



Welcome and thank you for taking the time to participate in the user study of the Break Scheduler. This survey will take around 30min and will ask you about your experience with the Break scheduler and what you have learned.

Your privacy is important to us. All information collected will be kept confidential and will only be used for research purposes. No personally identifiable information will be shared with any third parties. If you have any questions or concerns about your privacy, please contact me at marinja.principe@uzh.ch.

Section A: Identity Key

We use a personal identification key to compare the pre-and post-questionnaire and protect your identity. This key was sent to you with the link to this questionnaire.

- A1. **Please enter your personal identity code (sent to you with this link)**

Section B: Awareness

The term personal resource includes all kinds of resources used by a person during the day. It includes (but is not limited to) factors such as attention, energy, physical well-being, creativity, decision making and socializing. Each person has only a limited amount of personal resources available each day, which makes it essential to know how to recharge them. In the following questions, we will look into how your awareness changed during and after the use of the Break Scheduler.

- B1. **Please describe briefly how you have been using the Break Scheduler during the study.**

**B2. Please rate your agreement with the following statements.**

	Fully agree	Mostly agree	Neither agree nor disagree	Mostly disagree	Disagree at all
I was reflecting on my personal resources multiple times a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reflecting on my personal resources helps me to be more aware of them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reflecting on my personal resources helps me to understand what influences them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reflecting on my personal resources helps me to react to them when they are low or high.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Break Scheduler helped me to learn more about how I use my personal resources.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I used the morning and evening reports for self-reflection purposes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Break Scheduler helped me to learn what an optimal duration for my breaks is.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Break Scheduler helped me to learn what an optimal interval for my breaks is.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Break Scheduler helped me to remind me to take regular breaks during my work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Break Scheduler helped me to learn about activities that help me recharge my personal resources (~good break activities)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Break Scheduler helped me to learn about activities that don't help me recharge my personal resources (~bad break activities)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B3. Is there something that you have learned from using Break Scheduler? And if so, what?**B4. How often did you take the time to think or reflect about personal resources, such as attention, energy, physical and mental well-being?**

Multiple times per day	<input type="checkbox"/>
Once per day	<input type="checkbox"/>
Every other day	<input type="checkbox"/>
Barely	<input type="checkbox"/>
Never or only when one of the factors is really low	<input type="checkbox"/>



B5. When and how did you reflect on your personal resources, such as attention, energy, physical and mental well-being?

B6. Did you learn anything about your preferred break interval (i.e. work time in-between breaks)? If yes, please state it.

B7. Did you learn anything about your preferred break duration? Is yes, please state it.

B8. Which features helped you the most to reflect or learn about your break habit?

Morning report

Evening report

Before and after break report

Notification for reminder purposes

Rule-Based System which suggests activities and rates the activities and categories

Synchronization with your calendar

Overview page

Activity page

Category page



Other

Other

B9. Please explain your ratings from the question above.

B10. Which features helped you the most to reflect or learn about your personal resources?

Morning report

Evening report

Before and after break report

Notification for reminder purposes

Rule-Based System which suggests activities and rates the activities and categories

Synchronization with your calendar

Overview page

Activity page

Category page

Other

Other



B11. Please explain your ratings from the question above.

Section C: Impact

The term personal resource includes all kinds of resources used by a person during the day. It includes (but is not limited to) factors such as attention, energy, physical well-being, creativity, decision making and socializing. Each person has only a limited amount of personal resources available each day, which makes it essential to know how to recharge them. In the following questions, we want to learn more about the impact of the break scheduler.

C1. Please rate your agreement with the following statements.

	Fully agree	Mostly agree	Neither agree nor disagree	Mostly disagree	Disagree at all
Break Scheduler helps me to take breaks which are beneficial to restore my personal resource.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Break Scheduler recommends activities, which I like and know are beneficial for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Break Scheduler helped me to proactively choose break activities, which are beneficial for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The adaption of the break interval and duration helped me to find a fitting break interval and duration.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C2. Please explain your ratings from the question above.

C3. Please select which option fit your experience.

- With the Break Scheduler I am taking more but shorter breaks than before.
- With the Break Scheduler I am taking more and longer breaks than before.
- With the Break Scheduler I am taking fewer but longer breaks than before.
- With the Break Scheduler I am taking fewer and shorter breaks than before.

C4. Please explain your ratings from the question above.



C5. Please select which option fit your experience.

	Yes, they increase	Yes, but only a bit	I don't know	No, not really	No, it was even worse
Overall, taking the breaks as defined with the Break Scheduler created an improvement in my energy levels.	<input type="checkbox"/>				
Overall, taking the breaks as defined with the Break Scheduler created an improvement in my attention levels.	<input type="checkbox"/>				
Overall, taking the breaks as defined by the Break Scheduler created an improvement in my physical well-being.	<input type="checkbox"/>				
Overall, taking the breaks as defined by the Break Scheduler created an improvement in my mental well-being.	<input type="checkbox"/>				

C6. Please rate your agreement with the following statement: I often felt sleepy, tired, or unconcentrated at the end of a workday during the intervention week

I strongly agree	<input type="checkbox"/>
Agree	<input type="checkbox"/>
Neutral	<input type="checkbox"/>
Disagree	<input type="checkbox"/>
I strongly disagree	<input type="checkbox"/>

Section D: Break Habits

When speaking about break activities, please only consider the activities you were experimenting with in the Break Scheduler. Please check your activity list in the Break Scheduler if you need help remembering which activities you selected. You can find them in the activity list. They are marked active with a blue check mark. If you have used activities not marked as "active", please consider them too.

D1. Are there specific break activities you could identify which help you to recharge your personal resources? If not please select no, otherwise please selected all activities which are beneficial to you.

No.	<input type="checkbox"/>
Reading	<input type="checkbox"/>
Walking	<input type="checkbox"/>
Drink water	<input type="checkbox"/>
Stretching	<input type="checkbox"/>
Snacking	<input type="checkbox"/>
Drawing	<input type="checkbox"/>
Exercising indoor	<input type="checkbox"/>
Exercising outdoor	<input type="checkbox"/>
Get lunch with others	<input type="checkbox"/>
Eat lunch by yourself	<input type="checkbox"/>



- | | |
|---|--------------------------|
| Journaling | <input type="checkbox"/> |
| Power nap | <input type="checkbox"/> |
| Domestic tasks | <input type="checkbox"/> |
| Socializing | <input type="checkbox"/> |
| Cooking + eating | <input type="checkbox"/> |
| Meditation | <input type="checkbox"/> |
| Drink coffee | <input type="checkbox"/> |
| Go outside and breathe fresh air | <input type="checkbox"/> |
| Social Media | <input type="checkbox"/> |
| Gaming | <input type="checkbox"/> |
| Texting, Chatting via phone or phone call | <input type="checkbox"/> |
| Surfing the web for non-work purposes | <input type="checkbox"/> |
| Other | <input type="checkbox"/> |

Other

D2. Was there something that you learned about the break activities that you've tried out and that helped you with recharging your personal resources? If so, what did you learn?

D3. Are there break activities that did not help you to recharge your personal resources? If not please select no, otherwise please selected all activities which are not beneficial for your personal resources.

- | | |
|-------------|--------------------------|
| No. | <input type="checkbox"/> |
| Reading | <input type="checkbox"/> |
| Walking | <input type="checkbox"/> |
| Drink water | <input type="checkbox"/> |



Stretching

Snacking

Drawing

Exercising indoor

Exercising outdoor

Get lunch with others

Eat lunch by yourself

Journaling

Power nap

Domestic tasks

Socializing

Cooking + eating

Meditation

Drink coffee

Go outside and breathe fresh air

Social Media

Gaming

Texting, Chatting via phone or phone call

Surfing the web for non-work purposes

Other

Other

D4. Did you learn something about the activities which do not help you to recharge your personal resources?



D5. Could you find new activities which you did not try before the use of the Break Scheduler, which help you to recharge your personal resources? If not please select no, otherwise please selected all activities which you did not try before the use of the Break Scheduler and are beneficial for you.

No.	<input type="checkbox"/>
Reading	<input type="checkbox"/>
Walking	<input type="checkbox"/>
Drink water	<input type="checkbox"/>
Stretching	<input type="checkbox"/>
Snacking	<input type="checkbox"/>
Drawing	<input type="checkbox"/>
Exercising indoor	<input type="checkbox"/>
Exercising outdoor	<input type="checkbox"/>
Get lunch with others	<input type="checkbox"/>
Eat lunch by yourself	<input type="checkbox"/>
Journaling	<input type="checkbox"/>
Power nap	<input type="checkbox"/>
Domestic tasks	<input type="checkbox"/>
Socializing	<input type="checkbox"/>
Cooking + eating	<input type="checkbox"/>
Meditation	<input type="checkbox"/>
Drink coffee	<input type="checkbox"/>
Go outside and breathe fresh air	<input type="checkbox"/>
Social Media	<input type="checkbox"/>
Gaming	<input type="checkbox"/>
Texting, Chatting via phone or phone call	<input type="checkbox"/>
Surfing the web for non-work purposes	<input type="checkbox"/>



Other

Other

D6. What was your experience when scheduling your break for the next day?

I could follow the plan most of the time (except for some small changes).

I needed to adjust the schedule during the day, but otherwise, I could follow the schedule.

Sometimes I needed to skip or add breaks.

Most of the time I needed to skip breaks.

I was not able to follow the plan at all.

Other



Other

D7. How did planning your breaks ahead impact your break habits?

D8. If there were some cases during the week when you could not follow your scheduled breaks, what were the reasons?

High work demand

I didn't feel like taking a break

Works only part-time

Work culture requests not taking any breaks

The timing did not fit

I didn't see the break reminder

I didn't like the suggested activities



I was already coming from a break

Other

Other

- D9.** Could you recognize a good break pattern that helps you recharge your personal resources such as attention, energy and physical health? If so, which one?(e.g. body movement in the morning gives you a lot of energy during the day)

- D10.** Could you find a category (e.g Body Movement, Relaxation, Nutrition-intake, Beverages-intake, Social, Cognitive, or Exposure to nature) which is beneficial depending on the daytime (morning, lunch or afternoon)?

- D11.** Did using the Break Scheduler and experimenting with breaks somehow impact your work, company, manager and/or co-workers?



Section E: Tool

In the following questions, we will focus on the tool and its implementation.

E1. Please rate your agreement with the following statements.

Fully agree	Mostly agree	Neither agree nor disagree	Mostly disagree	Disagree at all
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The overview page is beneficial for self-reflection, and I used it many times to reflect on my personal resources or breaking activities.

<input type="checkbox"/>				
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The suggested activities helped me to find beneficial activities.

<input type="checkbox"/>				
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When necessary, the adjustment of breaks (timing, duration and activities) was easy and uncomplicated.

<input type="checkbox"/>				
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The self-reflection question helped me understand more about the current state of my personal resources and they also helped me to identify beneficial breaks.

<input type="checkbox"/>				
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The self-reflection questions provided in the morning and the evening helped me to learn more about the use of my personal resources.

<input type="checkbox"/>				
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The notifications of the break scheduler are beneficial to remind me to take a break.

<input type="checkbox"/>				
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E2. How could the Break Scheduler best support you in learning more about your break habits?

E3. How could the Break Scheduler best support you in identifying an optimal break schedule?

E4. Is there anything you like with regard to the Break Scheduler tool?



E5. Is there anything you dislike with regards to the Break Scheduler or that could be improved?

E6. What do you think about the different self-reports (morning and evening reports but also before and after break reports)?

E7. What is an essential factor a tool to schedule and experiment with breaks should offer you, so you would consider using it frequently?

- | | |
|--|--------------------------|
| Provide good break activity | <input type="checkbox"/> |
| Receive notifications, so I don't miss the breaks | <input type="checkbox"/> |
| Provides flexibility to change the plan | <input type="checkbox"/> |
| A dashboard so I can learn more about my break habits | <input type="checkbox"/> |
| Adjustable activities depending on my current activities on this day | <input type="checkbox"/> |
| Incorporate the break schedule into my calendar | <input type="checkbox"/> |
| Other | <input type="checkbox"/> |

Other

E8. How was your overall experience with the Break Scheduler and/or the study?



Thank you very much for taking the time and participating in this study!

If you have any questions, please contact me at marinja.principe@uzh.ch.