

WEARABLES QUESTIONNAIRE

This section is about your usage of 'wearables', i.e. electronic devices that are worn on your body. Some examples of this include smart watches, smart jewellery or medical devices. These wearables have built-in sensors that can detect bodily signals, such as heart rate or respiration rate

Do you own a wearable device? *

☐ Yes ☐ No

How important is it for you to check your heart rate regularly? *

☐ Not at all important ☐ Low importance ☐ Slightly important ☐ Moderately important ☐ Very important ☐ Extremely important

How often do you check how many calories you have burnt with your device in a typical day? *

☐ Never ☐ Less than once per day ☐ 1-2 times per day ☐ 3-5 times per day ☐ 6+ times per day

How important is it for you to check how many calories you have burnt regularly? *

☐ Not at all important ☐ Low importance ☐ Slightly important ☐ Moderately important ☐ Very important ☐ Extremely important

How often do you check your calorie intake with your device in a typical day? *

☐ Never ☐ Less than once per day ☐ 1-2 times per day ☐ 3-5 times per day ☐ 6+ times per day

How important is it for you to check your calorie intake regularly? *

☐ Not at all important ☐ Low importance ☐ Slightly important ☐ Moderately important ☐ Very important ☐ Extremely important

How often do you check your sleep quality with your device in a typical day? *

☐ Never ☐ Less than once per day ☐ 1-2 times per day ☐ 3-5 times per day ☐ 6+ times per day

How important is it for you to check your sleep quality regularly? *

☐ Not at all important ☐ Low importance ☐ Slightly important ☐ Moderately important ☐ Very important ☐ Extremely important

How often do you check your blood oxygen levels with your device in a typical day? *

☐ Never ☐ Less than once per day ☐ 1-2 times per day ☐ 3-5 times per day ☐ 6+ times per day

WEARABLES QUESTIONNAIRE

How important is it for you to check your blood oxygen levels regularly? *

Not at all important

Low importance

Slightly important

Moderately important

Very important

Extremely important

How often do you check your respiratory rate with your device in a typical day? *

Never

Less than once per day

1-2 times per day

3-5 times per day

6+ times per day

How important is it for you to check your respiratory rate regularly? *

Not at all important

Low importance

Slightly important

Moderately important

Very important

Extremely important

How often do you check your body composition with your device in a typical day? *

Never

Less than once per day

1-2 times per day

3-5 times per day

6+ times per day

How important is it for you to check your body composition regularly? *

Not at all important

Low importance

Slightly important

Moderately important

Very important

Extremely important

How often do you check any other bodily signals with your device in a typical day? *

Never

Less than once per day

1-2 times per day

3-5 times per day

6+ times per day

How important is it for you to check any other bodily signals regularly? *

Not at all important

Low importance

Slightly important

Moderately important

Very important

Extremely important

Continue