19 %
2025-03-30	3	12 %	31 %
2025-03-31	1	4 %	35 %
2025-04-01	1	4 %	38 %
2025-04-09	1	4 %	42 %
2025-04-10	1	4 %	46 %
2025-04-11	3	12 %	58 %
2025-04-16	1	4 %	62 %
2025-05-14	1	4 %	65 %
2025-06-09	1	4 %	69 %
2025-06-11	1	4 %	73 %
2025-06-16	1	4 %	77 %
2025-06-17	1	4 %	81 %
2025-06-28	1	4 %	85 %
2025-06-29	1	4 %	88 %
2025-08-09	3	12 %	100 %
Total	26	100 %	100 %

Table 2 – Response development

1.3 Drop-Outs

Last answered question	Absolute	Percentage
54. Apart from the four approaches we have presented to you, what do you think are the most effective ways to increase the use of N-of-1 studies in everyday life? You can choose one or more of the following options:	1	100 %
Total	1	100 %

Table 3 – Drop-Outs

2 1. Demographic Information

2.1 Age

- 28
 - 23
 - 26
 - 27
 - 21
- 24
 - 25
 - 29
 - 30
 - 33
- 37
 - 40
 - 46
 - 48
 - 52

2.2 Gender

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: female

	Absolute	Percentage
female	12	60.0 %
male	8	40.0 %
other	0	0.0 %
prefer not to say	0	0.0 %
Total	20	100.0 %

Table 4 – Frequencies: Gender

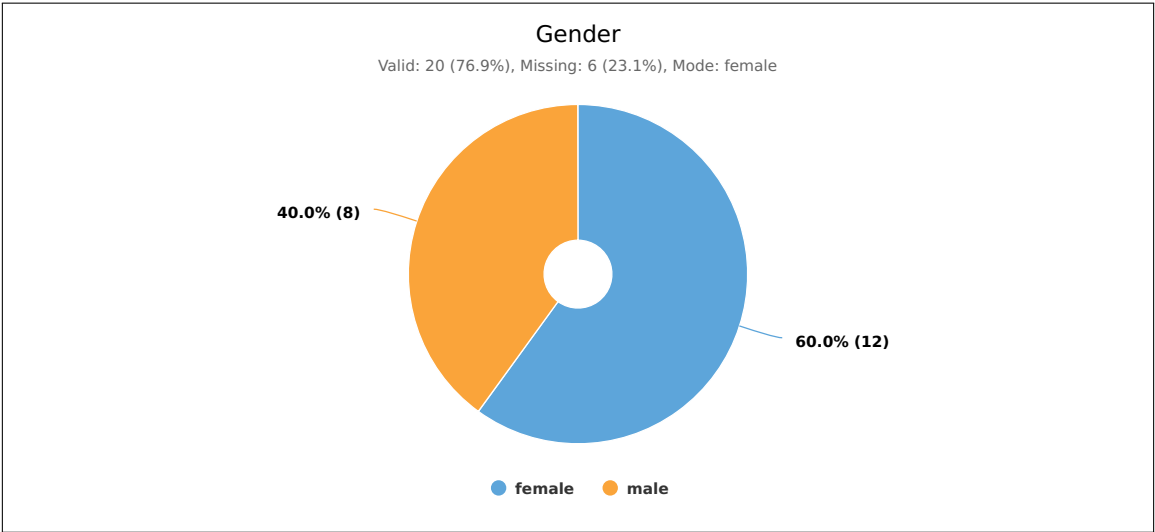


Figure 1 – Gender

2.3 Occupation

- Student
 - Doctor
 - Teacher
 - Accountant
 - Barber
- Biomedical engineer
 - Carsharing Management
 - Dentist
 - Genetic Engineer
 - LAWYER
- Master student
 - Nurse
 - sales consultant

2.4 Country of Participation

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: Turkey		
	Absolute	Percentage
Turkey	12	60.0 %
Germany	6	30.0 %
Greece	1	5.0 %
Italy	1	5.0 %
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 %

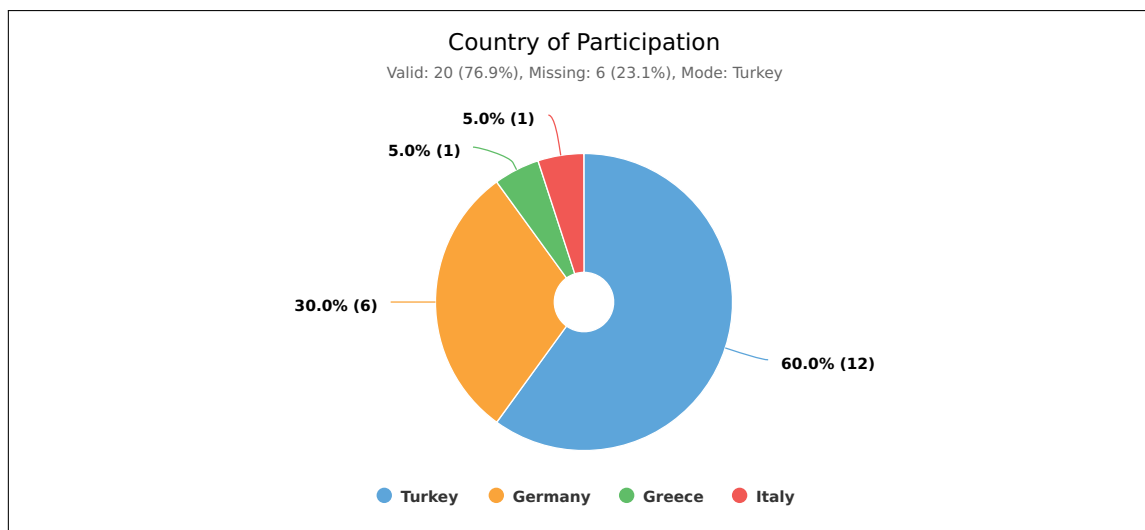


Figure 2 – Country of Participation

3 2. Pre-study Perspective

3.1 Do you know that N-of-1 trials are a research method that aims to achieve personalized results by collecting data at the individual level?

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: No, I don't know.		
	Absolute	Percentage
No, I don't know.	15	75.0 %
I know a little bit.	3	15.0 %
Yes, I know.	1	5.0 %
I've heard of it, but I don't know the details.	1	5.0 %
Total	20	100.0 %

Table 6 – Frequencies: Do you know that N-of-1 trials are a research method that aims to achieve personalized results by collecting data at the individual level?

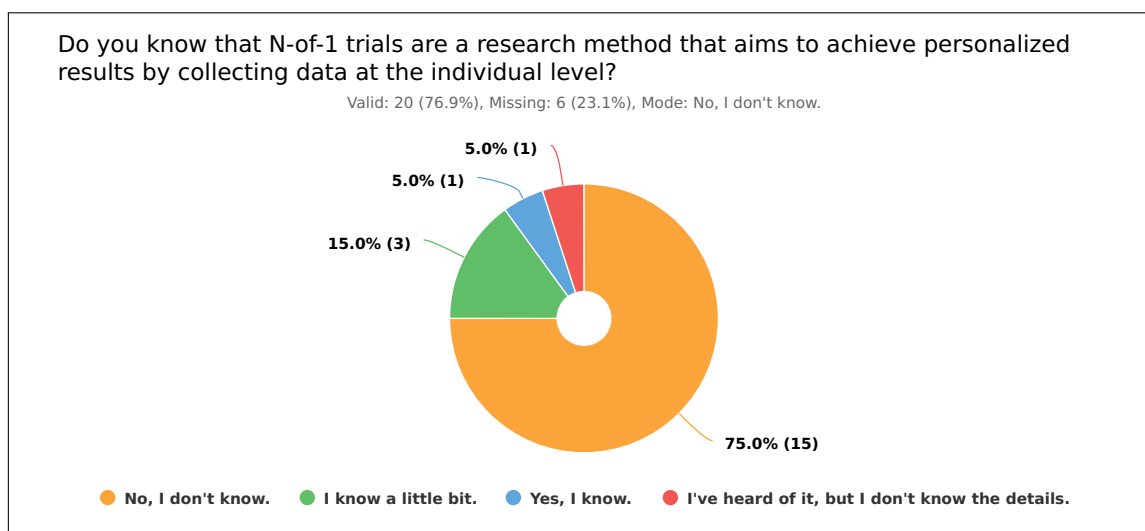


Figure 3 – Do you know that N-of-1 trials are a research method that aims to achieve personalized results by collecting data at the individual level?

3.2 Have you ever participated in a study like N-of-1 trials?

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: no

	Absolute	Percentage
no	19	95.0 %
yes	1	5.0 %
Total	20	100.0 %

Table 7 – Frequencies: Have you ever participated in a study like N-of-1 trials?

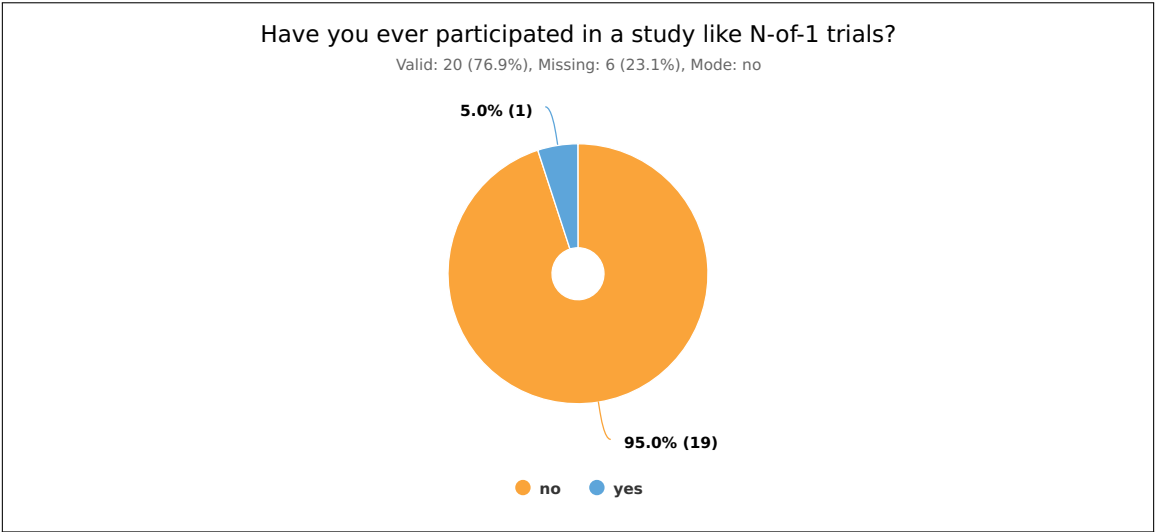
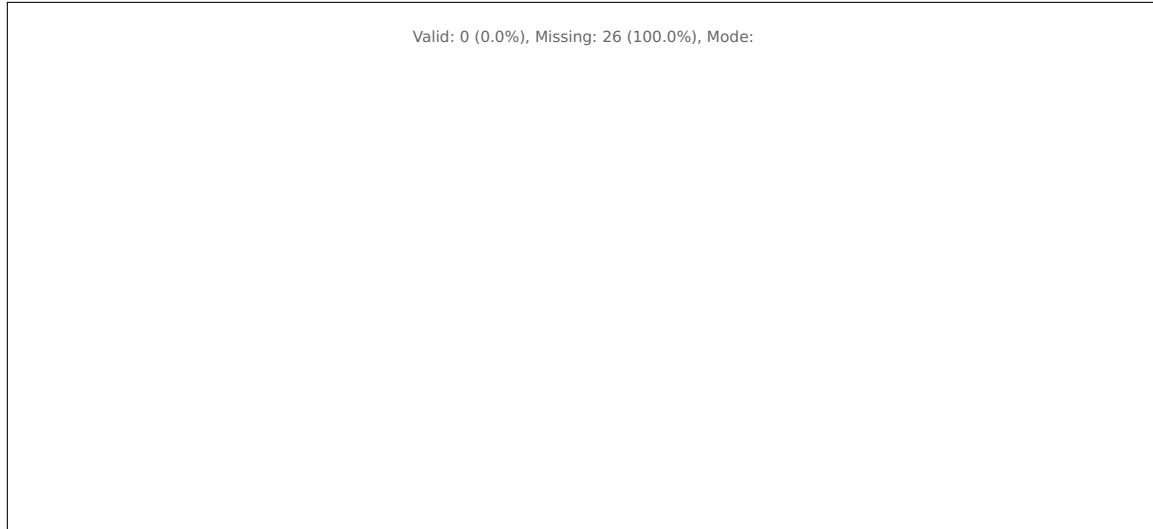


Figure 4 – Have you ever participated in a study like N-of-1 trials?

4 3. Introduction (OPTIONAL)

Valid: 0 (0.0%), Missing: 26 (100.0%), Mode:

5 3.1. Explanation of Technical Terms (OPTIONAL)



6 3.2. StudyU Application (OPTIONAL)



7 4. Overview of the Study



8 4.1. Standard N-of-1 Trials: Stress Management with Indoor Plants



9 4.1.1. Starting of the Experiment



10 4.1.2. Evaluation of Interventions

10.1 If we asked you to follow the steps outlined in the N-of-1 study designed above regardless of your preferences, keep a plant in your work/study space, and carry out this study for 28 days, what would your level of motivation to participate be? (1 = Not motivated at all to 5 = Extremely motivated)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 2

	Absolute	Percentage
2	8	40.0 %
3	4	20.0 %
1	3	15.0 %
4	3	15.0 %
5	2	10.0 %
Total	20	100.0 %

Table 8 – Frequencies: If we asked you to follow the steps outlined in the N-of-1 study designed above regardless of your preferences, keep a plant in your work/study space, and carry out this study for 28 days, what would your level of motivation to participate be? (1 = Not motivated at all to 5 = Extremely motivated)

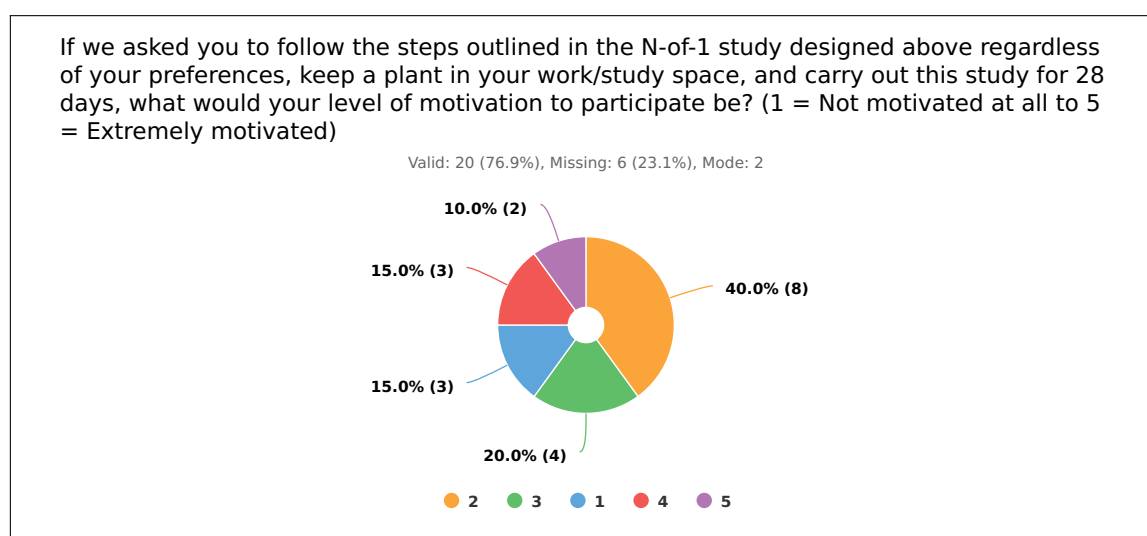


Figure 5 – If we asked you to follow the steps outlined in the N-of-1 study designed above regardless of your preferences, keep a plant in your work/study space, and carry out this study for 28 days, what would your level of motivation to participate be? (1 = Not motivated at all to 5 = Extremely motivated)

10.2 Would having the plants in your study/work space be a preference that suits your style? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 2

	Absolute	Percentage
2	7	35.0 %
5	5	25.0 %
1	3	15.0 %
4	3	15.0 %
3	2	10.0 %
Total	20	100.0 %

Table 9 – Frequencies: Would having the plants in your study/work space be a preference that suits your style? (1 = Absolutely no to 5 = Absolutely yes)

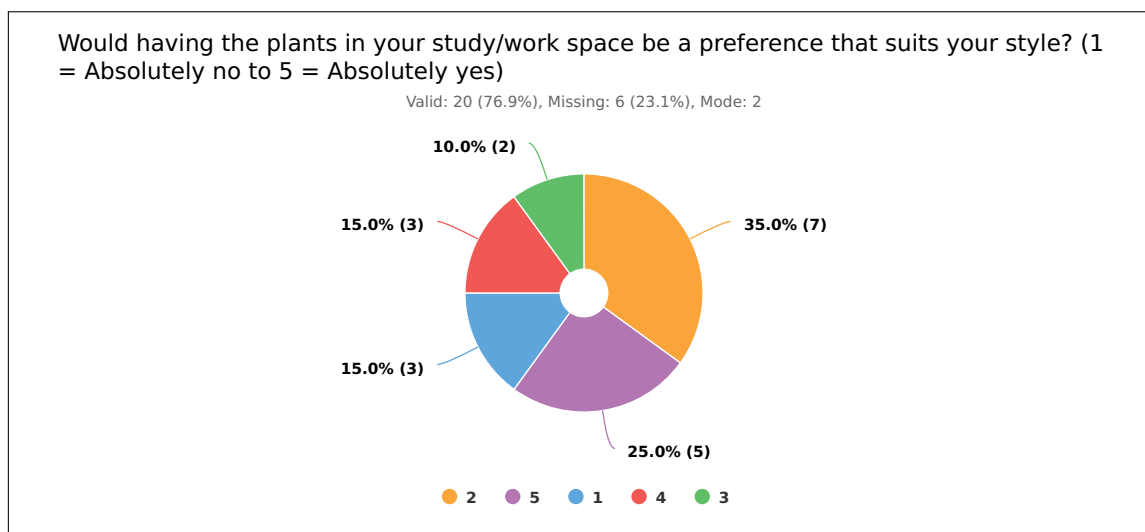


Figure 6 – Would having the plants in your study/work space be a preference that suits your style? (1 = Absolutely no to 5 = Absolutely yes)

10.3 Considering your current circumstances and profession, would it be possible for you to have a plant in your study/work space? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	6	30.0 %
2	5	25.0 %
3	4	20.0 %
1	3	15.0 %
5	2	10.0 %
Total	20	100.0 %

Table 10 – Frequencies: Considering your current circumstances and profession, would it be possible for you to have a plant in your study/work space? (1 = Absolutely no to 5 = Absolutely yes)

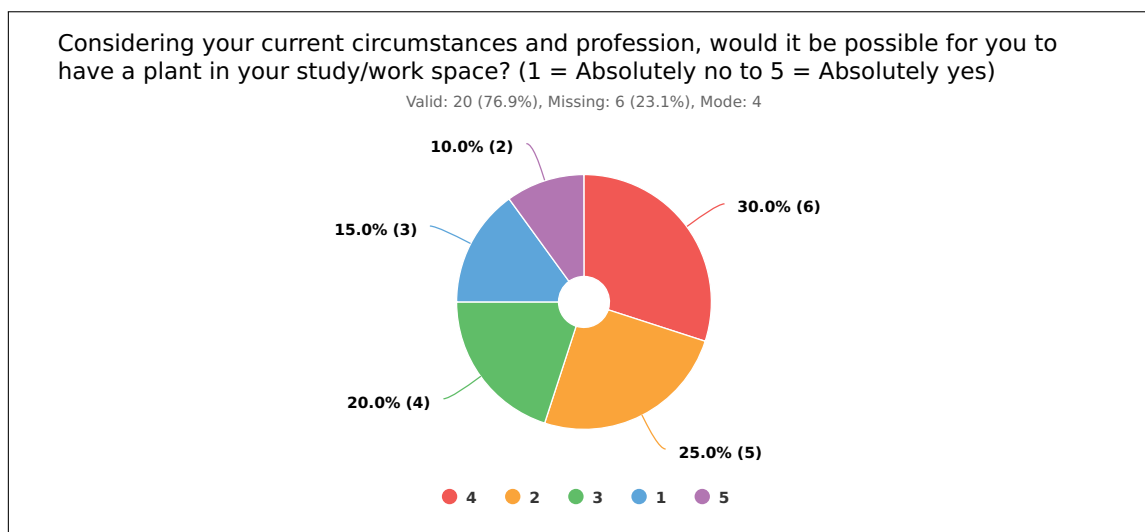


Figure 7 – Considering your current circumstances and profession, would it be possible for you to have a plant in your study/work space? (1 = Absolutely no to 5 = Absolutely yes)

10.4 If you had participated in this study, would having plants in your work/study area have a positive impact on your stress level? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	8	40.0 %
3	6	30.0 %
1	2	10.0 %
2	2	10.0 %
5	2	10.0 %
Total	20	100.0 %

Table 11 – Frequencies: If you had participated in this study, would having plants in your work/study area have a positive impact on your stress level? (1 = Absolutely no to 5 = Absolutely yes)

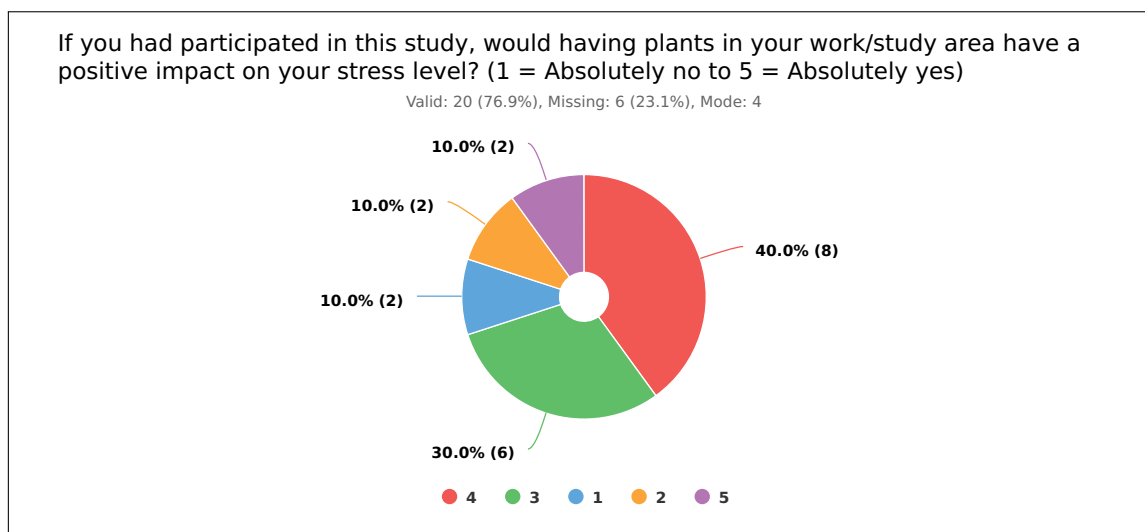


Figure 8 – If you had participated in this study, would having plants in your work/study area have a positive impact on your stress level? (1 = Absolutely no to 5 = Absolutely yes)

11 4.1.3. Mediators/Factors

11.1 We focused on two main factors that have a high potential to increase stress in your daily life: 'time management (inefficient use of time or workload accumulation)' and 'overthinking.' Do you think these two factors are the biggest stress factors affecting your life? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 2, 3

	Absolute	Percentage
2	6	30.0 %
3	6	30.0 %
4	4	20.0 %
1	2	10.0 %
5	2	10.0 %
Total	20	100.0 %

Table 12 – Frequencies: We focused on two main factors that have a high potential to increase stress in your daily life: 'time management (inefficient use of time or workload accumulation)' and 'overthinking.' Do you think these two factors are the biggest stress factors affecting your life? (1 = Absolutely no to 5 = Absolutely yes)

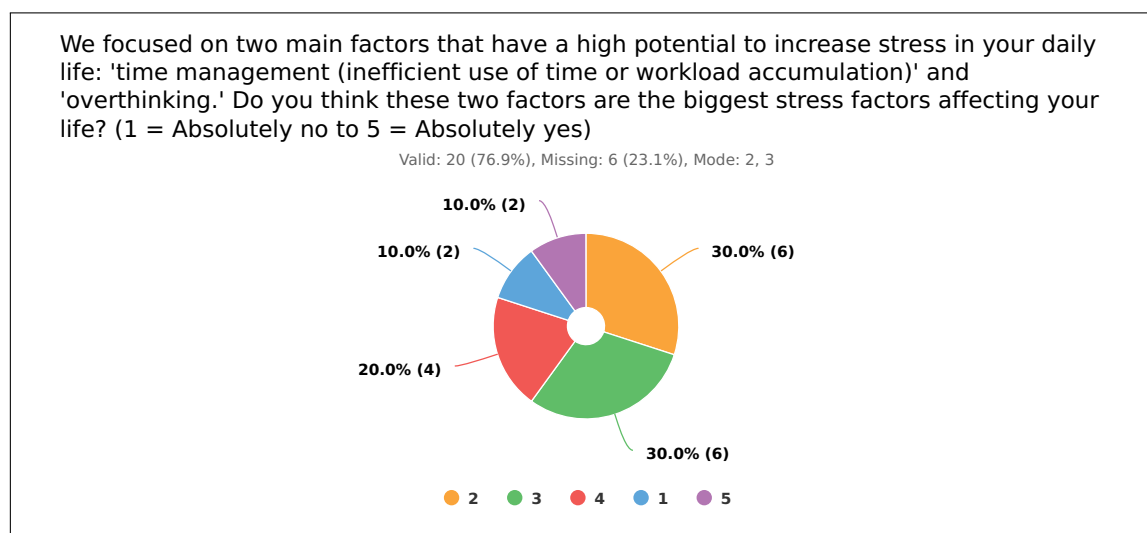


Figure 9 – We focused on two main factors that have a high potential to increase stress in your daily life: 'time management (inefficient use of time or workload accumulation)' and 'overthinking.' Do you think these two factors are the biggest stress factors affecting your life? (1 = Absolutely no to 5 = Absolutely yes)

11.2 Considering your current situation, do you think the study based on these two stress factors would reflect you accurately and realistically? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 2

	Absolute	Percentage
2	9	45.0 %
3	5	25.0 %
4	3	15.0 %
5	2	10.0 %
1	1	5.0 %
Total	20	100.0 %

Table 13 – Frequencies: Considering your current situation, do you think the study based on these two stress factors would reflect you accurately and realistically? (1 = Absolutely no to 5 = Absolutely yes)

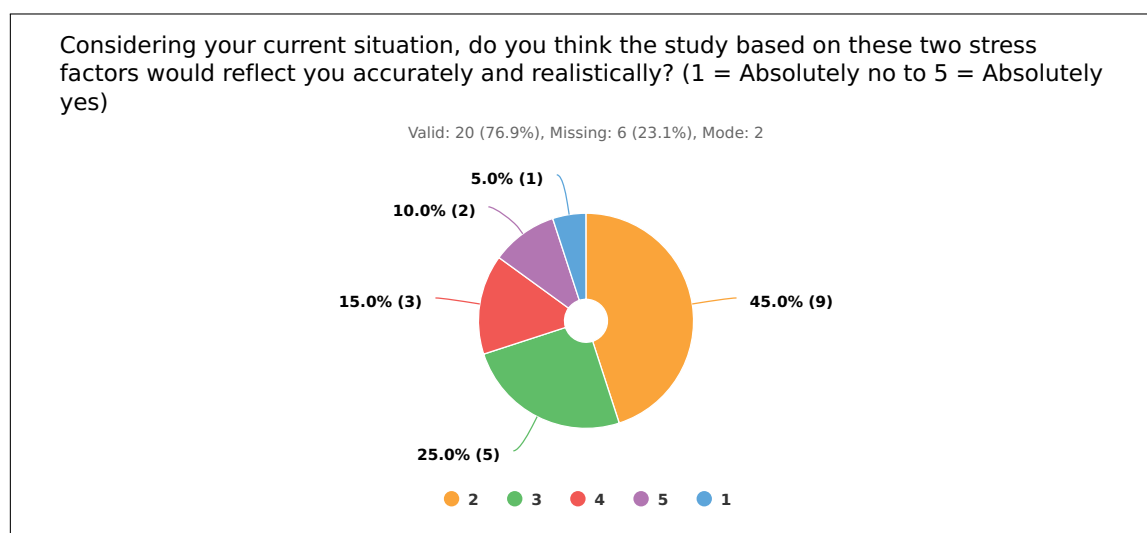


Figure 10 – Considering your current situation, do you think the study based on these two stress factors would reflect you accurately and realistically? (1 = Absolutely no to 5 = Absolutely yes)

12 4.1.4. Impact of Question Styles

12.1 Would being asked standard questions through the StudyU app during the experiment have a negative psychological impact on you? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 3		
	Absolute	Percentage
3	11	55.0 %
4	5	25.0 %
2	3	15.0 %
1	1	5.0 %
5	0	0.0 %
Total	20	100.0 %

Table 14 – Frequencies: Would being asked standard questions through the StudyU app during the experiment have a negative psychological impact on you? (1 = Absolutely no to 5 = Absolutely yes)

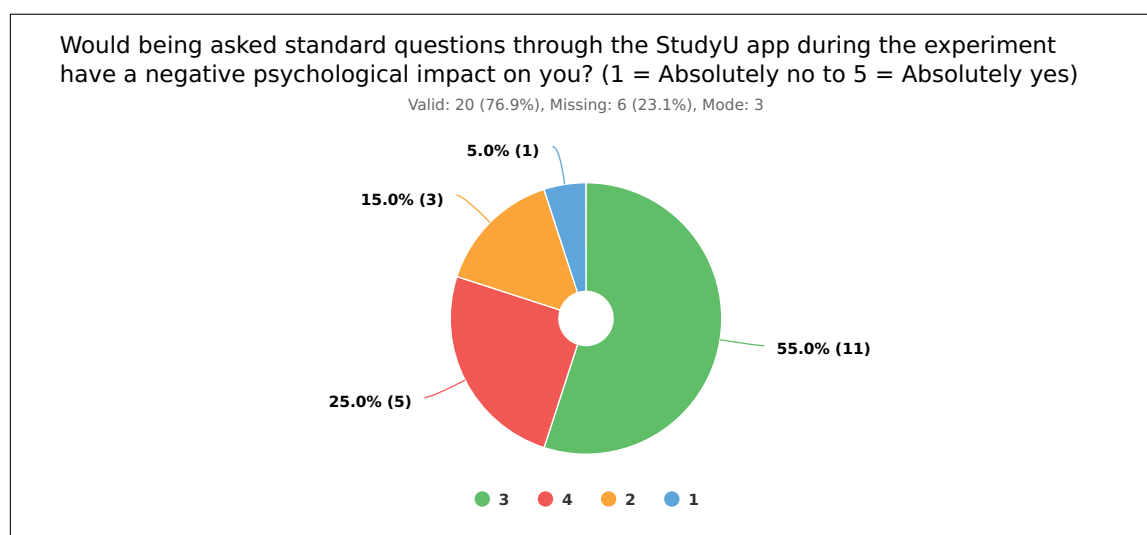


Figure 11 – Would being asked standard questions through the StudyU app during the experiment have a negative psychological impact on you? (1 = Absolutely no to 5 = Absolutely yes)

13 4.1.5. Evaluation of Experiment Duration

13.1 What do you think about taking part in this study for 28 days? (1 = Very short to 5 = Very long)

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 3		
	Absolute	Percentage
3	10	50.0 %
4	8	40.0 %
1	1	5.0 %
5	1	5.0 %
2	0	0.0 %
Total	20	100.0 %

Table 15 – Frequencies: What do you think about taking part in this study for 28 days? (1 = Very short to 5 = Very long)

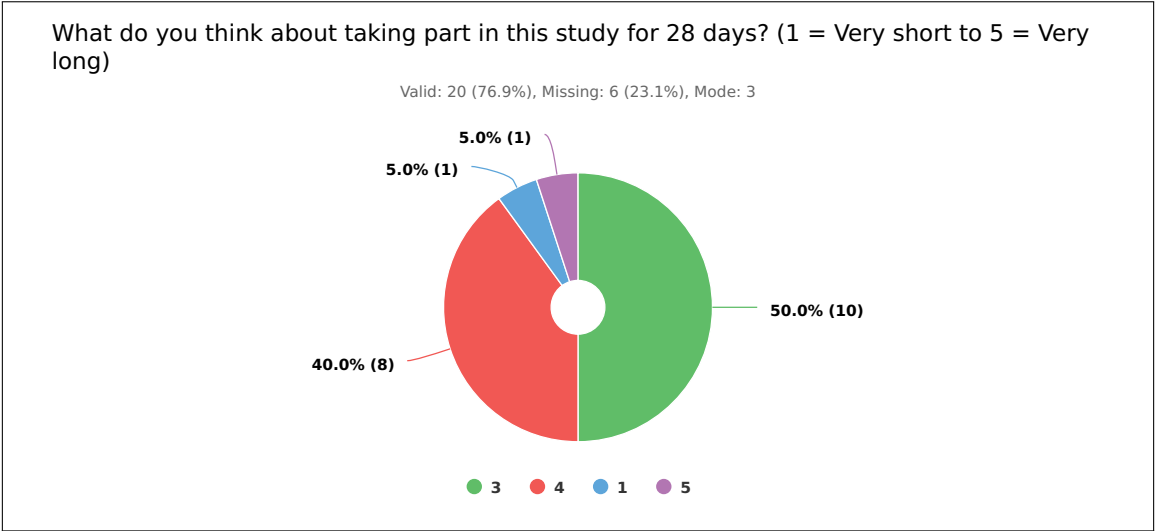


Figure 12 – What do you think about taking part in this study for 28 days? (1 = Very short to 5 = Very long)

13.2 Do you think this duration (28 days) could negatively affect your participation, motivation, and continuity ? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	7	35.0 %
5	6	30.0 %
3	4	20.0 %
2	3	15.0 %
1	0	0.0 %
Total	20	100.0 %

Table 16 – Frequencies: Do you think this duration (28 days) could negatively affect your participation, motivation, and continuity ? (1 = Absolutely no to 5 = Absolutely yes)

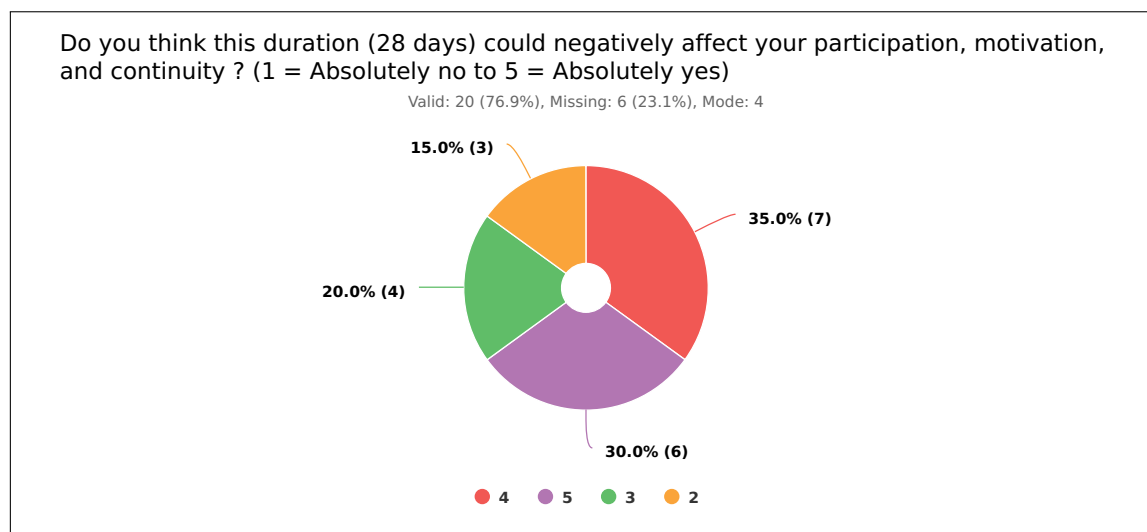
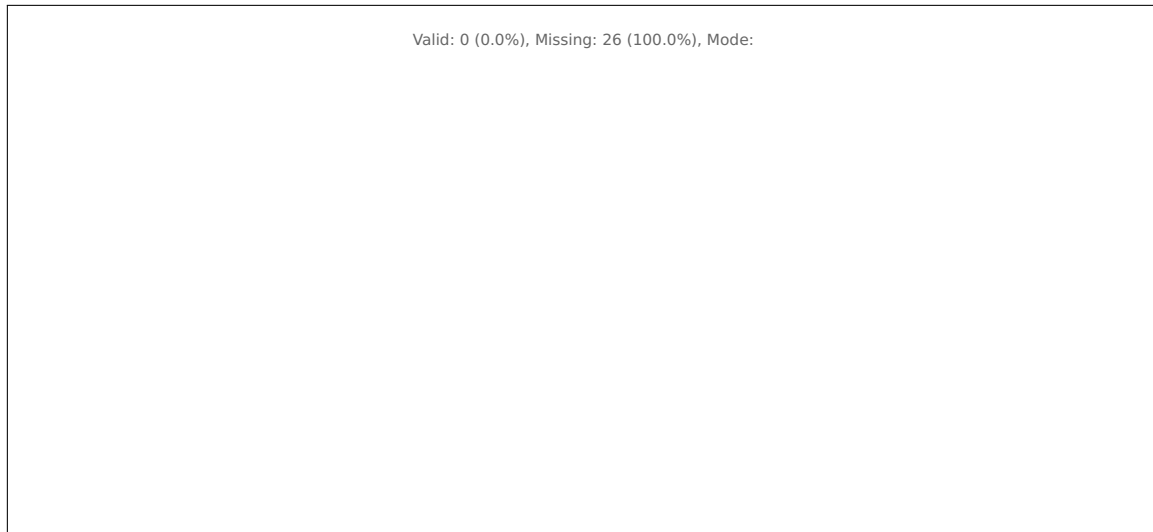


Figure 13 – Do you think this duration (28 days) could negatively affect your participation, motivation, and continuity ? (1 = Absolutely no to 5 = Absolutely yes)

14 4.2. Part 2: N-of-1 Trials Based on Personal Preferences



15 4.2.1. The Choice of Participation Duration in the Experiment

15.1 Given your circumstances, how many days would you like to participate in the experiment?

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 16 days

	Absolute	Percentage
16 days	14	70.0 %
32 days	6	30.0 %
64 days	0	0.0 %
Total	20	100.0 %

Table 17 – Frequencies: Given your circumstances, how many days would you like to participate in the experiment?

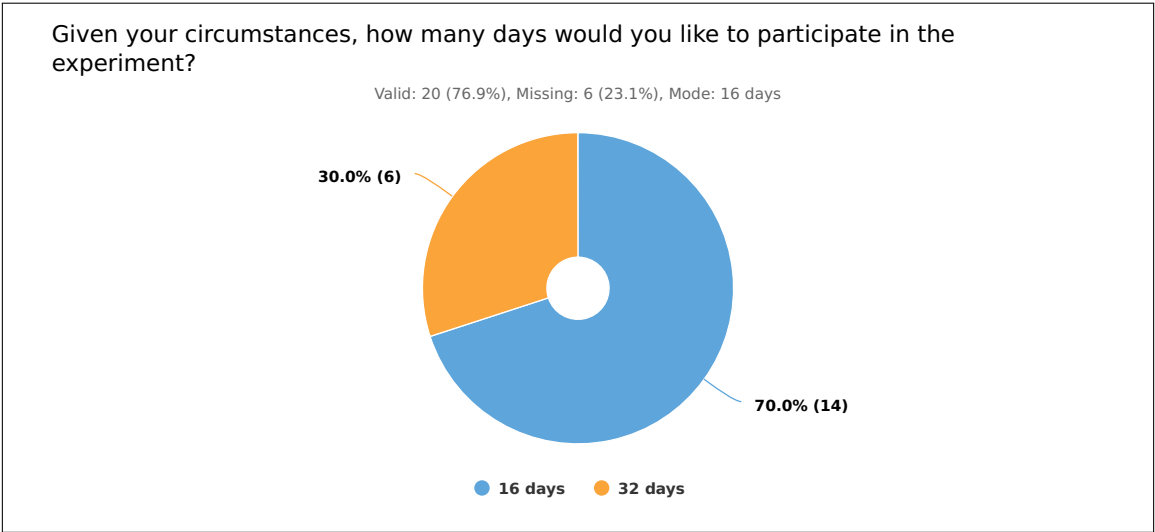


Figure 14 – Given your circumstances, how many days would you like to participate in the experiment?

16 4.2.2. The Choice of the Method (Intervention)

16.1 The following methods are only suggestions. You can choose one of them or decide on the one you want to practice.

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: Engaging in a hobby or creative activity, like knitting or crafting (A) vs Not pursuing a hobby (B) (continue your daily routine normally), 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
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)	3	15.0 %
Engaging in a hobby or creative activity, like knitting or crafting (A) vs Not pursuing a hobby (B) (continue your daily routine normally)	3	15.0 %
Keeping a journal (A) (writing down one's feelings in a diary) vs Not keeping a journal (B) (continue your daily routine normally)	2	10.0 %
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	10.0 %
Drinking a calming herbal tea such as chamomile tea (A) vs Not drinking a calming herbal tea (B) (continue your daily routine normally)	2	10.0 %
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)	1	5.0 %
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	5.0 %
Playing strategy games (A) (playing one of these sudoku, chess or crossword puzzles) vs No strategy games (B) (continue your daily routine normally)	1	5.0 %
Doing a digital detox by avoiding screens (A) vs Continuing regular screen use (B) (continue your daily routine normally)	1	5.0 %
Engaging in light physical activity, like dancing (A) vs Not engaging in light physical activity (B) (continue your daily routine normally)	1	5.0 %
Making a simple to-do list for clarity (A) vs Not creating a list (B) (continue your daily routine normally)	1	5.0 %
Engaging in mindful meditation (A) vs Not engaging in mindful meditation (B) (continue your daily routine normally)	1	5.0 %
Stretching or light yoga (A) vs Skipping stretching or yoga (B) (continue your daily routine normally)	1	5.0 %
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)	0	0.0 %
Listening to motivational podcasts (A) vs Not listening to motivational podcasts (B) (continue your daily routine normally)	0	0.0 %
Reading books (A) (reading favorite books when it is convenient) vs Not reading books (B) (continue your daily routine normally)	0	0.0 %
Art therapy (A) (doing different visual works such as drawing, doodling, painting etc.) vs No art therapy (B) (continue your daily routine normally)	0	0.0 %
Karaoke (A) (singing your favorite songs) vs No karaoke (B) (continue your daily routine normally)	0	0.0 %
Practicing deep breathing exercises (A) vs Not practicing deep breathing exercises (B) (continue your daily routine normally)	0	0.0 %
Total	20	100.0 %

Table 18 – Frequencies: The following methods are only suggestions. You can choose one of them or decide on the one you want to practice.

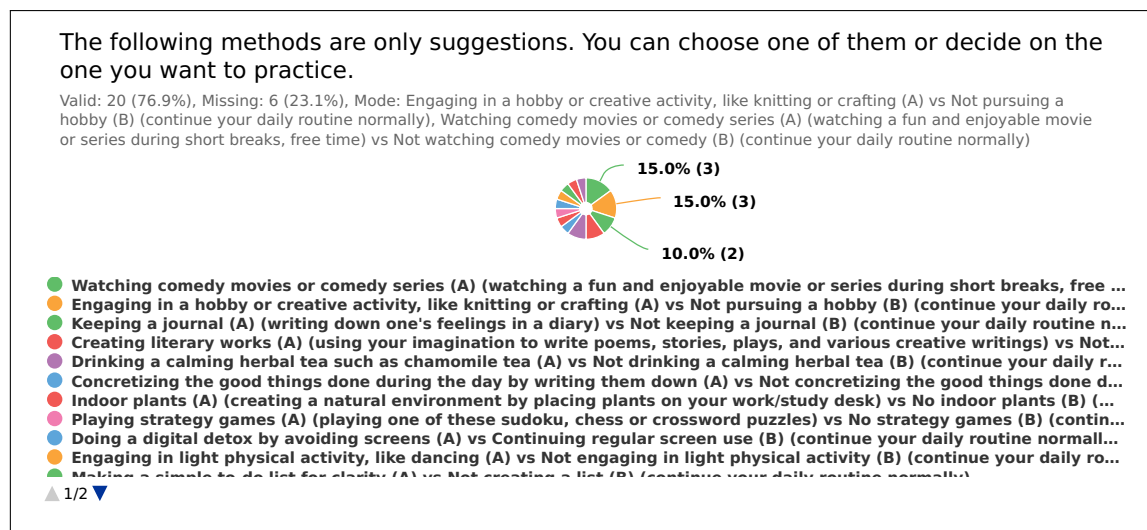


Figure 15 – The following methods are only suggestions. You can choose one of them or decide on the one you want to practice.

17 4.2.3. The Choice of the Mediators (Stress Factors)

17.1 Select ONLY 2 stressors in your life that you think increase your stress the most and are constantly in your life. Please do not select more than 2.

Answers		
Valid: 21 (80.8 %), Missing: 5 (19.2 %)		
	Absolute	Percentage of all response
Work intensity	7	33.3 %
Family problems	5	23.8 %
Uncomfortable working or living environment (e.g. uncomfortable chair or insufficient light)	3	14.3 %
Loneliness	3	14.3 %
Unhealthy lifestyle	3	14.3 %
Time management (inefficient use of time or accumulation of work)	3	14.3 %
Some uncertainties in life (some uncertainties about the future, decisions about work)	3	14.3 %
Financial problems	3	14.3 %
Problems in educational life (presentations, homework, exam research, etc.)	2	9.5 %
Insomnia or disturbed sleep patterns	2	9.5 %
Future anxiety	2	9.5 %
Weather conditions	1	4.8 %
Household chores and responsibilities	1	4.8 %
Heavy traffic, crowds and noise	1	4.8 %
Overthinking	1	4.8 %
Heavy use of technology (instagram, twitter, game etc.)	0	0.0 %
Short-term uncertainties (sudden decisions made during the day or changes in the daily schedule such as spontaneous meetings, unexpected phone calls, etc.)	0	0.0 %
Changes in daily routines (unexpected situations, sudden meetings, sudden events)	0	0.0 %
No social contacts	0	0.0 %

Table 19 – Frequencies: Select ONLY 2 stressors in your life that you think increase your stress the most and are constantly in your life. Please do not select more than 2.

17.2 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.

18 4.2.4. The Choice of Question Style

18.1 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: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: Funny

	Absolute	Percentage
Funny	10	50.0 %
Short	8	40.0 %
Daily	2	10.0 %
Standard	0	0.0 %
Total	20	100.0 %

Table 20 – 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?

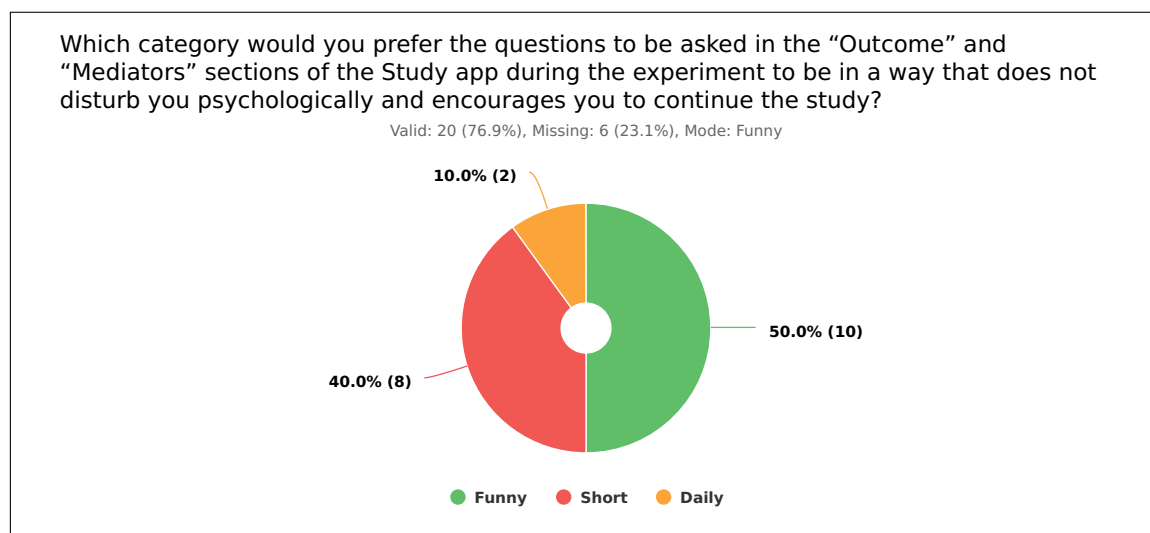


Figure 16 – Which category would you prefer the questions to be asked in the “Outcome” and “Mediators” sections of the Study app during the experiment to be in a way that does not disturb you psychologically and encourages you to continue the study?

19 4.2.5. Before Starting the Experiment



20 4.2.6. Starting of the Experiment



21 4.2.7. Evaluation of Interventions

21.1 If we asked you to choose the method that best suits your preferences and circumstances to reduce your stress such as listening to music, doing karaoke, or playing a strategy game, etc. and if we designed all other steps entirely based on your input, including identifying stress factors and tailoring the style of questions to be asked during the study, what would be your motivation to participate in this study for the duration (16/32/64 days) you specify? (1 = Not motivated at all to 5 = Extremely motivated)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	10	50.0 %
5	9	45.0 %
3	1	5.0 %
1	0	0.0 %
2	0	0.0 %
Total	20	100.0 %

Table 21 – Frequencies: If we asked you to choose the method that best suits your preferences and circumstances to reduce your stress such as listening to music, doing karaoke, or playing a strategy game, etc. and if we designed all other steps entirely based on your input, including identifying stress factors and tailoring the style of questions to be asked during the study, what would be your motivation to participate in this study for the duration (16/32/64 days) you specify? (1 = Not motivated at all to 5 = Extremely motivated)

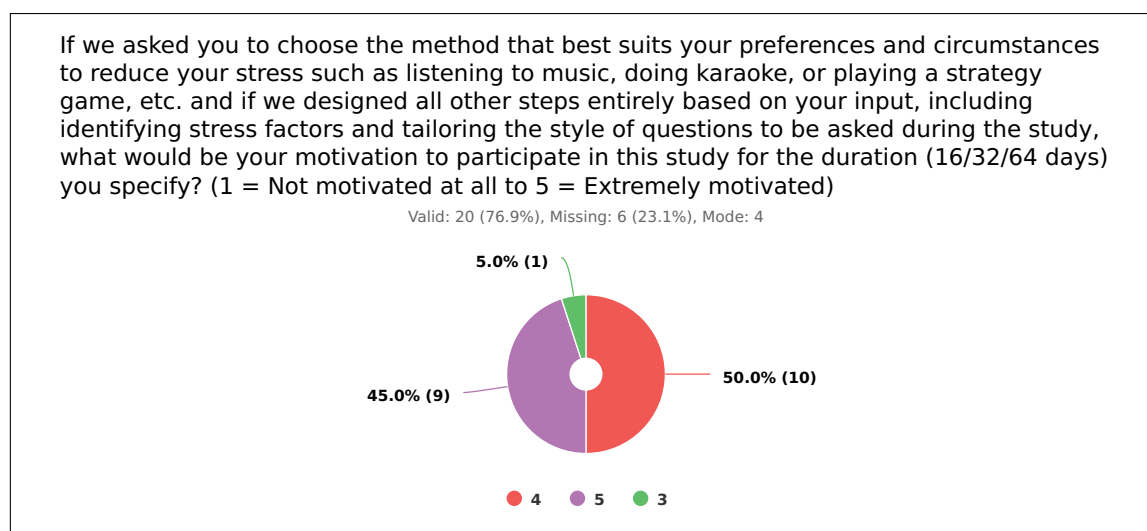


Figure 17 – If we asked you to choose the method that best suits your preferences and circumstances to reduce your stress such as listening to music, doing karaoke, or playing a strategy game, etc. and if we designed all other steps entirely based on your input, including identifying stress factors and tailoring the style of questions to be asked during the study, what would be your motivation to participate in this study for the duration (16/32/64 days) you specify? (1 = Not motivated at all to 5 = Extremely motivated)

21.2 What was/were the main reason/s for selecting the method (intervention) you chose to participate in this study? (You can select more than one option, and you can also write your thoughts.)

Question advice: Multiple answers are possible.

Answers	Absolute	Percentage of all response
Valid: 21 (80.8 %), Missing: 5 (19.2 %)		
I believe it will help me manage my stress effectively.	19	90.5 %
It seems easy to adapt to my daily life.	17	81.0 %
It is the most appealing and interesting to me.	11	52.4 %
I feel it aligns well with the study requirements and instructions.	4	19.0 %
Other	1	4.8 %

Table 22 – Frequencies: What was/were the main reason/s for selecting the method (intervention) you chose to participate in this study? (You can select more than one option, and you can also write your thoughts.)

Other

- It is one of the options I don't already include in my everyday life

21.3 Would you be able to apply the method you chose without disrupting the flow of your daily life, delaying your routine tasks, or encountering any difficulties? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	14	70.0 %
5	4	20.0 %
3	2	10.0 %
1	0	0.0 %
2	0	0.0 %
Total	20	100.0 %

Table 23 – Frequencies: Would you be able to apply the method you chose without disrupting the flow of your daily life, delaying your routine tasks, or encountering any difficulties? (1 = Absolutely no to 5 = Absolutely yes)

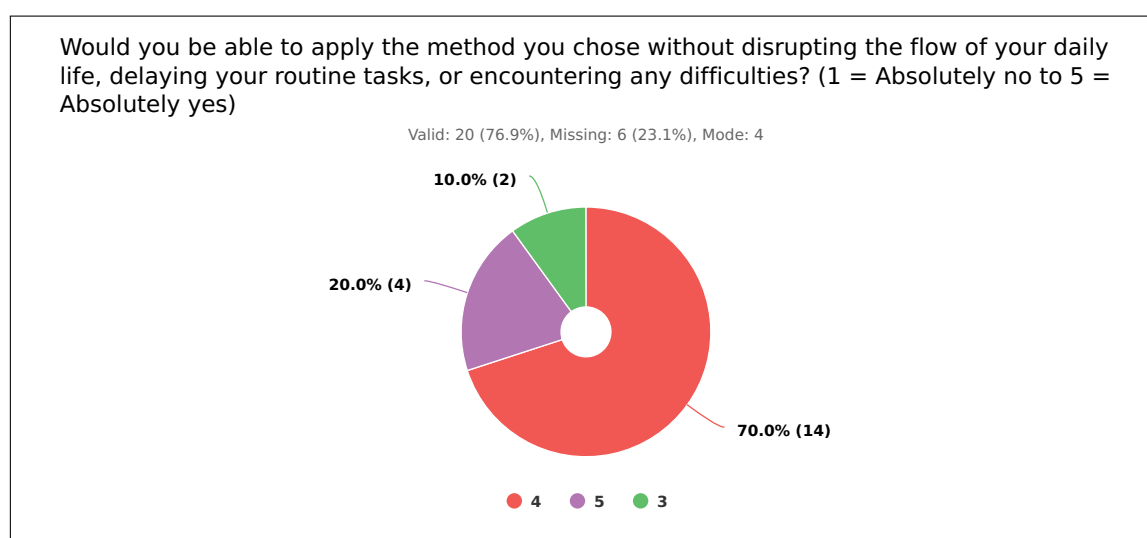


Figure 18 – Would you be able to apply the method you chose without disrupting the flow of your daily life, delaying your routine tasks, or encountering any difficulties? (1 = Absolutely no to 5 = Absolutely yes)

21.4 If you had participated in this study with your own preferences, would the method you chose have a positive effect on your stress levels? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 5		
	Absolute	Percentage
5	14	70.0 %
4	6	30.0 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	20	100.0 %

Table 24 – Frequencies: If you had participated in this study with your own preferences, would the method you chose have a positive effect on your stress levels? (1 = Absolutely no to 5 = Absolutely yes)

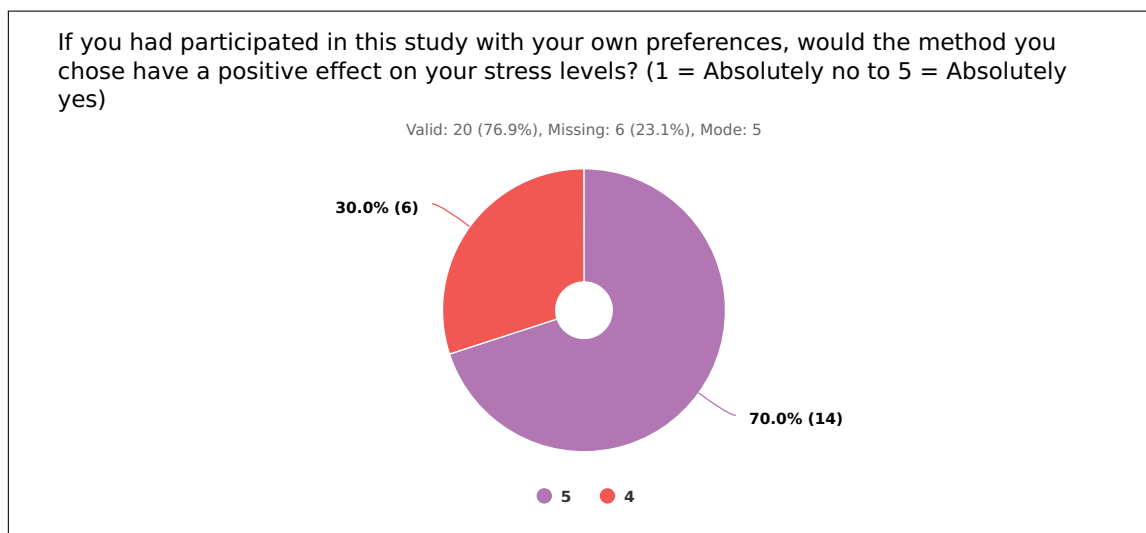


Figure 19 – If you had participated in this study with your own preferences, would the method you chose have a positive effect on your stress levels? (1 = Absolutely no to 5 = Absolutely yes)

22 4.2.8. Mediators/Factors

22.1 Do you think that including your own stress factors in the study, rather than using stress factors determined by the general research results, makes the study for you more realistic and applicable ? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 4, 5		
	Absolute	Percentage
4	10	50.0 %
5	10	50.0 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	20	100.0 %

Table 25 – Frequencies: Do you think that including your own stress factors in the study, rather than using stress factors determined by the general research results, makes the study for you more realistic and applicable ? (1 = Absolutely no to 5 = Absolutely yes)

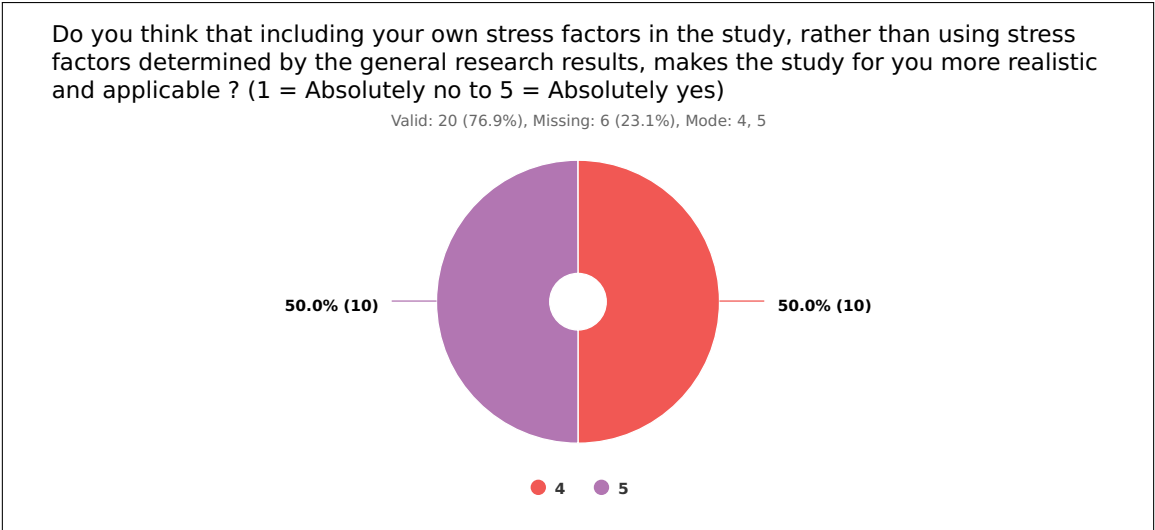


Figure 20 – Do you think that including your own stress factors in the study, rather than using stress factors determined by the general research results, makes the study for you more realistic and applicable ? (1 = Absolutely no to 5 = Absolutely yes)

23 4.2.9. Impact of Question Styles

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

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: Funny, Short		
	Absolute	Percentage
Funny	9	45.0 %
Short	9	45.0 %
Daily	2	10.0 %
Standard	0	0.0 %
Total	20	100.0 %

Table 26 – Frequencies: Which category of questions did you choose to be asked during the study from the StudyU app?

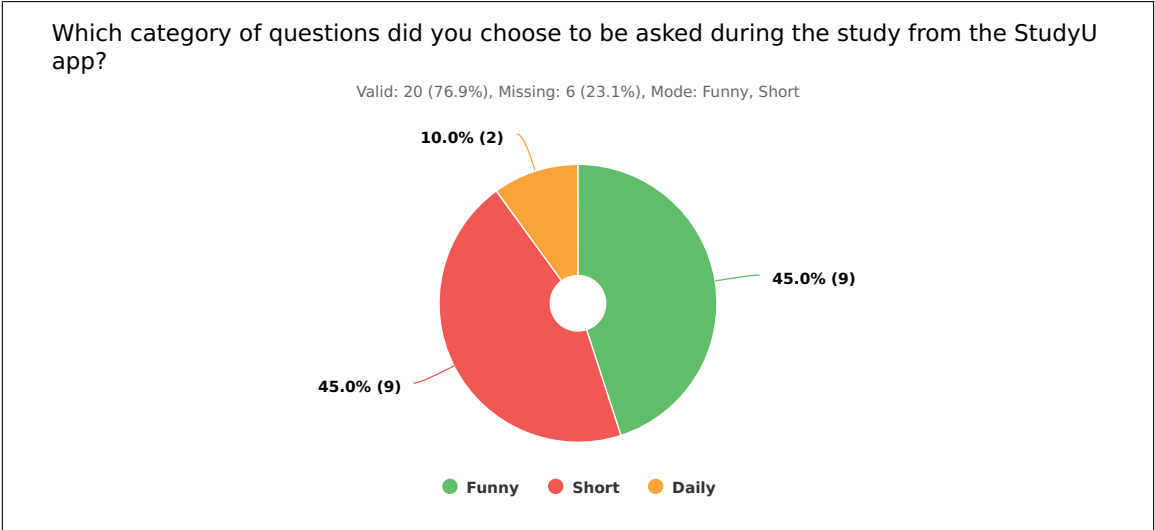


Figure 21 – Which category of questions did you choose to be asked during the study from the StudyU app?

23.2 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 also write your own personal reasons

Answers	Absolute	Percentage of all response
Valid: 21 (80.8 %), Missing: 5 (19.2 %)		
Feeling more comfortable	18	85.7 %
Keeping the experiment fun	9	42.9 %
Not feeling psychologically pressured	8	38.1 %
Feeling the experiment as a part of everyday life	6	28.6 %
Save time	4	19.0 %
Other	0	0.0 %

Table 27 – 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?

23.3 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: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	10	50.0 %
5	6	30.0 %
3	4	20.0 %
1	0	0.0 %
2	0	0.0 %
Total	20	100.0 %

Table 28 – 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)

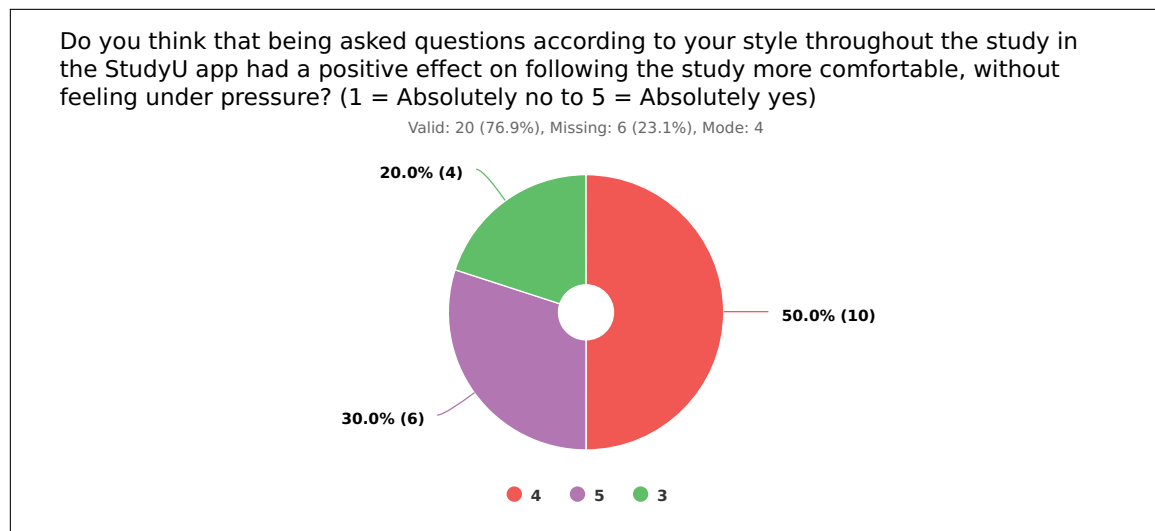


Figure 22 – Do you think that being asked questions according to your style throughout the study in the StudyU app had a positive effect on following the study more comfortable, without feeling under pressure? (1 = Absolutely no to 5 = Absolutely yes)

24 4.2.10. Evaluation of Experiment Duration

24.1 You chose the duration of the experiment according to your own preference (16, 32, or 64 days); what are your thoughts on this duration? (1 = Very short to 5 = Very long)

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 3		
	Absolute	Percentage
3	19	95.0 %
4	1	5.0 %
1	0	0.0 %
2	0	0.0 %
5	0	0.0 %
Total	20	100.0 %

Table 29 – Frequencies: You chose the duration of the experiment according to your own preference (16, 32, or 64 days); what are your thoughts on this duration? (1 = Very short to 5 = Very long)

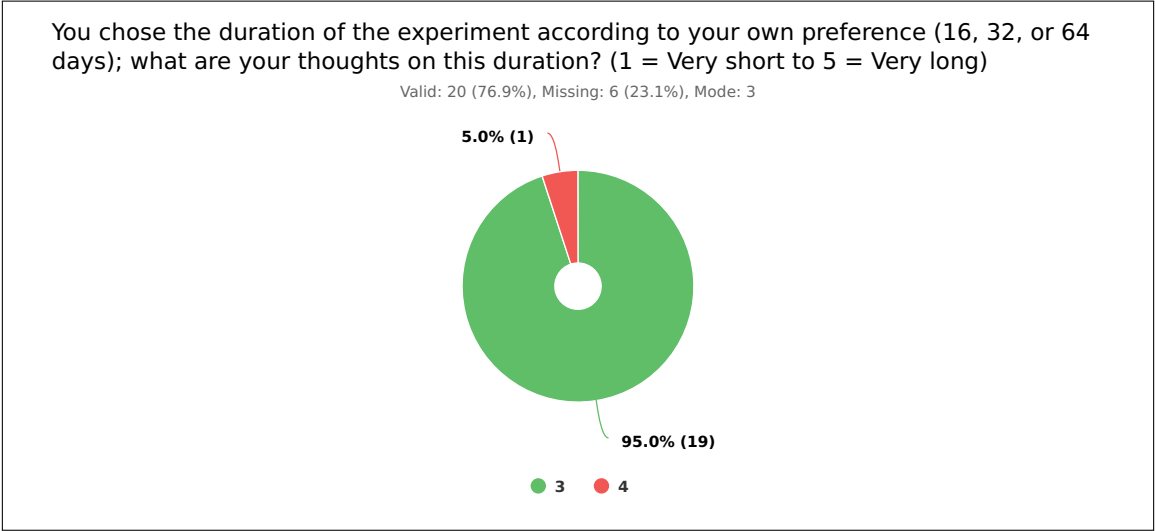
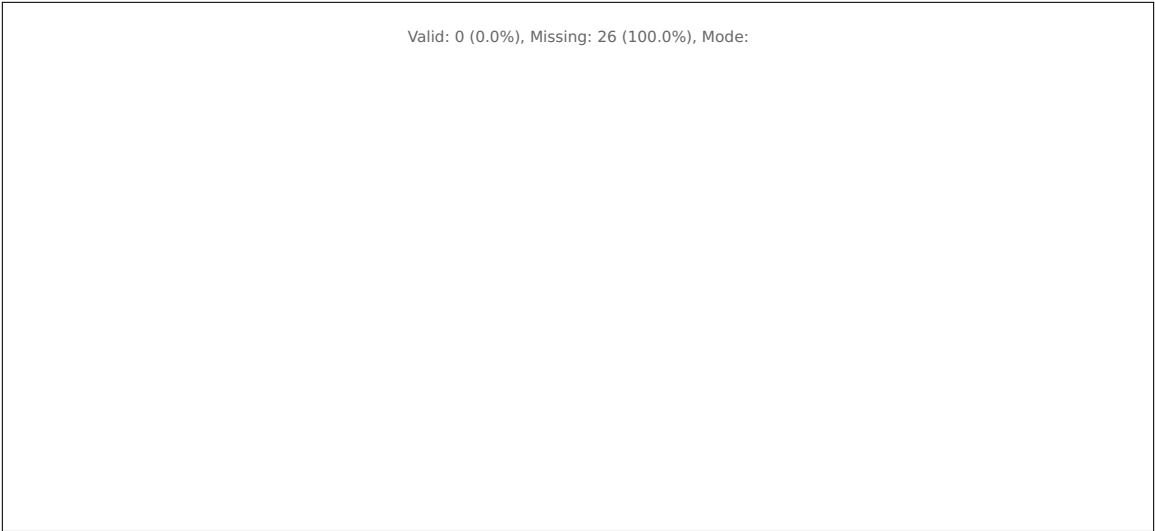


Figure 23 – You chose the duration of the experiment according to your own preference (16, 32, or 64 days); what are your thoughts on this duration? (1 = Very short to 5 = Very long)

25 5. Comparison of N-of-1 studies



26 5.1. Motivation and Interventions

26.1 If we really asked you to participate in one of these studies, which one would you prefer to participate in more?

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: Part 2: Each step designed according to your circumstances: N-of-1 Trials Based on Personal Preferences

	Absolute	Percentage
Part 2: Each step designed according to your circumstances: N-of-1 Trials Based on Personal Preferences	20	100.0 %
Part 1: Standard N-of-1 Trials: Stress Management with Indoor Plants	0	0.0 %
Total	20	100.0 %

Table 30 – Frequencies: If we really asked you to participate in one of these studies, which one would you prefer to participate in more?

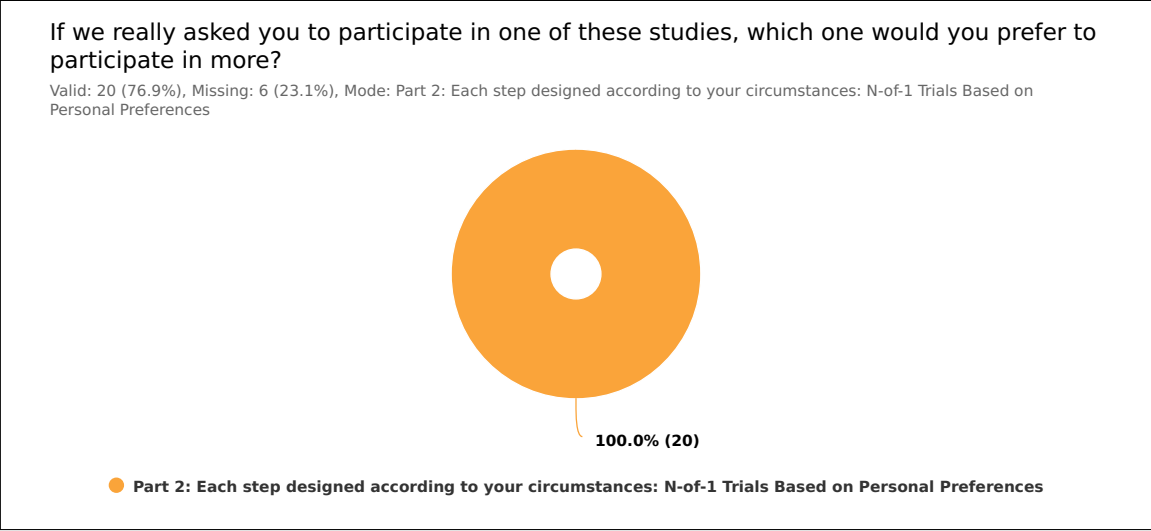


Figure 24 – If we really asked you to participate in one of these studies, which one would you prefer to participate in more?

26.2 Do you think that N-of-1 studies based on personal preferences (Part 2) are more effective in stress management compared to standard N-of-1 studies (Part 1)? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4, 5

	Absolute	Percentage
4	10	50.0 %
5	10	50.0 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	20	100.0 %

Table 31 – Frequencies: Do you think that N-of-1 studies based on personal preferences (Part 2) are more effective in stress management compared to standard N-of-1 studies (Part 1)? (1 = Absolutely no to 5 = Absolutely yes)

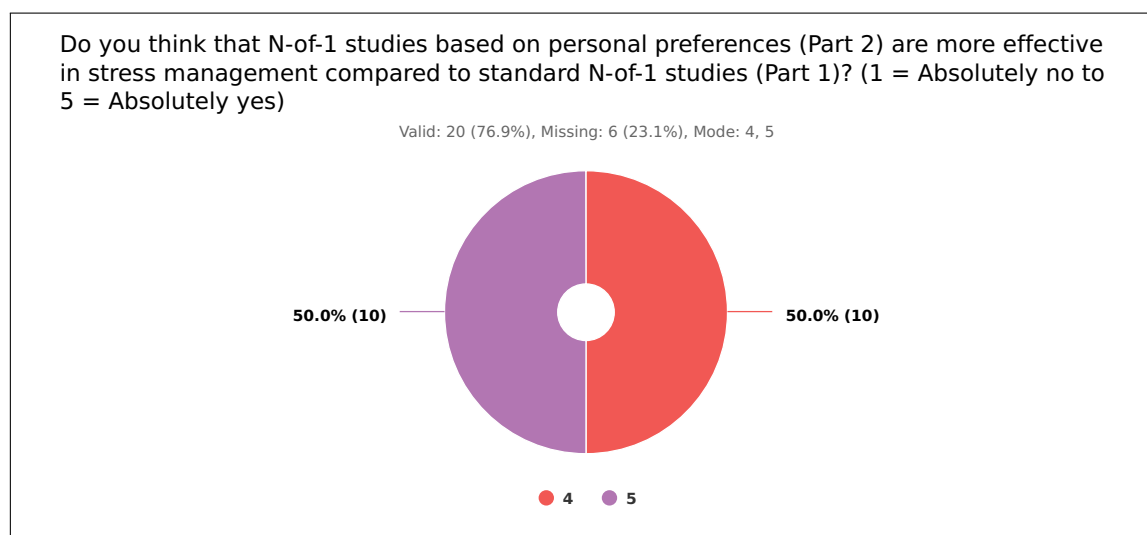


Figure 25 – Do you think that N-of-1 studies based on personal preferences (Part 2) are more effective in stress management compared to standard N-of-1 studies (Part 1)? (1 = Absolutely no to 5 = Absolutely yes)

26.3 Do you think that N-of-1 studies based on individual preferences are easier to integrate into daily life compared to standard N-of-1 studies? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 5		
	Absolute	Percentage
5	11	55.0 %
4	9	45.0 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	20	100.0 %

Table 32 – Frequencies: Do you think that N-of-1 studies based on individual preferences are easier to integrate into daily life compared to standard N-of-1 studies? (1 = Absolutely no to 5 = Absolutely yes)

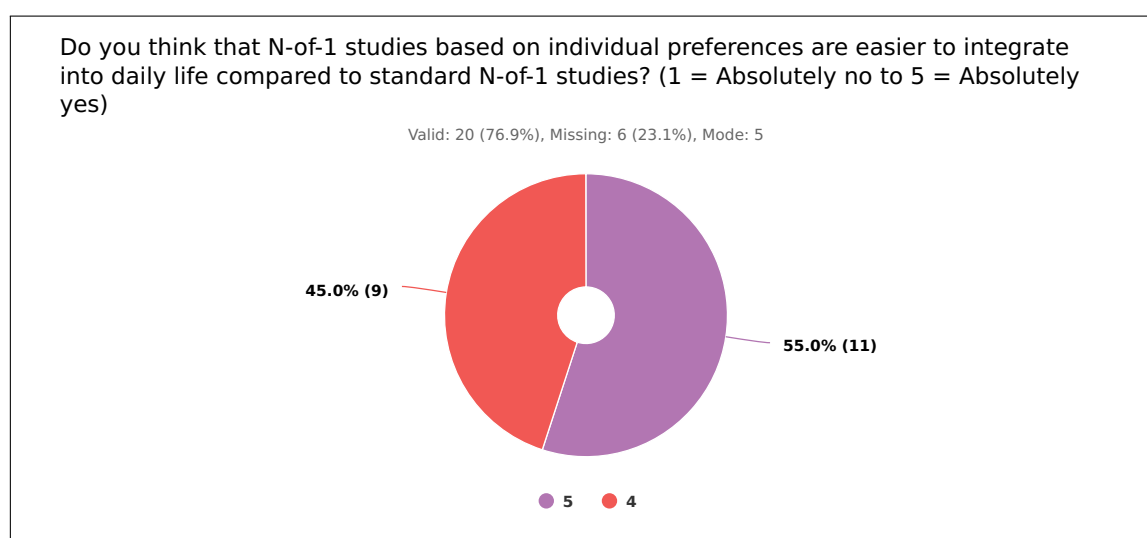


Figure 26 – Do you think that N-of-1 studies based on individual preferences are easier to integrate into daily life compared to standard N-of-1 studies? (1 = Absolutely no to 5 = Absolutely yes)

26.4 Which approach do you think makes the study more applicable in daily life?

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: Part 2: Each step designed according to your circumstances: N-of-1 Trials Based on Personal Preferences

	Absolute	Percentage
Part 2: Each step designed according to your circumstances: N-of-1 Trials Based on Personal Preferences	20	100.0 %
Part 1: Standard N-of-1 Trials: Stress Management with Indoor Plants	0	0.0 %
Both are equal	0	0.0 %
None of them	0	0.0 %
Total	20	100.0 %

Table 33 – Frequencies: Which approach do you think makes the study more applicable in daily life?

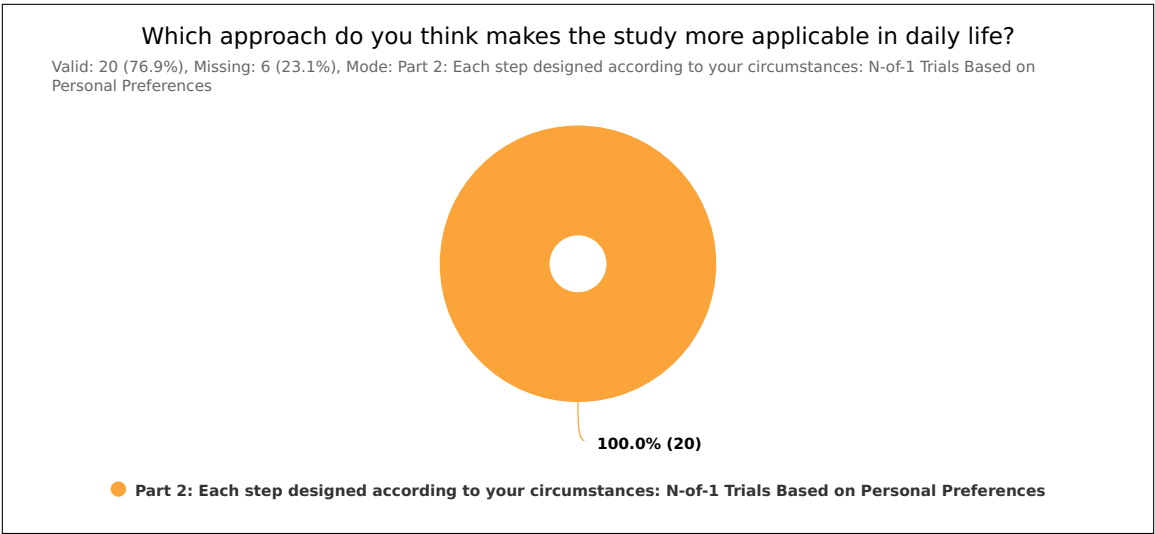


Figure 27 – Which approach do you think makes the study more applicable in daily life?

27 5.2. Mediators/Factors

27.1 Do you think your motivation to participate in a study that includes your own stress factors would be higher compared to a study designed with generally determined stress factors? (1 = Absolutely no to 5 = Absolutely yes)

Answers		
Valid: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 4		
	Absolute	Percentage
4	11	55.0 %
3	7	35.0 %
5	2	10.0 %
1	0	0.0 %
2	0	0.0 %
Total	20	100.0 %

Table 34 – Frequencies: Do you think your motivation to participate in a study that includes your own stress factors would be higher compared to a study designed with generally determined stress factors? (1 = Absolutely no to 5 = Absolutely yes)

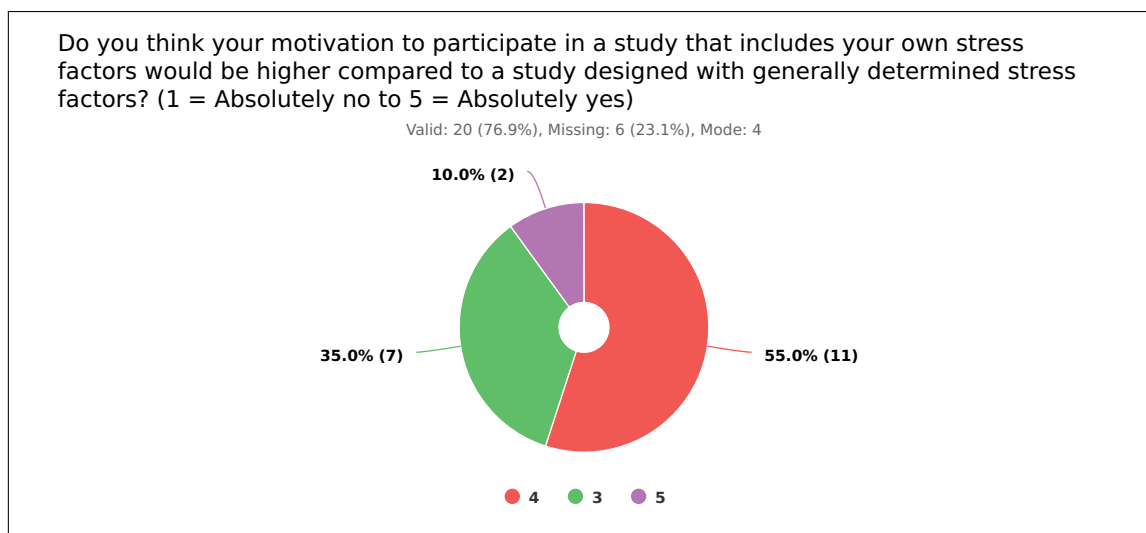


Figure 28 – Do you think your motivation to participate in a study that includes your own stress factors would be higher compared to a study designed with generally determined stress factors? (1 = Absolutely no to 5 = Absolutely yes)

27.2 Do you think including your own stress factors in the study, instead of using stress factors determined by general research findings, could be effective in increasing the practical use of such studies in everyday life? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	10	50.0 %
3	5	25.0 %
5	5	25.0 %
1	0	0.0 %
2	0	0.0 %
Total	20	100.0 %

Table 35 – Frequencies: Do you think including your own stress factors in the study, instead of using stress factors determined by general research findings, could be effective in increasing the practical use of such studies in everyday life? (1 = Absolutely no to 5 = Absolutely yes)

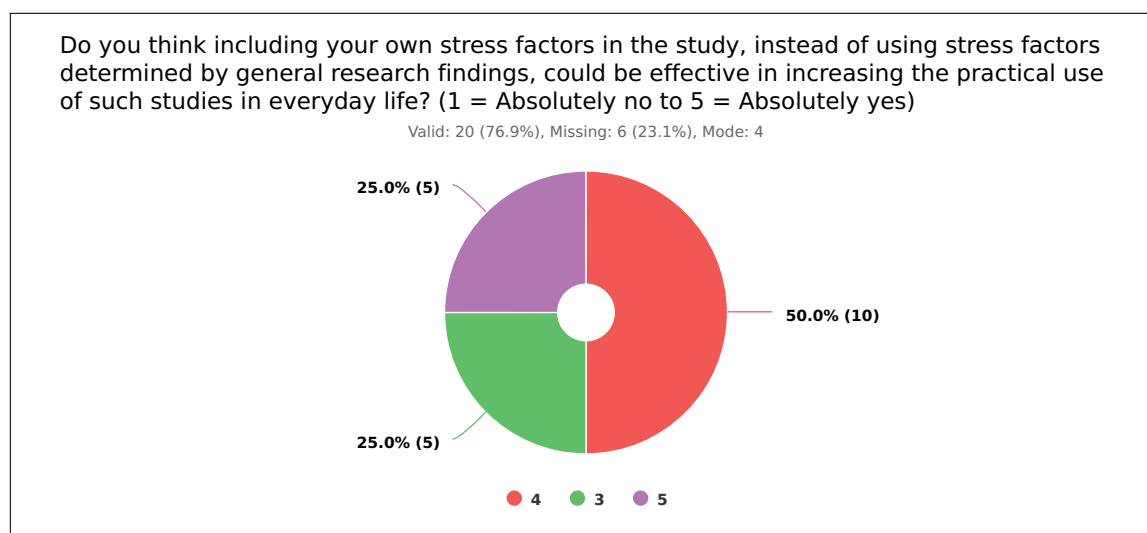


Figure 29 – Do you think including your own stress factors in the study, instead of using stress factors determined by general research findings, could be effective in increasing the practical use of such studies in everyday life? (1 = Absolutely no to 5 = Absolutely yes)

28 5.3. Question Style

28.1 Do you think that designing question styles based on individuals' preferences contributes to reducing psychological pressure on participants and facilitates a more efficient execution of the study? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	11	55.0 %
5	8	40.0 %
3	1	5.0 %
1	0	0.0 %
2	0	0.0 %
Total	20	100.0 %

Table 36 – Frequencies: Do you think that designing question styles based on individuals' preferences contributes to reducing psychological pressure on participants and facilitates a more efficient execution of the study? (1 = Absolutely no to 5 = Absolutely yes)

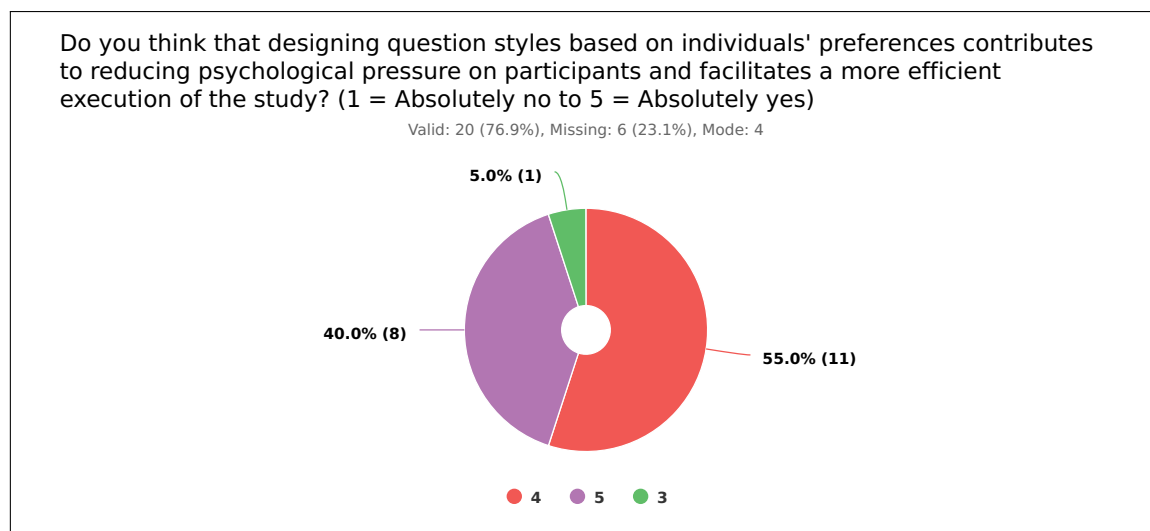


Figure 30 – Do you think that designing question styles based on individuals' preferences contributes to reducing psychological pressure on participants and facilitates a more efficient execution of the study? (1 = Absolutely no to 5 = Absolutely yes)

28.2 Do you believe that tailoring the question style to individual preferences would increase participation and commitment to the study? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 4

	Absolute	Percentage
4	9	45.0 %
3	7	35.0 %
5	4	20.0 %
1	0	0.0 %
2	0	0.0 %
Total	20	100.0 %

Table 37 – Frequencies: Do you believe that tailoring the question style to individual preferences would increase participation and commitment to the study? (1 = Absolutely no to 5 = Absolutely yes)

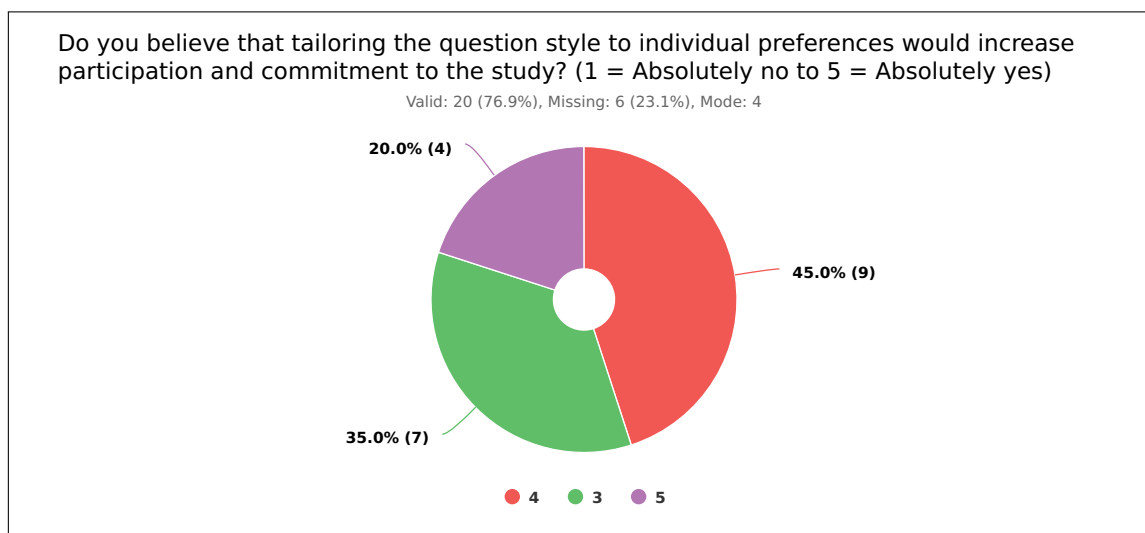


Figure 31 – Do you believe that tailoring the question style to individual preferences would increase participation and commitment to the study? (1 = Absolutely no to 5 = Absolutely yes)

295.4. Experiment Duration

29.1 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: 20 (76.9 %), Missing: 6 (23.1 %)		
Mode: 5		
	Absolute	Percentage
5	15	75.0 %
4	5	25.0 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	20	100.0 %

Table 38 – 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)

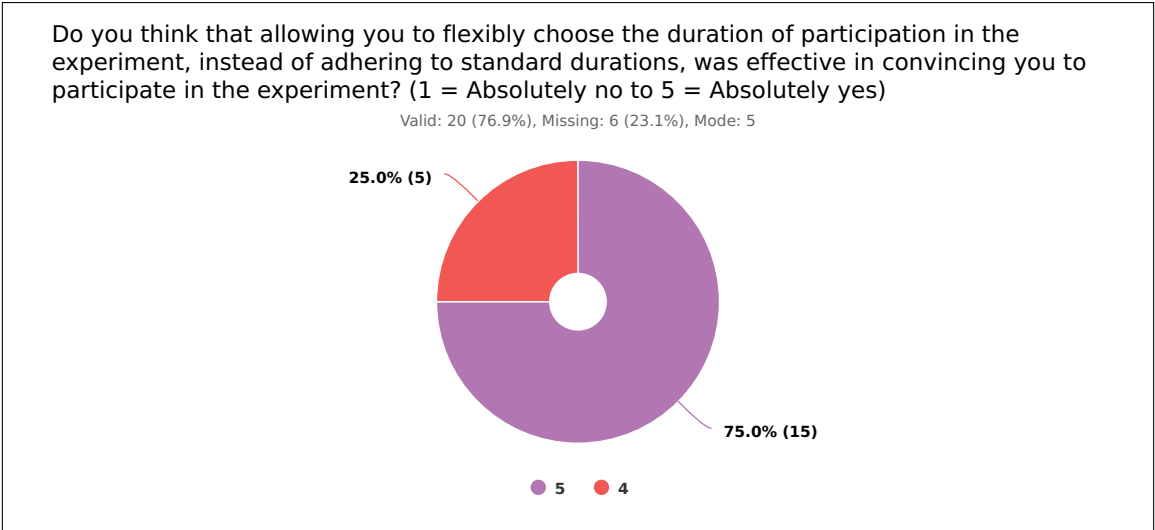


Figure 32 – Do you think that allowing you to flexibly choose the duration of participation in the experiment, instead of adhering to standard durations, was effective in convincing you to participate in the experiment? (1 = Absolutely no to 5 = Absolutely yes)

29.2 How much do you think the option of flexible timing influenced your willingness to accept and start participating in the study? (1 = Definitely not convincing to 5 = Definitely convincing)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 5

	Absolute	Percentage
5	14	70.0 %
4	6	30.0 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	20	100.0 %

Table 39 – Frequencies: How much do you think the option of flexible timing influenced your willingness to accept and start participating in the study? (1 = Definitely not convincing to 5 = Definitely convincing)

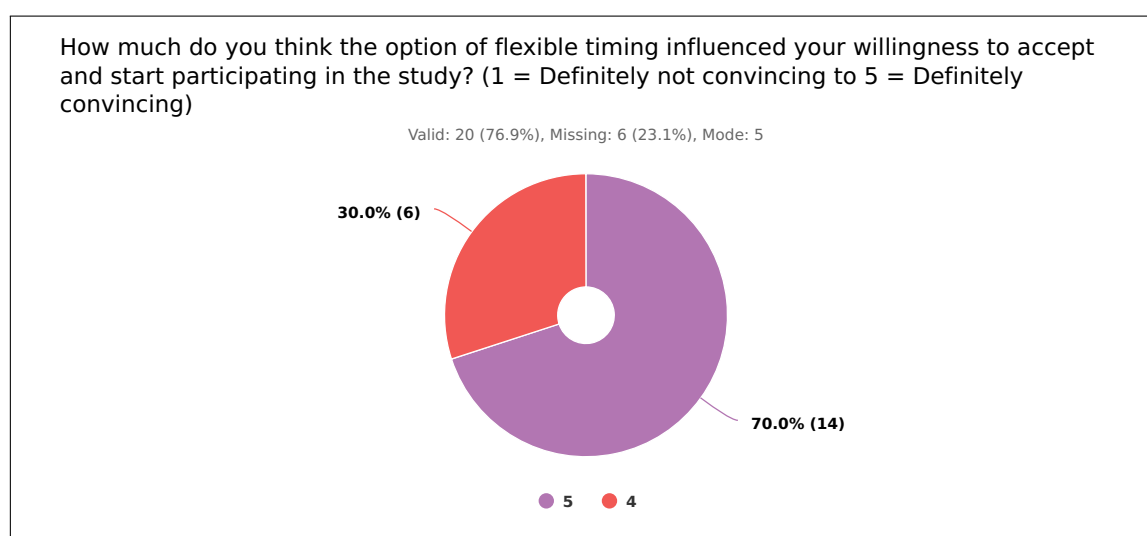


Figure 33 – How much do you think the option of flexible timing influenced your willingness to accept and start participating in the study? (1 = Definitely not convincing to 5 = Definitely convincing)

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

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)
Mode: 16 days

	Absolute	Percentage
16 days	14	70.0 %
28 days	4	20.0 %
32 days	2	10.0 %
64 days	0	0.0 %
Total	20	100.0 %

Table 40 – Frequencies: Which time period do you think would make N-of-1 studies more applicable in daily life?

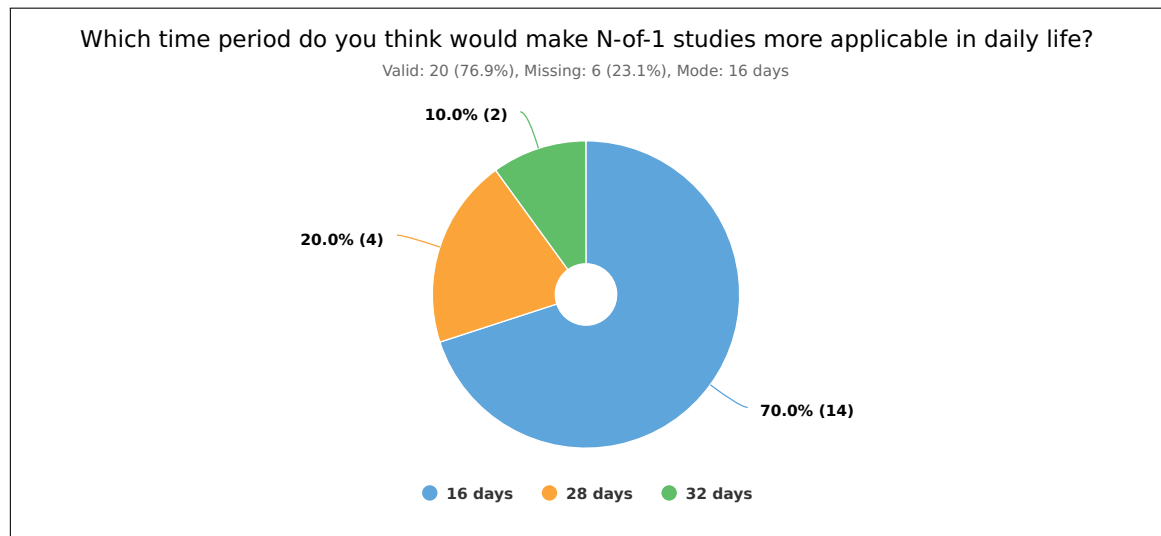


Figure 34 – Which time period do you think would make N-of-1 studies more applicable in daily life?

30 6. Post-study Perspective

30.1 Do you think that allowing you to choose the method according to your circumstances, using personalized question styles, identifying your own stress factors, and implementing flexible scheduling could enhance the use of N-of-1 studies in daily life? (1 = Absolutely no to 5 = Absolutely yes)

Answers

Valid: 20 (76.9 %), Missing: 6 (23.1 %)

Mode: 5

	Absolute	Percentage
5	12	60.0 %
4	8	40.0 %
1	0	0.0 %
2	0	0.0 %
3	0	0.0 %
Total	20	100.0 %

Table 41 – Frequencies: Do you think that allowing you to choose the method according to your circumstances, using personalized question styles, identifying your own stress factors, and implementing flexible scheduling could enhance the use of N-of-1 studies in daily life? (1 = Absolutely no to 5 = Absolutely yes)

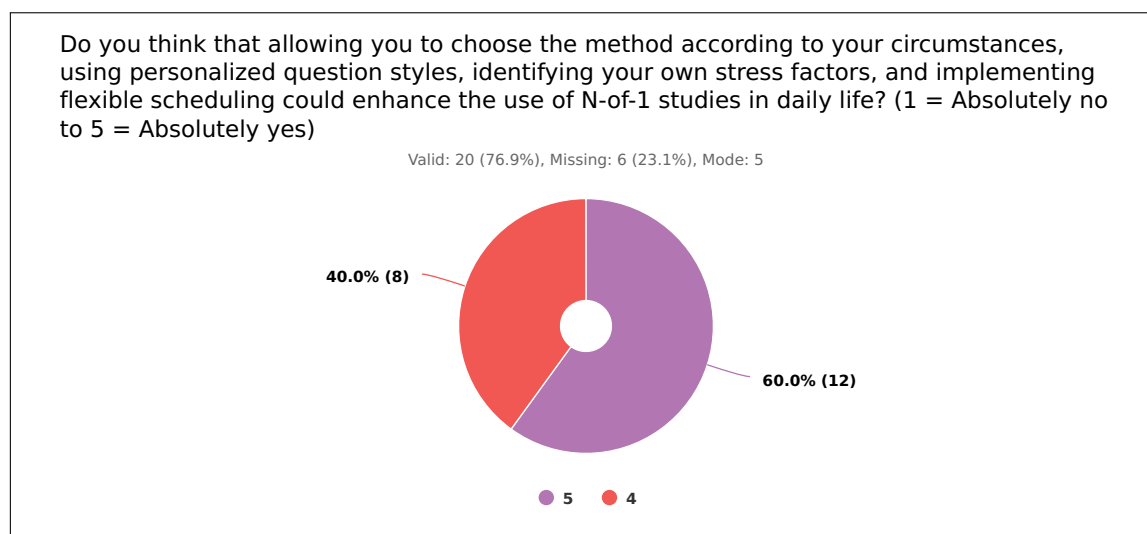


Figure 35 – Do you think that allowing you to choose the method according to your circumstances, using personalized question styles, identifying your own stress factors, and implementing flexible scheduling could enhance the use of N-of-1 studies in daily life? (1 = Absolutely no to 5 = Absolutely yes)

30.2 What do you think is the most problematic aspect that would hinder the wider use of N-of-1 studies in daily life? You can choose one or more of the following options:

Question advice: Multiple answers are possible.

Answers		
Valid: 21 (80.8 %), Missing: 5 (19.2 %)		
	Absolute	Percentage of all response
Low motivation of participants to engage in such studies	14	66.7 %
Implementation of processes that require long-term commitment and dedication from participants	13	61.9 %
Challenges in establishing effective coordination between researchers and participants	13	61.9 %
Concerns about data sharing and privacy	11	52.4 %
Lack of awareness in society and among healthcare professionals about the benefits and methods of N-of-1 studies	11	52.4 %
Inability to ensure the security of individual data or the risk of misuse	5	23.8 %
Other	0	0.0 %

Table 42 – Frequencies: What do you think is the most problematic aspect that would hinder the wider use of N-of-1 studies in daily life? You can choose one or more of the following options:

30.3 Apart from the four approaches we have presented to you, what do you think are the most effective ways to increase the use of N-of-1 studies in everyday life? You can choose one or more of the following options:

Question advice: Multiple answers are possible.

Answers		
Valid: 21 (80.8 %), Missing: 5 (19.2 %)		
	Absolute	Percentage of all response
Establish systems to facilitate the recommendation and implementation of N-of-1 studies by physicians in clinical practice.	16	76.2 %
Providing motivational and effortless ways to encourage active participation of participants in the process.	16	76.2 %
Clarify data confidentiality and ethical standards to ensure that participants can confidently participate in these studies.	13	61.9 %
Developing easy-to-use mobile applications, wearable devices and data collection tools.	12	57.1 %
Other	0	0.0 %

Table 43 – Frequencies: Apart from the four approaches we have presented to you, what do you think are the most effective ways to increase the use of N-of-1 studies in everyday life? You can choose one or more of the following options:

31 7. Suggestions and Comments on the Study

31.1 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.

- Also include adaptive n-of-1 trial designs (on top of personalized designs). Participants would experience good outcomes even sooner. The duration of ineffective interventions would be shortened, increasing the compliance
- probably even more.
- As stress factors can positively or negatively impact an individual's daily life, it is essential to develop a system that can generalize these factors; otherwise, evaluating the effects of my chosen
- method would be extremely challenging.
- It should be a system that is simple, short-term, accessible and allows patients to communicate quickly and easily with relevant people when needed.

