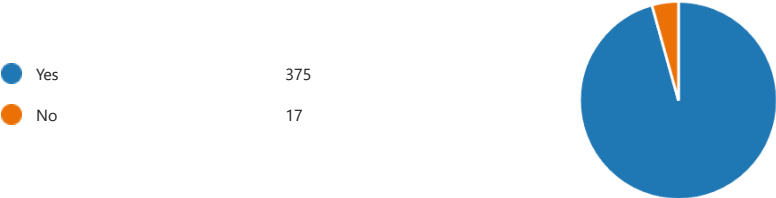# Survey for Health/Fitness Application impact on users

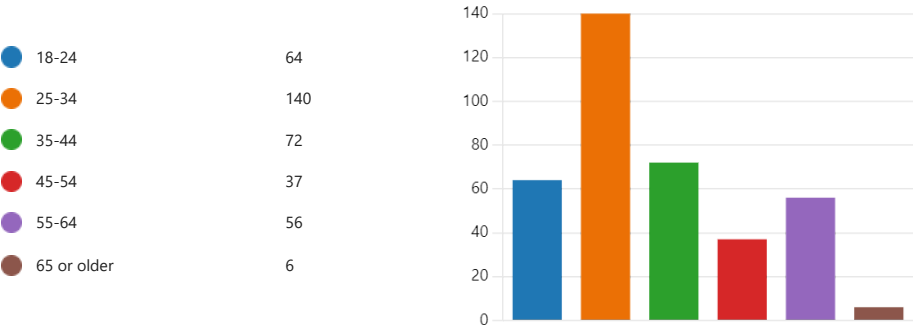**392** Responses   **11:18** Average time to complete   **Active** Status

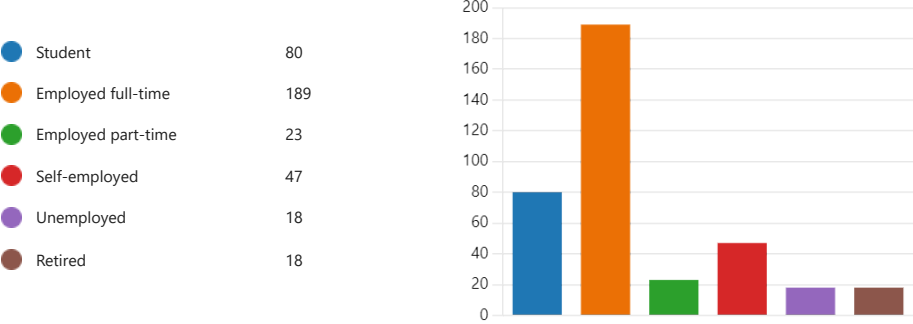## 1. Are you 18 years old or older?

● Yes	375
● No	17

2. What is your age in years?

● 18-24	64
● 25-34	140
● 35-44	72
● 45-54	37
● 55-64	56
● 65 or older	6

3. How do you describe yourself?

● Male	251
● Female	108
● Non-binary	11
● Prefer not to say	5

4. What is your current occupational status?

● Student	80
● Employed full-time	189
● Employed part-time	23
● Self-employed	47
● Unemployed	18
● Retired	18

5. What is the highest level of education you have completed so far?

🔵	High school or equivalent	22
🟠	Bachelor's degree or equivalent	173
🟢	Master's degree or equivalent	165
🔴	Doctorate	11
🟣	Other	4

6. What is your current gross annual household income?

🔵	Euro 25,000 or less	109
🟠	Euro 25,001 – Euro 50,000	112
🟢	Euro 50,001 – Euro 75,000	50
🔴	Euro 75,001 – Euro 100,000	18
🟣	More than Euro 100,000	18
🟤	Prefer not to say	68
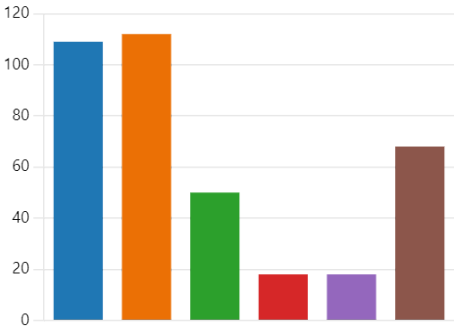
7. Do you use fitness application?

🔵	Yes	212
🟠	No	163

8. If yes, How long have you been using them?

🔵	Less than 6 months	65
🟠	6 months to 1 year	50
🟢	1-2 years	45
🔴	More than 2 years	59

9. If No, which other alternative do you use for pursuing fitness?

🔵	Professional Guidance (Personal...	7
🟠	Outdoor Activities	38
🟢	Home Workouts (Fitness DVDs, ...	7
🔴	Sports	16
🟣	Gym Membership	33
🟤	Dance Classes	7
🩷	Walking or Jogging	41
⚫	Cycling	1
🟡	Swimming	6
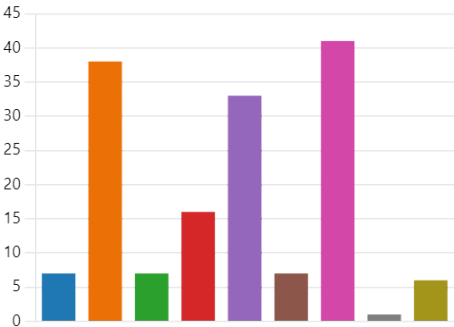
10. How frequently do you use fitness applications (for example strava, fitbit, ?

● Never	19
● Monthly	38
● Several times a month	60
● Weekly	27
● Several times a week	41
● Daily	34
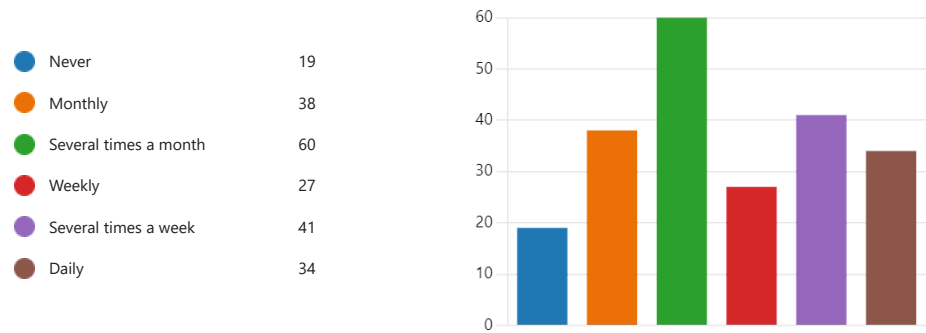
11. Which types of health apps do you use most frequently? (Select all that apply)

● Diet/nutrition	95
● Exercise/fitness	190
● Mental health/wellness	51
● Chronic illness management	15
● Other	12
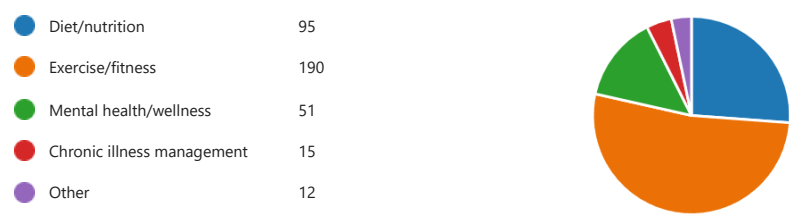
12. Did you set specific health or fitness goals when using the fitness application?

● Yes	167
● No	52
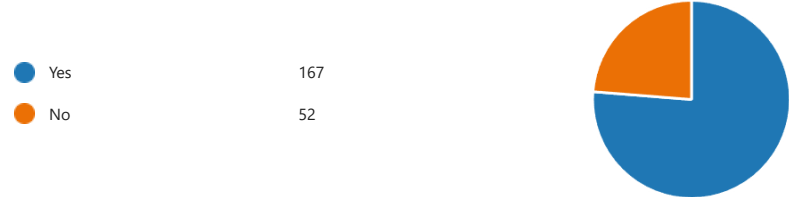
13. Did the fitness application help you stay motivated to achieve your goals?

● Yes	167
● No	52
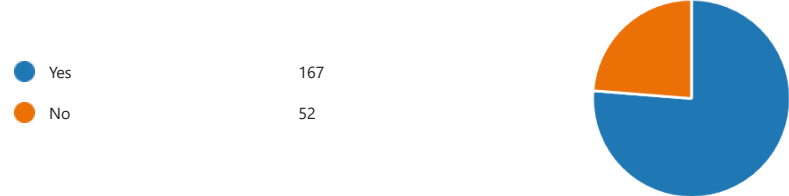
14. What are your reasons for using health and fitness apps? (Select all that apply)

● Weight loss	118
● Stress management	69
● Fitness goals	149
● General health improvement	94
● Disease prevention	21
● Other	11
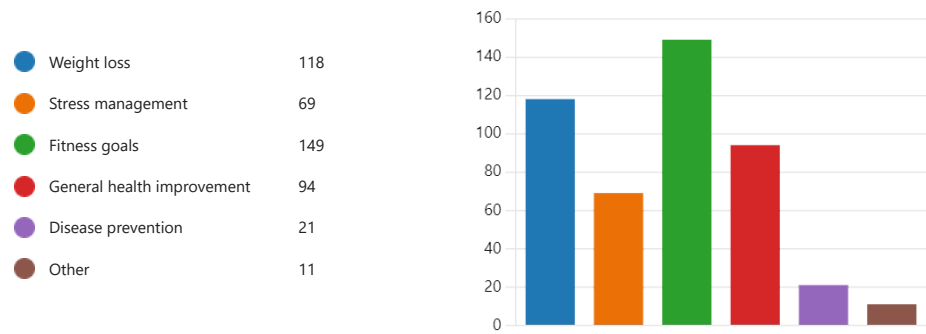
15. How satisfied or dissatisfied are you with the health apps you are using?

- ● Very dissatisfied   11
- ● Somewhat dissatisfied   15
- ● Neither satisfied nor dissatisfied   51
- ● Somewhat satisfied   101
- ● Very satisfied   41

16. Have you noticed any changes in your health and behaviour since using health apps? (Select all that apply)

- ● Increased physical activity   161
- ● Improved mood   135
- ● Better diet/nutrition   76
- ● Better disease management/co...   28
- ● Other   19

17. Rate the effectiveness of the app in helping you set and track your goals on a scale from 1 to 5 (1 being not effective at all, and 5 being extremely effective)
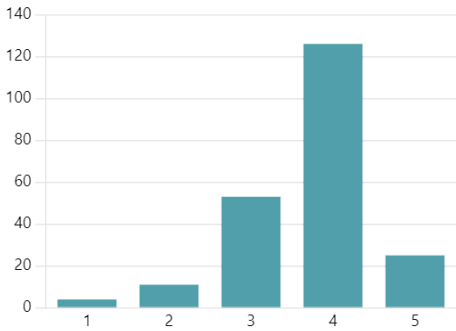
3.73
Average Rating
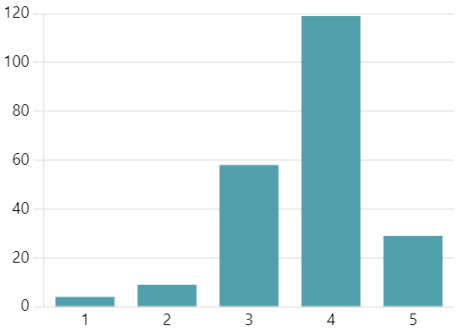
18. Do you find it easy to track your progress using the fitness application?

- ● Yes   192
- ● No   27

19. How helpful do you find the progress tracking features of the app on a scale from 1 to 5 (1 being not helpful at all, and 5 being extremely helpful)?
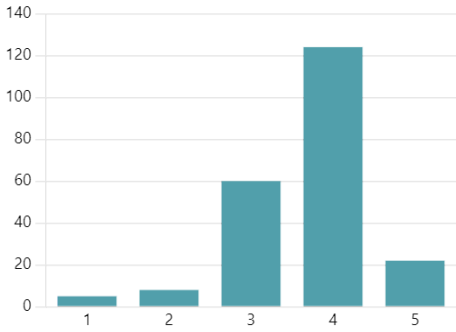
3.72
Average Rating

20. Have you noticed any positive changes in your overall health since using the fitness application?

🔵	Yes	198
🟠	No	21

21. How would you rate the impact of the fitness application on your physical health on a scale from 1 to 5 (1 being not impactful at all, and 5 being extremely impactful)?
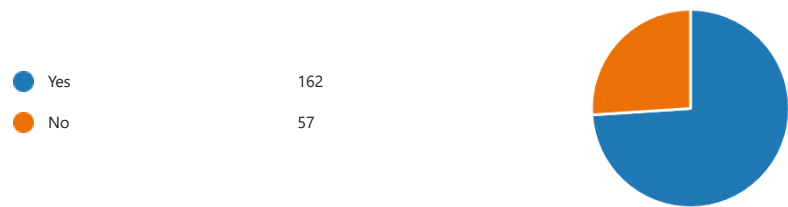
3.68
Average Rating

22. Do you find using a fitness application easier than other mediums (e.g., gym memberships, personal trainers)?
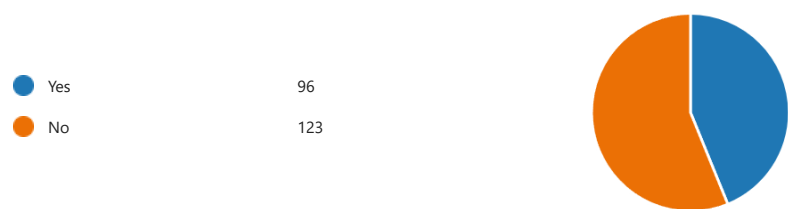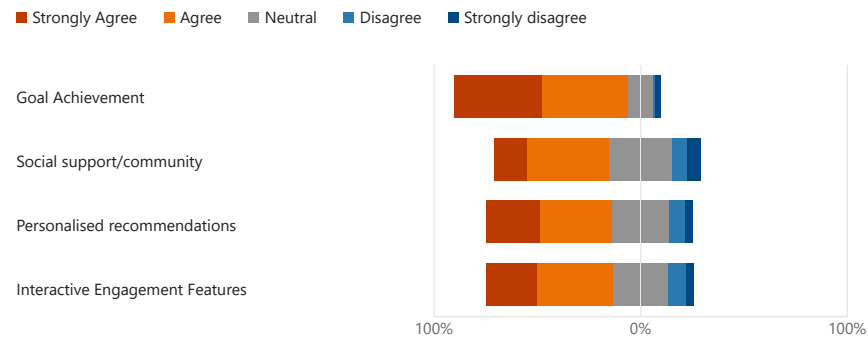
🔵	Yes	159
🟠	No	60

23. Does the fitness application provide adequate support and guidance in your fitness journey?

- 🔵 Yes   162
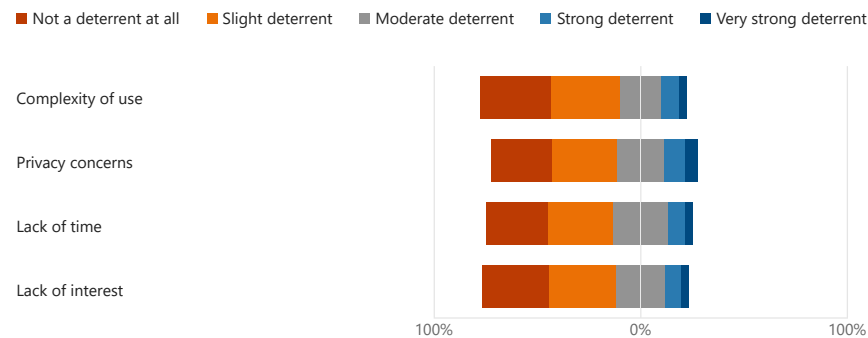- 🟠 No   57

24. Have you engaged with the community features (e.g., forums, social sharing) of the fitness application?

- 🔵 Yes   96
- 🟠 No   123

25. Please rate the following factors on if they they motivate you to continue using health apps

■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly disagree

Goal Achievement

Social support/community

Personalised recommendations

Interactive Engagement Features

100%   0%   100%

26. Please rate the following factors based on how much they deter you from using health apps

■ Not a deterrent at all ■ Slight deterrent ■ Moderate deterrent ■ Strong deterrent ■ Very strong deterrent

Complexity of use

Privacy concerns

Lack of time

Lack of interest

100%   0%   100%

27. How concerned are you about the security of your personal data when using health apps?

■ Very concerned ■ Somewhat concerned ■ Neutral ■ Somewhat not concerned ■ Very unconcerned

100%   0%   100%
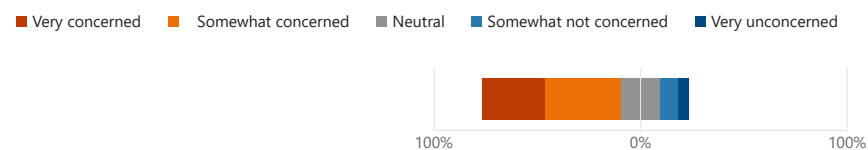
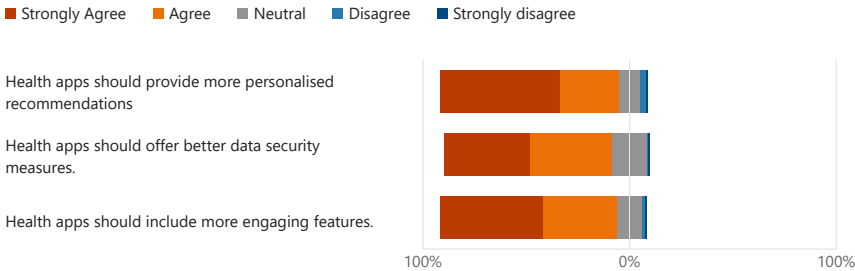28. Please select the actions you take to protect your privacy when using health apps: (Select all that apply)
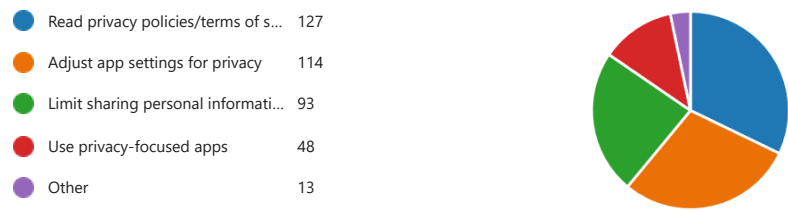
- 🔵 Read privacy policies/terms of s...   127
- 🟠 Adjust app settings for privacy   114
- 🟢 Limit sharing personal informati...   93
- 🔴 Use privacy-focused apps   48
- 🟣 Other   13

29. Have privacy concerns ever deterred you from using a health app?

- 🔵 Yes   107
- 🟠 No   112
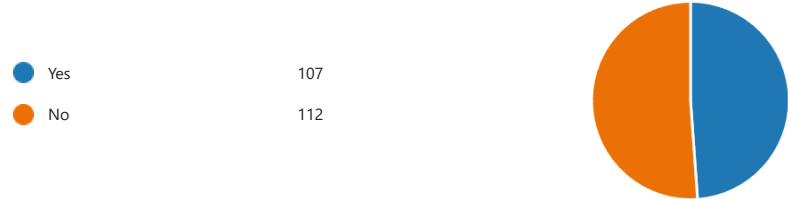
30. Please select your level of agreement or disagreement with the following statements regarding improvements needed in health apps?

🟥 Strongly Agree   🟧 Agree   ⬜ Neutral   🟦 Disagree   🟦 Strongly disagree

Health apps should provide more personalised recommendations

Health apps should offer better data security measures.

Health apps should include more engaging features.

100%   0%   100%

31. What additional features would you like to see in health apps?

47
Responses

Latest Responses

8 respondents (17%) answered features for this question.

Better engagement   security features   Diet   better recommended   Personal
engaging features   tracking   features   better   ability
data   available   app   age
health   recommendations   unwanted features
VARIENT FEATURES   integration feature   interactive features