Form Overview

This comprehensive user research form is designed to capture extensive user emotions, experiences, and attitudes toward digital health platforms and technologies. The form employs multiple question types to gather both quantitative and qualitative insights while ensuring accessibility and engagement across diverse user demographics [1][2].

Section 1: Participant Demographics & Background

1.1 Basic Information

Age Group:

- [ ] 18-24 years
- [ ] 25-34 years
- [ ] 35-44 years
- [ ] 45-54 years
- [ ] 55-64 years
- [ ] 65+ years

Gender Identity:

- [ ] Male
- [ ] Female
- [ ] Non-binary
- [ ] Prefer not to say
- [ ] Other: _____

Education Level:

- [ ] High school or equivalent
- [ ] Some college
- [ ] Bachelor's degree

- [ ] Master's degree

- [ ] Doctoral degree

- [ ] Professional certification

1.2 Health Technology Experience

How often do you use health-related apps or digital platforms?

- [ ] Daily

- [ ] Several times a week

- [ ] Weekly

- [ ] Monthly

- [ ] Rarely

- [ ] Never

Which devices do you currently use for health monitoring? (Select all that apply)

- [ ] Smartphone health apps

- [ ] Smartwatch/fitness tracker

- [ ] Blood pressure monitor

- [ ] Glucose meter

- [ ] None

- [ ] Other: _____

Section 2: Digital Health Readiness Assessment

2.1 Digital Skills & Comfort Level [3]

Rate your comfort level with the following activities:
Scale: 1 (Very Uncomfortable) to 5 (Very Comfortable)

Activity	1	2	3	4	5

Using smartphone apps	○	○	○	○	○
Sharing health data digitally	○	○	○	○	○
Video calling healthcare providers	○	○	○	○	○
Managing passwords/security	○	○	○	○	○
Understanding privacy settings	○	○	○	○	○

2.2 Digital Health Literacy [3]

How confident are you in your ability to:
Scale: Not at all confident (1) to Extremely confident (5)

- Find reliable health information online: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
- Understand medical terms in apps: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
- Evaluate health app credibility: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

Section 3: Health Emotions & Attitudes

3.1 Current Health Feelings [4][5]

When thinking about your current health status, how often do you experience the following emotions?
Scale: Never (1) to Always (5)

Emotion	Never	Rarely	Sometimes	Often	Always
Anxious/Worried	1 ○	2 ○	3 ○	4 ○	5 ○

Confident	1 ○	2 ○	3 ○	4 ○	5 ○
Frustrated	1 ○	2 ○	3 ○	4 ○	5 ○
Empowered	1 ○	2 ○	3 ○	4 ○	5 ○
Overwhelmed	1 ○	2 ○	3 ○	4 ○	5 ○
Hopeful	1 ○	2 ○	3 ○	4 ○	5 ○
Isolated	1 ○	2 ○	3 ○	4 ○	5 ○
Motivated	1 ○	2 ○	3 ○	4 ○	5 ○

3.2 Healthcare Experience Emotions [6][4]

Rate how each healthcare experience typically makes you feel:

Drag the slider from 0 (Very Negative) to 10 (Very Positive)

- Scheduling appointments: _____ (0-10)

- Waiting for test results: _____ (0-10)

- Communicating with doctors: _____ (0-10)

- Managing medications: _____ (0-10)

- Accessing medical records: _____ (0-10)

Section 4: Digital Health Platform Preferences

4.1 Feature Importance Assessment [7][8]

How important are the following features in a digital health platform?

Scale: Not Important (1) to Extremely Important (5)

Data Control & Privacy:

- Complete control over who sees my data: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Transparent data usage policies: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Ability to delete my data anytime: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

User Experience:

- Simple, intuitive interface: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Fast loading times: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Works offline when needed: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

Health Insights:

- Personalized health recommendations: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Early warning alerts: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Trend analysis over time: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

4.2 Trust in Health Technology [9]

Please indicate your level of agreement with the following statements:

Scale: Strongly Disagree (1) to Strongly Agree (5)

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I trust health apps to protect my privacy	1 ○	2 ○	3 ○	4 ○	5 ○
Technology improves healthcare quality	1 ○	2 ○	3 ○	4 ○	5 ○
I feel comfortable sharing health data digitally	1 ○	2 ○	3 ○	4 ○	5 ○
Healthcare providers should use more technology	1 ○	2 ○	3 ○	4 ○	5 ○

Section 5: Health Management Behaviors

5.1 Current Health Tracking [10][11]

Which health metrics do you currently track? (Select all that apply)

- [ ] Weight/BMI

- [ ] Blood pressure

- [ ] Heart rate

- [ ] Sleep patterns

- [ ] Exercise/steps

- [ ] Mood/mental health

- [ ] Medications

- [ ] Symptoms

- [ ] Blood glucose

- [ ] None

- [ ] Other: _____

5.2 Health Goal Priorities [8]

Rank the following health goals in order of importance to you: (Drag to reorder 1-8)

1. ___ Preventing chronic diseases

2. ___ Managing current health conditions

3. ___ Improving mental wellbeing

4. ___ Maintaining healthy weight

5. ___ Getting better sleep

6. ___ Staying physically active

7. ___ Managing stress levels

8. ___ Building healthy habits

Section 6: Digital Health Acceptability

6.1 Platform Acceptability Assessment [7]

Thinking about digital health platforms in general, please rate your agreement:

Scale: Strongly Disagree (1) to Strongly Agree (7)

- Digital health platforms fit with my idea of good healthcare: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○

- Using health apps aligns with my healthcare goals: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○

- Digital health tools require very little effort to use: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○

- Using health technology is not a burden: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○

- I really enjoy using digital health platforms: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○

6.2 Usability Experience Assessment [12]

Rate your experience with digital health platforms:

Scale: Poor (1) to Excellent (5)

Aspect	Poor	Fair	Good	Very Good	Excellent
Convenience of use	1 ○	2 ○	3 ○	4 ○	5 ○
Perceived value	1 ○	2 ○	3 ○	4 ○	5 ○
Efficiency of use	1 ○	2 ○	3 ○	4 ○	5 ○
Overall satisfaction	1 ○	2 ○	3 ○	4 ○	5 ○

Section 7: Pain Points & Emotional Triggers

7.1 Healthcare Frustration Sources [13][14]

How frustrated do the following healthcare experiences make you feel?

Scale: Not at all frustrated (0) to Extremely frustrated (10)

- Long wait times for appointments: _____ (0-10)

- Difficulty accessing medical records: _____ (0-10)

- Poor communication with providers: _____ (0-10)

- Complex insurance processes: _____ (0-10)

- Lack of coordinated care: _____ (0-10)

- Technology that doesn't work properly: _____ (0-10)

7.2 Emotional Response to Health Technology Issues [15][5]

When health apps or devices malfunction, which emotions do you typically experience?
(Select all that apply)

- [ ] Anger

- [ ] Anxiety

- [ ] Disappointment

- [ ] Helplessness

- [ ] Confusion

- [ ] Distrust

- [ ] Resignation

- [ ] Determination to find alternatives

- [ ] Relief (prefer non-digital options)

Section 8: Motivation & Behavior Change

8.1 Health Motivation Factors [8][16]

What motivates you most to engage with your health? (Rank top 3)
☐ Personal health goals
☐ Family health history
☐ Doctor recommendations
☐ Cost savings
☐ Convenience
☐ Fear of illness
☐ Desire for independence
☐ Social support/community
☐ Tracking progress/achievements

8.2 Behavior Change Readiness [4][10]

How ready are you to make the following changes using digital health tools?
Scale: Not ready (1) to Very ready (5)

- Track daily health metrics: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Share data with healthcare providers: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Receive automated health reminders: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Participate in virtual consultations: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

- Join online health communities: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

Section 9: Open-Ended Insights

9.1 Emotional Health Technology Stories [17][18]

Please share a brief story about a time when health technology made you feel particularly positive or negative. What happened and how did it make you feel?

[Text area for 250-500 words]

9.2 Ideal Digital Health Experience [19][11]

Describe your ideal digital health platform experience. What would make you feel most confident, empowered, and satisfied?

[Text area for 200-400 words]

9.3 Privacy Concerns & Trust [2][20]

What are your biggest concerns about using digital health platforms? What would increase your trust?

[Text area for 150-300 words]

Section 10: Future Readiness & Expectations

10.1 Technology Adoption Timeline [21][3]

How soon would you be willing to try new digital health features?

- [ ] Immediately when available

- [ ] Within 1-3 months after release

- [ ] After 6-12 months of reviews

- [ ] Only when widely adopted

- [ ] Probably never

- [ ] Depends on the specific feature

10.2 Health Technology Vision [18][7]

In 5 years, how do you envision using technology for your health?
Select your preferred scenario:

- [ ] Minimal use - prefer traditional healthcare

- [ ] Basic monitoring with occasional app use

- [ ] Regular use for tracking and insights

- [ ] Highly integrated - technology central to health management

- [ ] Fully automated - AI manages most health decisions

Form Completion

Overall, how did this survey make you feel?

- [ ] Engaged and thoughtful

- [ ] Neutral/indifferent

- [ ] Somewhat overwhelmed

- [ ] Very overwhelmed

- [ ] Frustrated or confused

Thank you for your participation! Your insights will help improve digital health experiences for everyone.