# Themes 1 and 2 for Users and Non-users

# Theme 1: Facilitators of behaviour change

## **Autonomous choices**

### Awareness/consciousness of age and desire to control health (physical)

### “I'm getting older as well… So, health is more important because I'm getting older. And when I was younger, it was just easy. I could eat what I want and I wouldn't think so much.” (P24)

#### Awareness of different diet requirements

#### Motivator: awareness of own mortality

### “And because I'm older, like, you know, I don't want to die earlier than I need to. So I just want to make sure I manage that. So that's why it's more important now.” (P24)

#### Management

#### Motivator: awareness of own mortality

### “Yes, I guess I was just conscious given my age that I wanted to be a little bit better, healthier.” (P24)

#### Conscious

#### Motivator: awareness of own mortality

### “And they always say as you get older you can put on weight and I do not want to do that. So I just always wanted to be healthy.” (P24)

#### Wanting to be healthy and awareness of changes with age

### “Yes. Yeah. Um, those are the two main ones because at my age, I am over sixty now, if I don’t get things in control now, I am going to be a doddering old lady and I don’t want to be.” (P25)

#### Control/ not wanting to age unhealthily

### “…If I don’t get things in control now, I am going to be a doddering old lady and I don’t want to be.” (P30)

Attitudes towards maintaining superficial appearance (physical)

### “I think it's more of a superficial, right. So for example, this person (DT2) could be more healthier than the image before (DT1). But if they don't look a certain way, I think obviously like we live in a very image dominated world, don't we? So, I think yeah, I mean, it's good that like the act is about sort of being healthy but I don't know if that's necessarily what people want. Um, I think they I mean, if it's healthy if being healthy can get them to look at it that way, then yeah. But if it if they can look a certain way. I mean, they kind of go hand in hand, but not necessarily dependent on your Yeah, like whatever. Like you can eat McDonald's every day and be skinny. But I think people would rather eat McDonald's every day, because as long as it's not affecting their outward appearance, I don't necessarily think people really care what they eat.” (P23)

#### Wanting to look good/ not caring about health

#### Saying you are what you eat, but people aren’t interested in being eating healthy, just want to look good

### “Because you know yourself if you're overweight, you know, if you you know, yourself if you aren't happy with the way you look.” (P28)

#### If overweight= not happy with being overweight

### “Like I would rather look healthy than look overweight and unhealthy- that is not how I want to look.” (P28)

#### Target to look healthy/ intentions

### “And so, you know, you know, some people say, Well, I'm happy with the way I look, that's fine. But for me, I wanted to be, you know, slimmer, less heavy, you know. So the incentive for me was that I would get the added benefit of I would feel better myself and I would be slimmer” (P14-S)

#### Incentive/ self-esteem- feel better about self

### “I don't look into mirrors. It's, you know, it's quite upsetting looking at the way I look.” (P30)

#### Upset with appearance/ avoidance/ self-esteem

### “There's a personal motivation in terms of keeping myself fit and the pride in my own appearance and fitness…”(P26)

#### Appearance: taking pride in being healthy- there is a difference between thinking/ wanting to look skinny and actually wanting to be healthy

### “I definitely think it's more important to some people you know, look a certain way than it is to be healthy inside” (P28)

### “Because I think, obviously, again, there's lots of factors that come into that, like, you can be healthy ways, but if you smoke, you're not healthy, are you? So it needs to consider other factors as well. Yeah, I mean, just taking it away from like, the superficial. I mean, I don't necessarily think that if you're overweight, you're not healthy. You can be healthy and you can exercise and you can be overweight, like it doesn’t change how healthy you are inside.” (P31)

### “But now I'm thinking more of like, my inside my body, how healthy am I? So it's not just about the look how pleasing I look and how pretty my body looks and strength.” (P40)

### Desire to increase lifespan longevity (future)

“And I think that it would be it would be good to see the detrimental effects of continuing a lifestyle like this. So you know, it would make you see where I am, and but also which way I'm going to go. I can either carry on up or I can start to become healthier.” (P22)

It is essential to be able to lead your life for the next 10 years in reasonable health and fitness Because then if I had it long term, I could see changes in that over time I think it is important to think of the future And general fitness, something quite, I'm generally quite conscious about only because, well, you want your body to last a lifetime, don't you? I want to live as long as possible and look as healthy as I can.” (P20)

“I want to live longer.” (P22)

“And, yes, obviously I want to be fit so to better and to feel better and to live longer.” (P36)

### “It like this in five years time, right, then I'd be a bit more conscious to want to make a change. But that's how it would tell me because like, I assume that this implies me now. I know it's not me now. So I don't want to see it because I don't identify with it. Whereas if it's a suggestive image of what I could look like, if I did certain things or if I didn't do certain things, then I will take into more consideration.” (P21 )

### *“Of course, and so weight management, I want to do it because obviously to be and feel more healthy, I want to live longer, my family for myself, and I want to look better.” (P26*

### *“And, yes, obviously I want to be fit so to better and to feel better and to live longer.” (P26)*

### *“I think like it improves so much of your body. You know you feel better, you don't feel lethargic and you feel more energetic. It helps you know your nails look healthier your hair. Your skin looks healthier. I just think it's really good fuel for the body.” (P28)*

### Like it's something I wanted to do for a long time but didn't have the motivation... And then I pass, I turned 30. And I started to notice that my body was starting to change, I didn’t have the same amount of energy that I used to have. I want to be able to live as long as possible. I don’t want to turn 60 and feel 60 years old. I want to stay as young as I possibly can. (P2)

### And for me, I think because I, I completed the digital twin I want you know, I'm nearly 40. I'm 40 next year, and I wanted to see how my health sort of shaping up. I am just really aware that it’s important to look after myself as I get older. And so I use the digital twin just the top that assessment to see if there were areas where I could improve my health and well being and set like a target for myself. (P7)

### Yeah, I think it was a good way of confirming that probably what I'm doing my lifestyle choices are good. And as like, now I'm in my mid 20s, not old, it's more like you start thinking about monitoring your health a bit more I think, and pre 20s I didn't really think about my heart and all like like, that's now a bit more aware. I guess getting older has influenced that. And so it was nice to know that I'm probably doing that can now eliminate any extra risk of development condition or my liver. And that was what I liked about it. (P14)

### It is important to have like the whole future focus as well. I am always going to try and keep a, lean healthy physique for as long as I can whilst also maintaining my kind of physical and mental health to the best of my ability. At the end of the day, your health is down to you, and you need to take the first steps to look after yourself.” (P10)

### Okay, so I agree with it because I don't think if you're not interested in fitness, you're not interested in going to the gym and looking amazing, that's fine. Like, you can live your life. You can be healthy as well. You'll live until a perfectly good age and you'll have other interests. If you are interested, then probably you will probably have you'll have a better body you'll feel better, you'll look better, you'll just be a better version of yourself. And that's kind of why I buy into keeping as physically fit as possible all the time but also don't disagree with people who are somewhat more kind of complacent about the whole thing. As I have said. I just really think it is down to the individual as a person to focus on what they want really and I think that kind of influences the type of people that want to use the twin and pay attention to it. (P5)

### So like, what days you're sort of worse, don't choose, like the reasons for your mood and stuff. So see what's on triggers so you can monitor yourself. So this is like, a self-help thing. Like something I am doing for myself. To look after myself to take my own health into my own hands. (P9)

### Like an independence thing. I think that’s important with weight management, like it is down to the person themselves, they shouldn’t rely on GP’s too much because then when they aren’t seeing their GP they might like slip. I don’t know. It’s when you don’t have that push from someone behind you. So start them off as they mean to go on. (P9)

### But I guess the sort of cutting out the conversation that you might have a GP about sort of obvious things and puts it in one place where when you're ready to read it, you can read it on the phone. Like it is down to you as a person. It gives you that choice. I would say you'd like it, like all the facts, like extra facts being given to you. And it's catered to what you've answered. And like, that's up to you to read. It’s given you that choice, I guess. You can't force anyone to do anything. When it comes like quitting smoking or quitting alcohol got forced to want to do it. They've got to have the motivation themselves to be able to push forward and make that change. (P9)

### I like that because it allows you do set your own personal goals to work on and I think if you don’t achieve it then it is down to you and that would hold me responsible for it. I think its good because everyone should really start thinking about their health instead of constantly relying on doctors. You should really start trying to look after yourself. Your doctors aren’t with you all of the time and this is why I like this app and the twin because you can look this information up for yourself. (P11)

## **Social influence on decision making**

### **So, but it's, it's, it's not easy for everybody to lose weight. I'm really aware that I'm really aware of that. There is more of a pressure to stay thin from society and I think you get it from all angles. It’s not fair. (P27)**

### **Um, I think media I mean, definitely less than past year what with a lot more body confident movement, but it puts a certain idea of what a body should look like, in people's minds, and I think that negatively affects everyone because everyone's bodies look completely different. And that can be affected on you know, whether you're Danish and therefore you're gonna be a foot taller than everyone else. Or, you know, Asian and therefore a bit shorter. And that's not a negative at all. And therefore, you know, different cultures also equal, and different weights and stuff like that. And yet the media kind of puts this specific body image in our mind. And if we look at that, and think that that's normal, that can be quite negative, whereas before showing that just healthy is normal and whatever, as long as you're within those kind of parameters. (P28)**

### **So I guess of the main differences then I am okay with my way, stay with my body and I will not be think care but I'm just curious to see my other presentation said I'm not sure would change if someone is not going to be okay with your body and is actually looking to lose weight as a primary thing when day looking down so my wanting to change weight is mean to lose a couple of kilos that I know they're all muscles anyway so it's more like pressure from the society feel that it needed to be even more smaller than what actually your weight is because I'm fine okay so as to not be scared and see my representation of the body because I'm okay with it. (P36)**

### **And again, the social element might be a good angle on that as well and I think, again, that support line and sort of having someone there and support whether that is a social side or whether that's on the professional there just to sort of motivate that person.” (P12)**

### **I've got a messaging group with my friends that I grew up with, who are also struggling with weight management and making a start on these new diet plans that we have all together which is great and we take screenshots of our activity daily and sort of group as a form of accountability. I think its good because it shows we are all in this together as such and this makes me feel really supported and not alone. (P6)**

## **Personalisation and representativeness**

### I don't I just try and make it a bit more personal. Whether it is when you go into your personal health facts like either they take a scan body image of yourself, like if you take a picture or something like that, or if you include specific facts about your body and your weight. And then it's just like, do you agree this is matching yourself and then it's something that you can monitor the progress on, like maybe as an ultimate goal body to reach? (P21)

### So it means that it isn't the same skeleton, everyone's going to open up and see isn't the same digital twin as mine? It's close to my internals as possible. (P21)

### Okay, so that that's ideal, that's kind of what I was thinking. So it'll be pretty reflective of the person again. (P21)

### Yeah, as long as it's reflective of that individual. Mm hmm. You definitely want it to be more personalized. (P21)

### And they could just get turned off of is not personalized to them straightaway. Whereas if they do see it for them, they might want to find out a bit more and do the health assessments really. (P21)

### So if you saw and say it was a man who saw it and it was either a female twin or if it was a twin that really wasn't reflected within themselves, they might just be off. It's not as reflective now it's not personalized. I'm not that interested. So nice to be like exact almost according to what the person looks like as close as possible, so then, I don't know, in terms of like the features it has, like, would it have to have a face on it? Say we or would it just be more so I think exactly like it is at the minute. I think that's the kind of format it needs to be. And that gives quite a lot of the information. Imagine if you put in an individual's height and weight that'll probably give us that information pretty quickly, or they probably need to include things like exercise, or what how much of it includes like muscle. (P24)

### So I don't know how that would be possible. But if the model and maybe it's already the case, and in that case, sorry about that. But if the model could maybe I've got a wrong perception of myself, but if the model looked more like me, even if it's overweight, or like, but to understand as well like to add something like something else on that, hmm. But yeah, because I'm pretty sure I'm not as fit as the bottle. In inter representation and so when you see the difference because there are lots of connections between all the organs the activity, your mood, etc and that's great but that's really at organ level the non-salient the general shape one either no that's just a static so because it's called the the treatment you wanted to look like you like you. (P26

### So because I think that would be the the next like, I do think only Babylon could have this kind of intimacy with me of because it's a doctor up so of representing representing me, like how you say like, yeah, just add advice, and how you can improve it or not. Because when I'm, for example, I use phone to track my running. And I want nine to represent me. Although with with some extra pounds because I'm like not running. Like, that's not my ideal, but I'm using this app, which when I'm using Babylon, and I want the exact representation of me at this moment. Yeah. That's just and also, but it's from my point of view, and I'm not sure I'm in a category where I would be offended by a true representation of myself. (P2)

### Well, I know I had Like 10 kilogrammes to lose etc or even more, and these kind of things, but I wasn't obese neither I wasn't any kind of extreme behaviour with my body not might make me like sad or upset to see a true representation. Or if you're like I'm overweight or underweight. (P9)

### So no, no, I don't think I identify with the twin. I so I can see the features are amazing. I find it interesting to see what's inside and I can relate like, I know it's a representation of the state of my different organs, etc. But then like physically I don't identify with the twin. I would love to see if it would physically look like you. (P22)

### I can't remember what the upside is. But so, yeah, I think in the app, it would be useful to have a true representation of ourselves, whether it's in good health or in like, what can be of course, I'm not sure I would want to see a decaying body because that would be gross. (P24)

### But once again, I'm seeing that from my point of view, which is like I'm neither like underweight or massively overweight, like I'm kind of fluctuating. (P32)

### It should be a lot because depending on how you want to see, I think not everyone wants to see even maybe me. I don't know, a year ago I don't know if I want to see myself my true self in terms of 3D representation because I was a lot bigger and I just felt very self-conscious and I wasn’t happy with the way I looked and I probably . (P34)

### So I think seeing truce in that scenario, seeing the true self in there. First of all, I think I would do, I would use the digital twin way more often, even if I found the truth harsh but it would want me to chip away at my weight because it is reality and I need to change my reality. (P21)

### And that would be a representation because at the moment, the scale is only giving me basically the weight and my watch is only giving me my heartrate and the kilometres and running. But there are so many other parameters that I don't I can't really assess at the moment. I think that's where it would be a nice to have, like a that's where a true kind of representation would be nice to have. But because I'm in this, like I'm tracking everything at the moment, so I wouldn't mind. So someone who's not tracking and wasn't asked for anything, might not want to see the true representation of themselves. (P25)

### Yes. So I think the over twin is at least a, it's interesting, but it's not very useful. It's interesting because it's three dimensional. It's a bit interactive. Like, it's like looking at like a 3D human body model. And learning about the body but not necessarily your body. I think having that would be more interesting and useful because yeah, you would have but other. The same time, I think if the idea of the digital twin and the health check if the idea of the digital training is also to him like to make you having a better behaviours in regards to your health, activity nutrition like mental wellbeing etc. I would like to be able to project like, Okay, if I do, I don't know two hours or one hour of walking every day, is that going to have an impact? Not necessarily on the on the twin because you won't necessarily be able to see the impact (P26)

### First of all, so even because I don't know how you can project this because there are so many parameters that I don't know if you can really create like a future representation of yourself or if the app could create that because well, that might be complicated, but at least having a before and after. (P33)

### Um, so it would be more like the things that it does point out all very severe kind of another extremes of you know, the things that they're somethings checking for kind of thing. I mean, the biggest one for me really personally was that I find it quite ironic that I suffer from migraines and yet on the on the app actually kind of didn't really talk about it at all (Consideration of chronic conditions). (P35)

### I mean, I'd be very averse to say and I would change it to look like me because that is very horror movie. And that would just, I mean, that's just not normal wants to see. You know, anything that's tried to digitally copy your looks kind of thing, but maybe it was. For example, if you had to complete your way and you had to input your height, and weight and focus on those sort of simple biometrics then that might be an easy way to more identify with it without making it too creepy. (P35)

### If it reflected the weight as a picture, and then I think it's especially important not to make it too personal. But the thing is make it possible then that that deviates into then it for different people could be beneficial or negative, and it would be so far different ends of the spectrum, because they would see themselves kind of thing and some people would react well, to that. (P36)

### Yeah, I think that would make more beneficial and personal. Because that's what you've been saying from the start really, as you say, night I'd need I need more. (P37)

### And also, I think it's hard to have the computer design something that's going to reflect like if you have someone who's going to be a lot larger, a lot smaller, their body shape may look quite different to me. (P40)

### And like I had a goal to lose a bit of weight. And when I did I have changed my stats in the app, but I don't think it's really, really reflected in the digital twin, like you can't really see a major difference. So I think it's for me, it's sort of it's quite, it's nice to have that. But it's not really reflective of what I actually would look like. (P40)

### Um, I think if you if you design the app in a way that allows you to input more info, so that changes more according to you, then that will be, that'll be great. (P40)

### That will be probably quiet. It probably takes a lot of work to engineer it into the software but would be quiet and it will make them more personable for the person using this. So as its an app about patients I feel that it would reflect them? So yeah, I think it's I don't think it's a major thing. But I do think it is quite a generic body. And, like, for me, it's not such a problem, but I can see it could be psychologically, like about body shape, if it isn’t shown properly. (P14)

### Yeah, because body shape, your height everything your changes, and I'm assuming that it gives you a different version if you're meant to I don't know. So I'm not sure if that part is different as well. But yeah, I think it's not at the moment. It's it's quite a generic view on the human body and is not very personalized. I think he can certainly change it to reflect that. (P14)

### Um, like, if people are like tall or short, or they've had surgeries positive, their body has been changed. All of these things I think would change the appearance of this human bodies, but obviously not going to vary from person to person. So at the moment, I feel like that's not the case, I feel like you get quite a cool view on the human body, but it doesn't necessarily change with information you'd give it in the app. So I think it's sort of the body stays similar. But you can actually tell the app you've changed in all things that's happened to you. (P4)

### I feel like it's, it's, it's okay, but I don't feel like it's me. I don't know if that makes sense. Like, I feel like it's, it's quite a good representation of like a generic human body. But I don't feel like that person. Yes, like, definitely me. (P3)

### Yeah, I think it's much more personalized view of the digital twin. Mm hmm. So this would definitely be somebody's life who's personalized their personal, like digital twin. So this is obviously like somewhat like a patient that's using the app and has put in all the info regarding how they look and what their bodies. So maybe that's more personable for them. (P4)

### And I think this, you will relate to it more, maybe you'll make you want to use the app a bit more. It looks like that. And so I guess that's always a good thing. If there are any changes to their body, they can also record it and maybe change it. I don't know if that's the function But I think this is definitely how I think the digital twin should be more like in the fact that you can make it more personable to you. (P4)

### Yeah, I think you'd be quiet, motivating quite good. Maybe make it more enticing for people to use because it's much more personable version. (P13)

### Yeah, definitely. I think if is the digital twin reflects each person more then I think from maybe from a vanity point of view. I want mine to represent me. People want to use them more because it's like more mirrors who they what they look like in reality so then it could motivate me to make a change to it can tell me exactly where I have put on weight. (P22)

### And I think people want to have things that are more personalized, and you have the other generic version, where it's just, it looks like a medical human body, it doesn't look like your body, you're not going to sink. You know, this is me. Whereas if you get something like this, and it's someone could be like, this is definitely me. And maybe they will want to use the app more because they're interested in what they can do to change it or improve it in any aspect. I guess. (P24)

### That's quite cool. But after the novelty wears off, I think I realized that the twin may not reflect me, like personally. And maybe not, and maybe even less. So some other people don't quite different to the twin. So I think Yeah, it's definitely makes me think that it's an aspect of the app that's a bit lacking because it's not currently going to reflect what many people I think will find useful. So you kind of like more of like a digital copy of yourself, almost. Yeah, I think you would make the app more interesting. (P34)

### “And I guess when you kind of like, you know, I'm getting older, like in five years time it will be different… just have something to kind of just give you an aspect of where you will be and what you can do and yeah, just to name a few suggestions, you know where you could be in to come on why would that be helpful then it's important because you know, your life changes every year.” (P17)

#### Advice/ catered to persons age

### “The nutrition so I suppose maybe if they ever show you the nutrition so I suppose whether they're healthy or not and the reason what they be and what could have affected their health and the activities that maybe the activities could somebody could sort of get a highlight areas, what activities and what areas they can work on and stuff. The last one overview that be- that'd be like, just like an overall plan of where you want to be to where you are now sort of thing.” (P9)

### “It's not what people in general, sort of looking at a wider age group, a wider I don't know, class, I suppose it's not it's not for that niche sort of, I don't know what percentage of the population or you know, going to the gym several times a week, but it's not, you know, they are a tiny proportion of people and not the general public.” (P20)

#### Not focusing on particular groups of people

### “So for example, if I were to, if I were to not be smart, if I start smoking, or over drinking, like, binge drinking it would tell me like how that's affecting my lungs and the rest of my body. So I would, like yes I would like that in terms of if was telling me how certain and like things are still working, doing everyday things how that was affecting my health that kind of thing but I wouldn't use it for in I know using a nutritionist because that would help as well with the organs and all your activity but I wouldn't use it for anything else cause with mood I'll use it for my health but I wouldn't use it for weight management or anything like that” (P7)

#### Wanting tailored information according to specific health needs/ requirements

### “Yeah. Okay, it would help but it would help because I feel like if someone tells you, okay, activity, you have to do that kind of exercise. You have do this and that but you need like something to motivate you to actually do this and that you need the right information. You need the support. I need guidelines” (P7)

#### Needing support and guidelines

### “So it was just affect me cause after a while, if let's say if I was starting off, trying to lose weight that if I kept seeing an app that was telling me okay, it's like you know when, like lets start with smoking right and the body tells you smoking kills, you know it kills you but it's just used to deal with but it's that with this if I were to look at it and is telling me they say I was in danger of this and that it was just like after a while you just know bother with it and just I use it okay even though you know the consequences. (P7)

### App to provide warning information/ consequences of behaviours

### “This Digital Twin could be used to show the type of person you are wanting to become through exercising, eating well, managing your weighT. I would really appreciate how is that if they just did workouts and food for, say specific if you wanted to tone your abs by saying like okay, so you want to train the abs? This is the list of exercises you should do some exercise that goes this is the foods you should eat during the day then the Digital Twin could update itself as a desirable image that you can save that image to motivate you to want to try and work harder so you reach the goal you want You need to eat this you need to work out like this. And if you would like to select areas (on the DT) that probably could work for me.” (P6)

## **Monitoring progress**

### Do I want to engage with this app a little bit more, yes or no? And what are my goals? They don't know what my goals are. They're just finding out what's happening at the present time. And I doubt my goals and they might be able to get a bit more user interaction for me, but right now, they're just saying great, you're doing great. So there's absolutely no, there's they're not offering me anything interact with this platform in order to say great, yeah, you know, 100% they said 100% and your results meet national guidelines. You just drawn a line under it, and you just told me I didn't use anything else. Hmm, that's how I feel. And so I do, you know, this is why I sort of, I can't really recall them that well, which I'm having to look now because it didn't really impact my life in any way. Give me something to work towards. Just telling someone that they do or don’t meet a criteria isn’t enough really. Also people aren’t going to know what to do with that information. I think it would motivate someone to lose weight just by being able to see how healthy the organs are, how healthy the body looks in general. Give me the information I need to change, like exercise more, or eat better and track it over time so I can set a goal to show me what to do instead of showing me the statistics like most apps do (P8)

### I think if I was trying to achieve a health goal, which they don't, they don't ask you whether you are. Again, result you know, if it goes if it goes away, it says don’t let this get worse or go to red. You don’t want to be at risk of a disease. Please people with suggestions, management to goals need a goal, we can't just say, hey, you're in a weight, actually to try and increase your risk of diabetes and increase your risk of cardiovascular disease. (P7)

### I liked the Digital Twin because it allowed me to see what is going on inside of my body, which is beneficial as it is so easy to focus on the exterior of yourself…it helped me to think about my organs and to realise it is not just about what is going on for the outside but also the inside (P14)

### Well, we could use this and I could use it to show you know, if you lost one stone your body, but could you could that place in a more of a setting your goals. And I think some people have got body dysmorphia, they're not aware of what size they are either too thin or too big or I'll be quite useful to see. (P7)

### I think if you reduce your calories by this much, or you exercise this much this week, you've got the potential to have a calorie deficit of 2000 calories, which equates to making the number of calories two pounds of weight loss, which would make you look like this over the next four weeks. (P7)

### Otherwise, it just seems unachievable. It's like showing someone who's overweight and then putting a much slimmer twin next to us that this is what it could look like. Okay, well, well, most of these people struggle to lose weight and I know family and people I know who try and lose weight. It's not as easy as just say, hey, this crack on, you know, people, I think. Yeah. And timeframes and goal setting, absolutely. (P7)

### Yeah I I've used quite a few different sort of health apps and stuff like that for like other things across the year so being able to kind of put all of your kind of general health information into places quite handy and I have like the little reminders turned on to manage take my medication or like, make sure him a step camp and stuff like that. (P3)

### I like being able to literally, like it shows a picture of the body and what your problem areas are. And I find that quite handy to just like as a little reminder, I guess, as to like, what you're trying to be healthy for and what you need to improve. (P8)

### I guess across the top the different categories and because they are different colors, so it like prompts you to retake assessments or 90 what kind of actions are then in an easier way, then click on the organs because the organs are colored to I'm assuming what color the actual your organs are. Because otherwise why would my intestines be purple? But yeah, the bits across the top are like red, green, etc. (P8)

### Just to help you visualize the kind of risk I suppose, and help you make, you know, changes in your life. So like a reminder to regularly check your breasts if you know that you're a little bit more at risk for that and or even if you have had a mastectomy and therefore definitely not at risk. (P8)

### Just for the Digital Twin to prompt me, or make changes to each prompt as I improve my health… It would be good to have some sort of recognition I deserve for good behaviour. (P21)

### It was just something like this goal body that I would like to achieve, the first one you showed… Whereas, the second body, the bigger one, is a bit more like me and more suited to my body type... I could use this to begin with to push me to work and making the right changes towards making myself look like the first body (p7)

### I think yeah, it's if you were given the option. Like, use it simple prompt, then yeah definitely, if it matched to make some necessary changes. So like a prompt for change image. (P9)

### Definitely nothing bad about it. I just think maybe it would be if there was like say if you got some results and something is said or you're at high risk for something maybe like a reminder about it or like a checkup with you on that area. If it's giving you like advice to do stuff because I kind of do it and forget about it, which is quite easy to do because you don't, you know, you're not like kind of prompted to do it, I guess. (P10)

### Whereas yeah, if you can, you could just close the app and even when I go back on the app to like book a doctor's appointment or something like that, there's no like, you know, notification or anything to be like, just check it off when you kind of thing. (P12)

### I get back I guess it's just like telling stating the facts isn't enough I was gonna say like more specific advice about you on how to change things if you need to and maybe just known when like how often you should I use it and update everything would be good because I I'm quite a I like like a tick box so if every three months or monthly even it was like you need to update your healthcheck I would like happily do that and quite enjoy it I think like said yeah, it is easy to forget about(P11)

### Because you get the views you don't get any like, don't get told to update it or do anything that outside think it's hard to think about it. Like, various to make those changes. (P11)

### Like I said, like regular kind of checkups and notifications. And just yeah, loads of light into I think if you're, if it's the weight loss, so for both activity and nutrition, I don't know if this is on now already. (P11)

### I think I think mainly it just, you know, I haven't used it a lot and it hasn't, I haven't been reminded, to keep it up to date. (P12)

### So maybe I don't know maybe as you say, if you to track it and it could be say entered on a regular basis. So for example, how many times have you worked out this week? Oh, free things like that. Would that be helpful if it was more so instead of going through the entire assessment. Yeah. And I don't know if there was a way to to kind of select some of the actions now that have been recommended every two weeks or every three weeks you just get that reminder and they tell you how many they can intercept just to change these this habit. Then you can inform and refreshing effect on there, the whole thing so you can see the implications over time. (P13)

### You need to remind people, keep them on top of their health, because they can quite easily slip back into those same old habits and routines. Like if somehow the twin could keep saying, look you are on the right path keep going,by saying things like have you eaten less than 2000 calories today? Have you exercised? Have you stopped smoking? Do you remember your goal? Like if it could prompt people to go back on there, then they would be more likely to retain the information. It can’t just be left up to the individual to do something with one lot of information. They need to be checked up on and prompted. Let them set themselves a goal and you can remind them that they are doing this for themselves and their health. But at the end of the day, it is down to the person themselves. If they decide not to pursue it and ignore all of these prompts, then that is on them for not making the changes. (P15)

### I don't like to track things everyday maybe like over a few time a week and there was no reminder or no real reason for me to check my mood except for trying it out. (P16)

### I felt that it was more of a one off thing to sort of see what I'm asked whether I have whether I have missed the point or not. I didn't really notice whether there were any push notifications to sort of say, Oh, hey, if you have you don't forget your yellow on alcohol consumption and you have to monitor your drinking. Or, you know, perhaps you should do something for mental health. I don't know if it has that. Maybe it does. And I wasn't aware of it. So yeah, that's it. I don't really know what benefit that app has in my life on a day to day basis. (P7)

### And then that also might be a positive thing because it might be that, you know, you can't ignore it. Then it might stop someone from kind of using that maybe. So I think it is good if they are prompted with a notification of some sort saying like well done for going from red to green. Or a reward badge saying how they have reduced their health risks and how many years that they have added onto their lifeline. (P11)

### Because they set you out a plan and tell you what to do. This app is more about you measuring your health at that time and place. If it wanted to get you to make more changes then I think it needs to make it more about a person’s lifestyle and show how exactly the lifestyle affects their health. I think it needs to be more encouraging, by telling people that they can make these changes and the reward could be seeing the process of changing from red to green. There is something satisfying about that. (P22)

### Few things a couple of months ago, and I noticed improvements when I was lowering the risk, like reducing the salt in my diet. Like by not adding salt I have lowered my risk of stomach cancer. It is quite comforting to know. I also think it’s rewarding to feel a sense of positivity that I have listened to the information and made an official change. On the contrary, I also updated some data in related to my parents medical history. I've seen how that also influences my, my risk of developing certain diseases. (P23)

### I've made changes recently. I think my problem might be maintaining that change. So it prompted me to make changes. Yes. I think I'll probably face a mini battle myself is to maintain that. And I think something what I would probably ask for in addition from like, the health check stuff would be like kind of prompt progress and update like notifications kind of thing for them that just turns it into like a Fitbit equivalent or something like that. Which probably doesn't necessarily serve the same purpose is that but yeah, I think this the difference between telling me what to do and then me maintaining it and doing it myself. (P1)

### And then things are more so I'm kind of doing well, but they're the main ones that I am interested in and as well, you're saying as well it kind of it pinpoints whatever it is that you need to work on, and you say provides like a stat, like a statistic to it like to measure your health like progress of how good it is. (P1)

### Like, I think, yeah, maybe that would be something missing in the twin and actually like, showing how the body can evolve once you change some of the, like, parameters of your life. And so for weight management, I think that would be great. But at the same time, it could be fully like creepy like, I don't know, what could be basically the use really of it. But I would love to see myself. I would have loved to see myself like three, six months ago. And interesting to be able to see the evolution as well. In the kind of interactive way up until now. Yes, query back scrolling back in time or I don't know, but something you can be a bit excited developed beyond the beyond during the assessments on like, what you've improved and how you've been from orange or red to green or whatever other colour. Yeah. A bit more playful, maybe. (P2)

### And like I said before, in terms of like color coding and stuff like that, like just to see progress in a more obvious way is helpful. And I guess it helps me to look at something and be like, okay, these are the areas that I need to fix. And then you put in that data to say that you've put on five kilograms or something like that because you're underweight. For it to then, you know, tell you well done and update it. And because especially with like weight gain or weight loss or whatever the person with the digital twin is trying to do, you don't necessarily notice that yourself if it’s like daily. Whereas if you can, like, look at something else and put some data in it like changes like that, then that can help you see it. (P8)

### Yeah, I think if you know you're being told by the app and also presumably by your GP, that you need to fix certain things about your health, it can help you kind of hone in on which areas those are. And, you know, help keep those in your mind. And hopefully, that, you know, you see the red disappear if you resolve that issue and you can see where and how you have improved. (P9)

### So for example, say you put in your weight say year ago and then you say like you lost six kilos. And if that could be reflected on the twin, like you can see that it has lost weight, say and you can see your progress, like maybe you can compare what your twin looked like at the beginning of your weight loss to now. I think that would be quite good for motivating because it’s almost like you actually seeing how far you have come. Because I think some people don’t realise how much weight that they may have lost. Because you can see your progress. You can see you know where you are and then seeing that progress. (P10)

### I get back I guess it's just like telling stating the facts isn't enough I was gonna say like more specific advice about you on how to change things if you need to and maybe just known when like how often you should I use it and update everything would be good because I I'm quite a I like like a tick box so if every three months or monthly even it was like you need to update your healthcheck I would like happily do that and quite enjoy it I think like said yeah, it is easy to forget about. (P13)

### So it would be good if you made these changes back on a regular basis and making sure that you update it as well to see how far you have come. Because you get the views you don't get any like, don't get told to update it or do anything that outside think it's hard to think about it. Like, various to make those changes. (P18)

### Well, I guess, I guess it depends on how you want to present the data. Okay Do you do you could generate a report of differences or what has improved what has worsen could select different points in time just to see what are the major risks were and whether those have improved or not. Compare your overall score. Huh, I guess it would depend on how you want to, to manipulate, manipulate, sorry, and how you want to, to use the data to set yourself, like a goal or whatever. Like for example, you haven’t lost weight, if you could see that, you would feel so bad that you would go, I haven’t changed. I need to do something about that. (P23)

### Because otherwise, you don't really get the sense or progress. You just get a snapshot. And probably the most revealing thing, obvious that you can see, well, what's changing? That's the that's probably the most valuable thing that I've seen apart from the site that you get. But it's also to be able to just see how that is evolving. (P33)

### Like I need it to set me a target or goal. It needs to tell me how exactly and specifically go about doing it. Not to just say about eating fruit and veg. If I could also see the body looking like me changing, it would get me back on there to try and see if there has been any progress. (P35)

### It's just a good way keeping on top and tracking your activity, by seeing your progress and yeah, and it's also it's not just a physical like digital twin such as physically showing you the parts of your body on Healthcheck and yeah. (P40)

### I like it’s an easy indicator to tell and how well they have been doing or if it's the opposite. And it's yeah, it's a good indicator. And also well, yeah, so I was gonna say it internally with as well with the points I have made before, think about this change and how it will be a benefit to you. So it's good to kind of see I guess, look back and see oh, this is this is how far I've come right. It would be a good incentive to see that. Because I was I've gained weight in the past year which I'm happy about. That was a positive thing for me. And so yeah, just a more about like, how that changed. (P14)

### I think so because it’s kind of like a reflection. Yeah, I think because yeah, it would just it could be like that more like game but it could be really gimmiky. Like I guess you could take pictures of you and your body and if it could be generated and to see how far you have come. (P15)

### Yeah, mix I think especially if you're looking at it and then that's a question like that be kind of so for instance, like I've had that question of someone did help and then I chose the drinks once a week I hadn't drunk for like four months or something And then, like that kind of suggested things to make myself go back to would involve having to redo the test. And you can’t see what you have done before. So you can’t see any improvements or if you have made the right changes. Oh, I know that's not the issue at the moment, because I haven't done it. (P15)

### Multiple times perhaps. And I think, perhaps yeah. And like, you can redo the whole questionnaire like every time you do think maybe being able to just be okay, yeah, be able to see me doing it and my past results. (P15)

### I think so because it’s kind of like a reflection. Yeah, I think because yeah, it would just it could be like that more like game but it could be really gimmiky. Like I guess you could take pictures of you and your body and if it could be generated and to see how far you have come. (P15)

### I kind of see where that's coming from the actions and the things that kind of get flagged up on the health check aspect of it. I like to kind of signpost like specific areas to work on. I think it kind of from memory, I think it was like I'm 75% normal, or like what it says and then there's like 25% of aspects that things I need to work on to kind of pinpoint exactly the aspects that I need to work on. And then things are more so I'm kind of doing well, but they're the main ones that I am interested in and as well, you're saying as well it kind of it pinpoints whatever it is that you need to work on, and you say provides like a stat, like a statistic to it like to measure your health like progress of how good it is. (P1)

### So just kind of feels a bit like that's the stock response, in a sense. It should literally tell you to cut back by a certain amount. Give someone something to aim for. So to actually change behaviors, you should really just pick pinpoint what they've already are self aware of as being an issue. And then related to that could that will definitely make me sit up and go up? Well, that's something to be really actually concerned about or think about. I need to be encouraged or motivated or something like that. It is kind of saying right is tailoring its advice to you and sort of the answers you've put in. Because if this allowed me that I shouldn't hopefully be too difficult of an implementation and quickly what would happen if it's simply it's just not just put in the blanket responsive drink glasses, but in the responsive by reducing it by this will actually reduce your chances of having this by this much. (P3)

### And sometimes it gives you quite specific things that you can actually do in real life like it tells you to drink coffee just once a day or something like that, to reduce your caffeine intake. And that's something you can work towards because It's a quite a realistic goal. And it's quite a simple thing to do. And yet, that's so you can make quite simple changes to alter this. And you can tell the app that you are going to do it, but you're not going to do it. So it can check up on you and you could see this non improvement shown on the body. And I think that's kind of helpful. (P4)

### I do like it I do like seeing it. As far as say if you're a smoker the lungs could cope with stuff like that and then it makes it a bit more pressing to me like you can really swipe between this as a healthy body and this is your body right now. Because then it's sort of got a goal to work towards, like you don't want the lungs to people who don't want this you know, whatever whatever it might be. (P6)

### I mean, you want to stray away from stay away from like, having a perfect or like normal thing, but maybe if but, I guess sometimes like I was saying before, with the smoking you can kind of brush off. It's just a it's just my life that's just a normal part of me. Obviously for some people it's going to be different because then normal is very different to mine or for example, but for some like something like smoking, that shouldn't be normal for anyone. So it's not a good thing for anyone. So it's definitely something you can work towards bettering yourself which means you'll have a healthier happier life hopefully. (P6)

### Why don't you think of something before like, where it sounds like you're risk score and stuff, for example, mine is saying like my risk for stomach cancer quite high. I guess it could be helpful to highlight. So like, a little arrow with a hazard thing for each organ to sort of say like, this one sort of needs a bit of help. This one's in good shape. Yeah I was a bit surprised that it didn’t do that when I had all my sort of thing as my activity nutrition moves that still remain the same. It is like something to work towards, to work on. (P9)

### So shows like the areas that have problems like the areas where you need to fix them, so things like guidance and setting yourself a goal type of thing. So you can focus on the bits to work on. (P9)

### I guess you could do things that are perhaps already have more of a sort of goal. I mean, I can. I have like a smart scale. (P9)

### Ah, that is the weight goal. So my current weight goal is to reduce body fat. Right, rather than sort of get to a certain figure is more or less fat percentage. So I guess the best ways to set the right goal for you and get sort of government approval advice obviously it is like a GP app. It's not like a sort of help manage your weight. I guess. It points you in the right directions. Like it would be good to have it next to your current twin to compare your goal twin to your current one to see how much you need to do. (P9)

### It's a bit like, a really stuck point for this app as it doesn’t really offer any long term goals. Could we actually well sort of you know, this is my aspiration I'm going to be doing this amount of cardio I'm going to be doing that amount of weight or other activities(P10)

### Because you could see actually, you know, you would see, for instance, this is the organ or part of your which is impacted, and then what's the nearest, you know, what could I work to stop affecting my body? (P10)

### Again you know try to shape it in a better way hopefully achieve some better or not only fitness goals by you know if my health was even worse or you know like, obviously hard is one bed. What could I do you know where it impacts me? I don't know if I make sense. (P10)

### I mean, for me, it's mostly muscles really, because obviously as a fitness, eating well but I have obviously troubles with my heart. I kind of tried to find identify what's going wrong, so I can address it. (P10)

### Because I can't see skeleton and I was wondering because obviously in digital body or digital twin, you can display all delayers I was wondering because obviously if you displayed skeleton and muscles and organs, you can really see what’s going on inside you and on the top of that you added that body shape then obviously he could clearly speak for itself, in terms of, you know where I am and what maybe I should should look like. Maybe like a future goal or something like that. Something to work towards. (P10)

### It helped with cardiac surgery. Through the digital twin system, I could look at, you know, like a heart. So it helped a bet by wasn't really significant because obviously I think when you got to that detail about what is going on inside of you and you're trying to find or find the reason why you've got to focus at a target and very good stand and what needs to be done and you're trying to see basically what all those prescriptions are trying to impact and work where from that perspective, trainers make useless. (P10)

### When I think about it I haven't changed anything on me to be honest. According to digital twin, I was doing everything perfectly fine. Sure. So I didn't go to any suggestions as for what I was supposed to change. (P10)

### Obviously, I know what I have to do, as in I know what's required. But then as an individual, how do I change this to become what's expected of me? How do I manage to motivate myself as well? Like what is required? Like is it was all red (the DT) , what is required out of me. As, as in how long would it take for for it to change? Okay, it was expected.” (P22)

### I think one of the things that I have from looking at it, I think one of the best things is for example, if I'm, if I'm, for example, I don't know 100 kilos right now, I'd want to kind of see how my body would look like if it was 70 if I can, if it can give me kind of a a prediction of how if I can monitor like if I can change the way and just and it gives me like how my body what may look like and, just I think that's really good encouragement (P31)

### If you had an option to adjust the way I think that would be set up that just saying this one particular image is how you should look. Right. So you would need like, a little slider thing to kind of comparison. And you offset it maybe and say, this is what I'm achieving, rather than this. So yeah, I mean, I guess like this sort of like, it's, I mean, it's hard because I would maybe say like, I would maybe go over my BMI for starters, just because that would be more achievable for me. Like when you are like a certain way, like it's hard to explain when you are a certain weight. Do you know what I mean? Like, I don't know, like, even if I lost, like, even if I lost five, six stone, I would still be over my BMI. Do you see what I'm saying? But that would still be a really good achievement. Yeah, it's like saying is just because you're showing an image of something that is maybe not healthy. It's just not healthy to you doesn't mean it's not healthy to that person who is, you know, weighs however much like a lot. And I think the same, it works the same with people who maybe look who are very underweight. And it's like, an achievable goal for them to sort of like say, fair enough, they don't look like this image. But if they can look a little bit bigger than they are, then that is an achievement (P36)

## **Awareness and knowledge of health-related risks**

### So for the fitness yes. For the chronic illness, yes. For, for example, for the alcohol management, it's more about looking at how my consumption is evolving, like from one factor to another, but I'm not sure. I'm not sure the the app is influencing me drinking less or, like, it's more a good indicator of knowing that. Well, maybe that's some bottle of rose it wasn't necessary, but still, like it's summer. So yeah, I I'm not on that bit. I will not change my behaviour as easily as on the others maybe, icons aspect of the app. (P2)

### For the alcohol management, it's more about looking at how my consumption is evolving…the app has influenced me drinking less as it’s a good indicator of knowing the risks…which can be useful if you don’t realise how this can damage your health and can cause diseases that could kill you (P22)

### And I don't necessarily have control on but I can do things to limit the impact. And that's great. But then I also more aware of the correlation or the links between, like, yeah, different aspects of my lifestyle and their impact on both my body and my mind that I wouldn't have. I kind of knew before, like, you know that if you have the size, you are less risk of cardiovascular disease, but when you see the actual change on the app, that is kind of rewarding, and that's, I encourage you to go. (P2)

### But yeah, so on that I wouldn't really be limited but also because I'm, I think I'm a self- aware of it. So when I think I've had too much alcohol over a week or over even a weekend, I will stop for like days before I go back to having a drink, so, but that's, that's not necessarily because of the app, like the app just explained me what is the like, for me the app explains what is the risk and that's great, but I'm not sure that's where my behaviour is going to change. (P2)

### I need advice and to be told that I need to do something…And then it might make this image more relatable because then you are physically seeing the impacts of your actions on the twin about your health alongside information for what these changes are going to be better for. (P3)

### Like, it's easy. Like, when I was a kid, I did sort of know, it's bad to smoke, but no one had really said, these are the exact reasons it's bad to smoke. And then I suppose growing up, I kind of just, it's very easy to say like, oh, what happened to me or it's not as bad as people say, or like to kind of just brush off your own symptoms as that must be something else. And to not really think, I mean, I had the same issue a few years ago when I quit alcohol. (P6)

### I think that would make me want to do something if my twin looked worse compared to my friend.... It would make me really think that I do not want to be unhealthier than them and I need to do something about it. (P21)

### I mean, you want to stray away from stay away from like, having a perfect or like normal thing, but maybe if but, I guess sometimes like I was saying before, with the smoking you can kind of brush off. It's just a it's just my life that's just a normal part of me. Obviously for some people it's going to be different because then normal is very different to mine or for example, but for some like something like smoking, that shouldn't be normal for anyone. (Risks related to smoking) (P6)

### So, well, I mean, I'm not so great at reading numbers, so it was nice to have it represented visually as well as it isn't just ongoing data. Yeah, it's interesting. So there's a little bit like scary to see if it's in the bad side of it. But then it's also kind of pushes you to want to change which is good. (P6)

### I mean, quitting smoking. Yeah. I'm more self aware, I think. But it could definitely be more more personal still, than it has been. And it could definitely have more, more ability to sort of track your day to day. And like a timeline. Even like going forward, like, I mean, obviously, you can't tell the future but you can kind of give some predictions. (P6)

### And it really, like kicked into my head like, Oh, these things are like drugs. They do affect your brain, like, permanently, like when you're drinking every day. It does affect you. I was gonna say smoking had a similar sort of thing. (awareness of impact of smoking and drinking on health as a result of using DT) (P6)

### Nothing is certainly not influenced my lifestyle. I actually do I've just noticed that my digital twin is just a way of changing up on my health so far and seeing where I need to improve. I guess it has helped in making me more aware of my disease risks and things like that. (P7)

### It was saying just go into the yellow bits of health reasons, significant family, mental health problems, and I've suffered from mental health in the past that again, didn't change my pain and because it's something I'm aware of something that I'm, you know, I know that I need to keep at bay. But areas where I wasn't aware of, you know, for instance a bit thrown up something outside those domains that I didn't have an awareness of, I probably would have looked into it more. But I don’t think the body was enough to make me fully make a change. (P7)

### And my general medical history, but the one area that was that I needed a bit of work on was alcohol consumption (P7)

### And I feel that it's, you know, I've always been aware that I, you know, I'm vegetarian, I'm very active. Alcohol is definitely one area of my lifestyle where I feel like I could improve on because I'm aware of the government guidelines. And I you know, I believe I drink moderately now once or twice a week and share it with my boyfriend. But it's interesting to then have that quantify that one or two nights a week we shared with and actually tipped you over the recommended alcohol consumption for a female and yeah some sort of information you didn't necessarily want to hear Yeah, I wasn't sort of green everything else was agreed but I was called a yellow and just wait maybe. And did I change my behaviour? I'm actually gonna have to change it for many reasons. (P7)

### And I think for someone who knew knew less about their anatomy on you less about, you know, the effects that smoking or the effect of not eating fruit and vegetables can have on you? Definitely, but I didn't know that. It could be causing cancer, for instance, I just thought you'd be unhealthy in general, like diabetes and stuff like that. So definitely having that awareness if you want your actions have on all of your body parts, not just the ones that you might think of. (P8)

### So, things like some, like, for example, my alcohol intake from the questionnaires and being that I didn't really know that it could have the potential to cause so many different things, so I knew like basic sort of things like my intake of wine or something like that. (P9)

### It's good for helping by telling you the facts. It's like doesn't help but it plants the seed. You know, it sort of plants the thoughts in your mind, like, each time you sort of go to the corner shop or something I'm using alcohol example is the easiest one for me. But I'm definitely say that it really plants the seed like it did highlight to me the dangers about it and then you start thinking like the information you get as a whole, is yes, very helpful in mentioning the side effects. (P9)

### For me personally, because where I guess it kind of just reinforces that I do sort of still need a little bit of help. So if I sort of see like, I've not been that great recently, and sort of thing. Okay, like, wow I need to cut down on a few bottles by seeing that information there, like it does help, it shocks you back into reality, like don’t continue doing this. (P9)

### I guess it just lets you have checklists so like what do you sort of want to work on next to improve? If I was a bit more motivated, um, obviously it comes and goes at the moment, but if I was in a more motivated mood and by chance I was doing this, you sort of think, okay, um, I’ve not been great on that day, sort of brings stuff home if that makes sense? Brings home that actually maybe I don’t eat enough fruit and veg, like it makes me more aware of things. (P9)

### It’s a good starting point as well. When you think about the risks of stomach cancer and alcohol, I didn’t sort of realise that. You can go onto the app in your free time, if you wanted more information, you can go onto the NHS website and have a further look about the sort of different cancers and what causes them. Yeah, so it gets overwhelming. (P9)

### Why don't you think of something before like, where it sounds like you're risk score and stuff, for example, mine is saying like my risk for stomach cancer quite high. (P9)

### I mean potentially, yeah, it's all about maintenance sort of thing, or think a bit more critically about their body rather than sort of just wearing like baggy clothes or getting told you look nice by everyone, like sort of seeing it in a different light, like an eye opener moment. (P9)

### In my case, I think I'm very aware of all these things in the sense that I that and think about it and I did I did a bit of research and so on and so maybe that's why I have found discrepancy with activity suggestions in the same as initiation I know the salt is not good for me but just seeing the information as a kind of warning which means my behaviour on top and won't make me stop adding salt to the meal and maybe something more practical as not odd these kind of elements because there will be lots of salt is something more practical than instead or just the salt completely. (P16)

### “So, essentially, I try to keep as much track of that in terms of do I get out of breath when I got certain stairs when I run a session route? Am I getting worse? Am I getting better? Is there anything I do daily that changes that whether it be through diet, sleep, and just rest in general? (P21)

### Monitoring

### “So I like the idea of it having sort of being able to understand, does that mean you can track the mood? And, you know, sort of if that's it, we'll keep a log of how often you're motivated or not as well. I think it will be good to be able to track it in some sort of log.” (P24)

### “So you could obviously enter your weight in. And then that could be but so that you can constantly track it. When you enter your activities and stuff, maybe not to give you as you entered in a day if you was entering the daily activities and say nutrition, maybe you can have predicted weight.” (P29)

### “But it and it tracks your weight loss or slash gain slash thing. It's all tracked your meetings and when you were next you to go in and, and sort of had those things on there. So I sort of used it for recipes mainly, and sort of keep track of my weight loss at the time. Some kind of digital format, and sort of track your health maybe?” (P32)

### Self-monitoring/ weight loss

### “Because I find I have too many things going on otherwise, and and then I find if I go on a walk, I won't really concentrate on, you know, putting my diary for my recipes, or you know, things like that.” (P32)

### Self-monitoring/ eating patterns/ changing diet?

### “There's a certain amount of calories burned and doing some gardening and you know housework and things like that, that for people that couldn't get out and about. I could put in what I'm going to do about that use the app to help me keep track of that.” (P32)

### Self-monitoring

### So I like to keep an eye on that. So people can see that I've got high blood pressure thing going on. So if I was able to track that, so and and track myself visually, that's two benefits to an app like this, I guess.” (P35)

### “It's a tracking of my behaviour and seeing how much I've overcome because I can notice it in myself.” (P40)

### Progress/ beliefs about capabilities

### “But if let's say this is a super good way of tracking the changes, you will help me to keep using it because I can see the physical body changing, and I can see the impact that's happening.” (P40)

### Changes/ progress

### “And maybe something about the history. I don't know if it can do that to track how far you've come…” (P40)

# Theme 2: Barriers to behaviour change

## **1.2 Perceived adverse reactions**

### **Well, but then this doesn't this would not evoke anything this would evoke, not this evoke bad emotions I was just wouldn't this wouldn't help at all really this, this does nothing. Because a person may be surprised to see that they look like this and may really affect how they feel about themselves. If that was me I would feel so rubbish about myself and that there may be no going back. It doesn't do anything to improve the previous image, but I do see how it could actually actually do worse than the last image in terms of well, that as a standalone thing. Because it focuses too much on the fat. It really highlights it. (P3)**

### **Like I can see that looking at this bigger body [larger Digital Twin] can become a bit obsessive...and needs to be regulated as a person needs to be aware of the dangers of obsessing over a body and how to manage those bad thoughts so that they don’t become too thin (P18)**

### **But making the switch because of the app suggestion, I'm my skin's a little clearer. I'm less spotty than I was in the face, certainly, than before, which is really nice to see and I feel better about my appearance. So yeah, that's kind of where that's one of the benefits that I've seen from using it yeah, it makes me feel good because I can see parts of my body that are in green and it means I am making the right choices for myself and if I feel good it kind of gives me the motivation to want to continue looking at my twin and making sure I don’t slip up. (P5)**

### **If someone's very obese or very anorexic, they may not actually want to see their body on this app because they feel bad about it… So, for them to confront it is quite hard. If there's someone's quite obese, they may not feel like seeing it is helping them and might stop using it. (P24)**

### **Well sometimes I find it to be depressing. I find where I'm not the most healthiest of people, I kind of feel bad seeing the red and I think it makes me feel not so good about myself as like a person. (P9)**

### **It makes me feel which is uncomfortable… psychologically low. I believe if I wasn't super healthy with a six pack it would impact my mental health because it would be constantly saying I need to be better and achieve something that is not achievable for me (P4)**

### **I guess it is helpful, as it sort of does plant a seed and like, once you saw, like see something in black and white, you can't really ignore it that much, especially when it comes to your health and like your risk factor per thousand or per 10,000 or come on a scale was but when you see your risk in that sense. It does help, like it helps, but doesn’t make you feel good about you whilst it’s helping, you know? Like you see how bad your health is. (P9)**

### **And you just write about certain habits that you want to create. And like certain ones are those like, your daily walk or whatever like that. And I get notifications of different parts of the day say, have you done your daily walk, and then I really enjoy like going on it and like ticking it off. So it makes you feel good about yourself because you've like, done something in the day. (P11)**

### **So use every day, usually at the end of the day. And yeah, go for everything. I've done certain things like, once week, something things every single day. And it's like a tick off, like Monday to Monday to Sunday. And I really like that bonus at work and stuff. Like I write my to do list. And I love like ticking things off and it just makes you feel like I don't know what the word is, but it makes you feel good. (P11)**

### **I think it was that. I don't know if that is because I'm, like, happy with my weight. So I don't know if that's easy for me to say but maybe some people might find it, I guess a bit of a negative experience in a way and it might be more make someone feel bad about themselves. Maybe this is funny cuz yeah, that was what I was thinking. But I don't know. It's so hard to like, see you. (P11)**

### **I mean, I feel quite good to be honest because it was all like my, like below average or whatever. (P11)**

### **Yeah, no, it's good. It's interesting to see. Part of means is kind of on some of them definitely think like, how do you know that from just asking me like my weight and something else? So maybe a part of it, it's like, I don't really believe that you could know, like, know that from just like a few questions. And yet it's it's definitely like I said I would be interested see all the different kinds of health conditions that you might not have even thought about, you know, being aware of. (P11)**

### **So if they were perfectionist, so I think you might just, you know, might just make you feel not great because you want to be as healthy as possible and it could put you down. I guess you have to put in the information and see what your score is. So it'd be, it would be different. It would be it would be a case of I'm saying whether you're going to put it in perspective or whether you're just going to focus on there. Like to set yourself something to do. I don't think I don't think you're likely to clear blur out of proportion given that it's not it's not a strong, you know, like sort of testing data is just based on a series of questions (P12)**

### **Like I would say I am healthy now, but you know, I never used to go to the gym and ate lots of takeaways. I was feeling pretty rubbish about myself. I would say if you think negative, you are going to be negative. (P13)**

### **So my I can only speak for myself, of course, and thinking on then. But I know if I saw my body and it was overweight, I would be scared of the health issues that came with it. I want to live as long as possible. Also I don’t want to look unhealthy. If I was overweight, it would affect how I feel about myself overall in that I would feel. (being overweight lowers self-esteem) (P13)**

### **I think, um, the only thing that was saying about nutrition is that I should eliminate salt in my diet and was not even asking you how much salt you actually put in yourself. They just asked you do you add salt to your dishes and said I do it but just a little bit but I feel that I mean that I've tried to justify it myself and I was looking at this when I was a teenager I just added a little bit of salt, but that's how I felt bad about my choices. I felt like I wasn't fair because I do so much for my nutrition and saying that I am in poorer health completely is a bit of strong, strong overall. Like it makes me feel like rubbish. (P16)**

### **So I said that I didn't. But now saying that after seven years, and that is so little, if I had selected it, it would have said that I was a high risk, it's gonna make me feel bad, even though I already gave it up. I think it's a bit it's a bit too much. I don’t want to feel guilty for something I did ages ago. (P16)**

### **But I'm just trying to think if any of the things that are just in my health, I actually think you know about risks, or it just seemed to make me feel useless because I don’t know what to do about it. (P16)**

### **I think it depends. It doesn’t make me feel comfortable, I just don’t like the idea that some areas of my health have come up in red, like it can make me feel that my health isn’t good enough, that I am not good enough. Like I thought I was mostly healthy. (P17)**

### **I imagine wouldn't feel very nice. The probably, you must you must think a little bit you might feel bad, like how you feel about yourself maybe. I imagine there's gonna be some people who could be against it, especially in culture nowadays. And, but if it's generally accurate, and it gets if it gets better and better, I mean, right? We're not talking about feelings here. We're talking about health. I mean, this this, why you have this and it should give reality check (P18)**

### **Yes I remember that. That would be helpful if it [DT] could be changed in some way. It can be again, again, well, it's not really not to really shame somebody, but it can it can, it can show them you know, what actions to take. You don’t want a person to feel bad about themselves. Right? It could really damage how they feel because it is just showing a bigger image of a person, not really giving much information about what they can do to make these changes. If it isn’t approached in a positive way, like to try and change the way someone thinks about their body, they might be better in seeing this and wanting to start living healthier. I guess if the body is closer to what they want as a goal body, there is less to worry about and weight to lose, so a person might find it less daunting than someone who has a lot more to lose. (P19)**

### **I think it's not bad per se but it's just it's just some people can't view their body. And in in this way, like if someone's very obese are very anorexic, they may not actually want to see their body. So because they have a like, if someone's very anorexic, they may have a distorted view of their body. So, for them to confront it is quite hard. If there's someone's quite obese, they may not feel like that's helping them. Some people may feel it helps them some people won't. So it really depends on the person, whether that's going to be a helpful feature for them. (P4)**

### **Yeah, that's that's from delusions, isn't it? Some so somebody who's really skinny might create like a twin that really looks so different to them, especially if they have issues with their body and may create a twin is more overweight than what they should perceive it to be like, yeah, awesome authenticate me like that and yeah, it looks fine. But I don't think there's anything you can do about that really. Unless you actually brought them in for checkout, and presented them with you know, that information. They're just gonna continue selecting and prioritizing the wrong things for their health. And they might not even, you know, stop being deluded after that. Some people just like that. So I think it's great idea. And anything you can already do that to do to people. (P5)**

### **If that's something if we started playing with it, although I wouldn't want it to be discriminatory to people who can't do anything about it. But also, I think you see that if you see the original version, and you are, like struggling with your weight and or struggling with the fact that you're not skinny, then you know, that could also be triggering to see. Because it's like, well, that's not me. I am not overweight myself. (P6-E)**

### **Like, it might just feel like insensitive, in a way, but it's hard to really like, know what it's like from other people's points of views as well, because this isn't something I've ever really struggled with, if anything I struggle from not being able to put on enough weight. But yeah. (P6)**

### **Well, we could use this and I could use it to show you know, if you lost one stone your body, but could you could that place in a more of a setting your goals. And I think some people have got body dysmorphia, they're not aware of what size they are either too thin or too big or it will be quite useful to see because it is a way of showing someone the truth. (P7)**

### **I guess like everyone's kind of got their own idea of what is an acceptable weight? It's no different. So, to me if I like if I like, gained weight and I was like, a dress size bigger I'd be like, Okay, I need to lose weight. That's kind of where I'm like, okay, I need to lose weight now. Whereas for other people, they be like, oh, I've gained, but it isn’t so bad. I'm still you know, I'm not overweight. I'm still healthy. It doesn't matter and I guess like, there are lots of people who are overweight who are like body positive and probably, I think it doesn't matter what size you are, you're like there are people that are really happy with that weight, or people that you know, are a healthy weight but constantly dieting because it's not the way they want to be. I guess it's definitely a really subjective thing and people's own perceptions are often skewed. (P15)**

### **And I guess, like, it depends on how I think I don't know like, necessarily, like, it can be like based on like how your family and people around you or if you're around people that are like constantly dieting constantly pushing their weight you're that's obviously going to have an impact on your body image whereas if you're around people that they like don't care are like happy with that body as long as it you know can keep, keep them healthy keep them doing everything they want in their life. (P15)**

### **Avoidance/ negative reaction**

### **I'm just interested in completely separate and I was reading something a while ago is like some behavioural science report from public health in looking at different interventions for people with how that was talking about studies looking at the ground ratings on food. Now the idea is to say actually, the thing that makes the biggest difference and encouraging people to eat less and change what they eat is right great. All these are the ages the fact that a lot of the time they're coloured in red on the brain. You can see this association for seeing red as it being a danger colour and wanting to avoid it. Yeah, there is a lot of seeing that colour I guess it's kind of this association. But I guess people need the proper advice to be told what to do next to make those changes. Sometimes people can’t do it on their own. (P17)**

### **On might be more curious to click on a couple of times and just poke around slightly. I think I would still look at it as just being a menu that gets me the same information as the top buttons. That might mean that I just, I put your all into something that looks like a person made and something that looks like a picture of someone else for being nicer to have, and I'm not sure it made me hugely more likely to use it regularly. Because what if they get the measurements wrong? It could be offputting to see. (P17)**

### **Yes I remember that. That would be helpful if it could be changed in some way. It can be again, again, well, it's not really not to really shame somebody, but it can it can, it can show them you know, what actions to take. You don’t want a person to feel bad about themselves. Right? It could really damage how they feel. (P19)**

### **Eating disorders**

### **So obviously one thing is to be in a good shape feeling good. And, you know, it can be used either way really because it's not only about being overweight, it can be also about someone being anorexic. So, you could actually see whether you are eating enough at all. You know that that can be many of the root causes of, you know, if someone is looking into their digging into their health. And I think actually nowadays, people are trying really hard to look at their look after themselves. So if you give them like a proper view to their body, or their current health conditions, I think it can be quite supporting. (P36)**

### **I think it can be. I mean, obviously I can't speak fast someone I know record. I would say if I was in their position, and I was really keen on healthy lifestyle, I think it could be good. It should be good, but equally you know, like on there is also another two Another point of view and say, you know, if someone is anorexic, and they are presented with a picture where they've got like, I don't know, four or 5% of body fat, they would still make could still possibly think, Oh, I still got 4% of body fat here, I could maybe try to shed it even more. So you know, it can be really, I can't really talk for that person because I've never been in that position before. From my point of view and experience, I'd like to see you know that how am I getting in the best possible way to that recommended or average? No, how can I flock to a the best way around those 10% of fat or you know, perhaps I could say set some targets and to see you know, what can I do better? You know there are the any methods or is there anything I can do in a different way? (P38)**

### **And yeah, I didn't know I guess yeah, I think if I ever had an eating disorder related to weight loss I think if I saw like, okay, a slightly chubbier version of me it would be like, it would, have it really would have freaked me out which would probably definitely prompt weight loss and yeah it's like I definitely think because of like past like eating behaviors I've had it's definitely one of those things but I always get a bit like wary of like the potential of like kind of very extreme dieting that can happen from like, okay yeah I don't know I guess in the past I've I'm very fixated on like body measurements or like the number on the scale so I'm quite cautious of like how unhealthy that is. Potentially physically? Yeah, physically and also mentally? And, um, you know, then this could be quite negative than from what you've just said, like, in terms of, you know, having that constant awareness, I guess, and kind of been, perhaps maybe so cautious of measurements. (P15)**

### **“So to see it in that shape and size, if I wasn't super healthy with a six pack it would it will impact my mental health and I would feel bad about the way I look. I don't know how much more motivated it can be to see it in that detail and that shape than that. Yeah, it's yeah.” (P4)**

### **Body changes/ reflected- CONTRADICTION HERE**

### **Eating disorders/ body dysmorphia**

### **“Like if I was if I was, I mean, this is I kind of want to get into something else as well. So like, if I was thinner, I might be like, more inclined to eat healthier, because I think it wouldn't be as much of a- I mean, the problem is it's like I guess it's like body dysmorphia, isn't it? And like, even though you'll, you'll fit in, and you can not feel that way.” (P3)**

### **“Yeah, I mean, yeah, I mean, I think it's more achievable. I think the relatability is okay, as long as you have like, you don't have like body dysmorphia or whatever.” (P3)**

### **“And if you were, like said, like, obviously, knowing someone's height and stuff is important, if you Yeah, if you have big, like, if you were a lot bigger than that image, then that would help you potentially more than the person before, right? I mean, you kind of have to have like, not body dysmorphia” (P3-Z)**

### **“Same as someone if they were very underweight, I think it, you know, could be negative because it could make them focus on that. But it also could be very positive in that they could see that actually, they need to put on weight for these health reasons.” (P22)**

### **“…And, or maybe even for people that they think that they look a certain way, maybe they think that they're too overweight and when they actually look at a digital twin, Oh, absolutely. I didn't realise that. I probably actually like that not what's in my head, maybe it would make people realise that maybe have a little bit of body dysmorphia or something like that.” 1 (P33)**

### **“Like I said earlier, maybe you think you look a certain way. But actually, you don't look like that. And I guess it goes back to the whole body dysmorphia thing. Maybe you don't realise that you're quite so overweight? Or maybe you don't realise you're quite. So it's not. Maybe this person thinks that they're, they're really, really big and actually, they're not quite as big as they, they actually think they are on the opposite. Maybe you think they're small, but actually, they do need to lose weight and they didn't realise they needed. They didn't realise they look like that and they didn't realise that they needed to lose weight.” 4 (P37)**

### **“Well, I know that I definitely don't have big size or big hips. I know I don't. And yeah, you can relate that back to the body dysmorphia. But would say this image is more like my body type because it's got lower legs and as our bigger legs and smaller shoulders.” 5 (P26)**

### **“I think people with eating disorders, it could be an interesting one for them. What I mean by that is, people can have, like any sort of thing people can abuse it. For the wrong purpose. So like, let's say if you want to be if you have anorexia, and you want to be super skinny, seeing your digital body become that small, in five years time, let's say based on your goals and motivations can be inspiring but obviously is the wrong way to go about it. So as long as there's ways where you can track that and make sure that's not the case, and it's positive, but those would be the major flaws, people using it for the wrong motivation and harming themselves as a result of that. Other than that, I mean, I think it's just, I can't really see it. Any other negatives.” (P39)**

### 

### **“Okay, I'll explain that this to me, like I'm gonna be honest and uncensored now, right this is an overweight body. Sorry, this is an overweight body. So it makes me feel uncomfortable seeing it because that's not a body that I'm normally exposed to on health things that I just I'm presuming that was your health with them.” (P40)**

### **“I think it's it's very triggering for some people. I think if you're like, if this was an anorexic person, it would be. Yeah, triggering, I would say.**

### **But even then, if you have mouth mental health issues, and whether you were large and now you're smaller, and you're- you're, let's say fat phobic or whatever, and you don't like larger figures, or whether you're normal now in the health bracket and you were anorexic before to see yourself in that physical form, can be triggering you because it takes- takes you to a place that you wear or you don't want to be. It's, it looks very human like and there's all the curves and bumps of a human being. So if you let's say I saw an anorexic figure, it will trigger me in that way because it'll take me to a place that I don't want to go. And if I was very overweight before and they saw a physical form, it could it may be able to do that as well. But yeah, that's what I meant for triggering.” (P34)**

### **“And I think the same, it works the same with people who maybe look who are very underweight. And it's like, an achievable goal for them to sort of like say, fair enough, they don't look like this image. But if they can look a little bit bigger than they are, then that is an achievement. Like, I mean, say like, if you had the disorder, I mean, and like, you know, but yeah, I think, but then at the same time, it's kind of like you don't necessarily want to promote something that isn't unhealthy.” (P10)**

### **“Um, like, it could be any health issue. It could be it could be hormonal or it could be you know, digestive or it could be mental health like, again, like anxiety, and, you know, stress or any psychological disorders, or even like eating disorders because I feel like for me, I don't know if it's categorised as an eating disorder, but stress eating, I think could be these eating disorders because, you know, I'm consuming more than I need to make myself feel better.” (P31)**

### **“Maybe they're not eating enough, but they think that they look bigger than they are. Maybe someone who's might be anorexic or bulimic. And like that, they might think that they're actually overweight or look a certain way, because that's just part of the illness.” (P28)**

### **“But I feel like when you're presented with so much information and so much consciousness you, you do it because you have to and you need to, as opposed to like, I don't think it's great for mental health illness.” (P40)**

### **Consideration of mental health**

### **“And I don't I would even say like, maybe some apps need more like questions like tailored to like mental health and stuff and like, you know, have you struggled to lose weight and how many years have you tried to lose weight? Because, um, do you I mean it's it's something that has taken you longer to lose weight and and maybe they're gonna take that into account and not have such like a harsh goal. So I think yeah, I think mentally like more questions and stuff needs to be asked just that physically” (P30)**

### **Tailoring**

### **“Um, yes, yes and no. Um, I feel like obviously there is a lot to do with like, your sort of mental sort of basically, like, when you're on like social media, there's a lot of people who will, like say Instagram, who will be sort of who talk more about like, the mental-health side of like losing weight and they'll be like, blah blah, like whereas I think I have some information on My Fitness Pal, but I don't I don't personally use it. I'm not not because I'm not sure what it is. Um, but like, I think it's more about yeah, the apps help you. I think mentally, I think there needs to be more sort of mental support. Because if you're not yeah fair enough, the app can help you. But if you're not in the right headspace, you're not going to use the app.” (P30)**

### **Support/ considerations**

## **2.2 Weight management norms restricting behaviour change**

### **“And I feel like it's geared towards athletes as well. I honestly feel like it's geared towards people who are in some sort of, I don't know, competing- in people who wanna compete in some sort of sport that sort of seems like to me.” (P32)**

### **I think we're not really used to seeing plus sized people on apps Especially not really like fitness or health apps, because we deem that size as unhealthy… it is not an image that fits in to what society wants. This could make it difficult for someone to see this and not have negative perceptions about themselves (p13)**

### **“So for someone who was into their fitness who was maybe like, not an all sports person, but someone who enjoys their fitness, there would more be more inclined to use this. But if you want for people that are not into fitness, this will not be a useful app for them.” (P37)**

### **“Yes exactly! A lot of these things seem to be a that very young very fit people. And all the adverts are showing very young very fit people. But my age group, I think, would benefit from a lot of these things… it looks as if it would be like, too much effort for me on you know, on never going to be, you know, skinny and athletic.” (P40)**

### **I don’t know if I am ready to be shown an accurate image of myself in a digital format such as this… I have gained weight recently and to see it shown on an app, where I don’t even like looking in a mirror at the moment… it would probably put me off using it to make any new lifestyle changes for myself because I don’t like how I look because I have a higher BMI than most (P22)**

### **“But it, it has, it's less specific, which means it will have a wider appeal, people are going to want to use it” (P30)**

### **Lack of bias- if targeted a wider audience**

### **“Yeah, it would take a particular person to download this. So it will either be a particular person who would do anyway or the way that it's marketed needs to be in a way that people will go actually that would be helpful to me, like the for instance, peloton adverts those don't really bad a false negative people in the in the community. Most people wouldn't be interested in that. But it's very, that's a very niche thing. This would be more useful to a larger section of society.” (P30)**

### **“You know, I guess it's what suits you visually in how you're used to looking at things younger generation are far more used to newer technology and having that as being wearable technology too.” (P34)**

## **2.3 Negative attitudes, lack of motivation and impact on self-esteem**

### **Well, but then this doesn't this would not evoke anything this would evoke, not this evoke bad emotions I was just wouldn't this wouldn't help at all really this, this does nothing. Because a person may be surprised to see that they look like this and may really affect how they feel about themselves. If that was me I would feel so rubbish about myself and that there may be no going back. It doesn't do anything to improve the previous image, but I do see how it could actually actually do worse than the last image in terms of well, that as a standalone thing. Because it focuses too much on the fat. It really highlights it. (P3-A)**

### **I find it to be depressing... I find where I'm not the most healthiest of people, I kind of feel bad seeing this negative feedback and I think it makes me feel not so good about myself as like a person… I think I will need some positive feedback and reward too otherwise it will be too negative to motivate me further, even if it is a small improvement. (P29)**

### **I think certainly for some people who just could be really negatively impacted from having that information shown to them on that body [larger Digital Twin] because they're not mentally strong enough to still take the information that is being presented to push themselves to hit that target... I think it is down to the individual and whether they are ready to accept a representative and honest image like this (P9)**

### **But making the switch because of the app suggestion, I'm my skin's a little clearer. I'm less spotty than I was in the face, certainly, than before, which is really nice to see and I feel better about my appearance. So yeah, that's kind of where that's one of the benefits that I've seen from using it yeah, it makes me feel good because I can see parts of my body that are in green and it means I am making the right choices for myself and if I feel good it kind of gives me the motivation to want to continue looking at my twin and making sure I don’t slip up. (P5-D)**

### **Well sometimes I find it to be depressing. I find where I'm not the most healthiest of people, I kind of feel bad seeing the red and I think it makes me feel not so good about myself as like a person. (P9-G)**

### **I guess it is helpful, as it sort of does plant a seed and like, once you saw, like see something in black and white, you can't really ignore it that much, especially when it comes to your health and like your risk factor per thousand or per 10,000 or come on a scale was but when you see your risk in that sense. It does help, like it helps, but doesn’t make you feel good about you whilst it’s helping, you know? Like you see how bad your health is. (P9-G)**

### **And you just write about certain habits that you want to create. And like certain ones are those like, your daily walk or whatever like that. And I get notifications of different parts of the day say, have you done your daily walk, and then I really enjoy like going on it and like ticking it off. So it makes you feel good about yourself because you've like, done something in the day. (P11-H)**

### **So use every day, usually at the end of the day. And yeah, go for everything. I've done certain things like, once week, something things every single day. And it's like a tick off, like Monday to Monday to Sunday. And I really like that bonus at work and stuff. Like I write my to do list. And I love like ticking things off and it just makes you feel like I don't know what the word is, but it makes you feel good. (P11-H)**

### **I think it was that. I don't know if that is because I'm, like, happy with my weight. So I don't know if that's easy for me to say but maybe some people might find it, I guess a bit of a negative experience in a way and it might be more make someone feel bad about themselves. Maybe this is funny cuz yeah, that was what I was thinking. But I don't know. It's so hard to like, see you. (P11-H)**

### **I mean, I feel quite good to be honest because it was all like my, like below average or whatever. (P11-H)**

### **Yeah, no, it's good. It's interesting to see. Part of means is kind of on some of them definitely think like, how do you know that from just asking me like my weight and something else? So maybe a part of it, it's like, I don't really believe that you could know, like, know that from just like a few questions. And yet it's it's definitely like I said I would be interested see all the different kinds of health conditions that you might not have even thought about, you know, being aware of. (P11-H)**

### **So if they were perfectionist, so I think you might just, you know, might just make you feel not great because you want to be as healthy as possible and it could put you down. I guess you have to put in the information and see what your score is. So it'd be, it would be different. It would be it would be a case of I'm saying whether you're going to put it in perspective or whether you're just going to focus on there. Like to set yourself something to do. I don't think I don't think you're likely to clear blur out of proportion given that it's not it's not a strong, you know, like sort of testing data is just based on a series of questions (P12-I)**

### **Like I would say I am healthy now, but you know, I never used to go to the gym and ate lots of takeaways. I was feeling pretty rubbish about myself. I would say if you think negative, you are going to be negative. (P13-J)**

### **So my I can only speak for myself, of course, and thinking on then. But I know if I saw my body and it was overweight, I would be scared of the health issues that came with it. I want to live as long as possible. Also I don’t want to look unhealthy. If I was overweight, it would affect how I feel about myself overall in that I would feel. (being overweight lowers self-esteem) (P13-J)**

### **I think, um, the only thing that was saying about nutrition is that I should eliminate salt in my diet and was not even asking you how much salt you actually put in yourself. They just asked you do you add salt to your dishes and said I do it but just a little bit but I feel that I mean that I've tried to justify it myself and I was looking at this when I was a teenager I just added a little bit of salt, but that's how I felt bad about my choices. I felt like I wasn't fair because I do so much for my nutrition and saying that I am in poorer health completely is a bit of strong, strong overall. Like it makes me feel like rubbish. (P16-O)**

### **So I said that I didn't. But now saying that after seven years, and that is so little, if I had selected it, it would have said that I was a high risk, it's gonna make me feel bad, even though I already gave it up. I think it's a bit it's a bit too much. I don’t want to feel guilty for something I did ages ago. (P16-O)**

### **But I'm just trying to think if any of the things that are just in my health, I actually think you know about risks, or it just seemed to make me feel useless because I don’t know what to do about it. (P16-O)**

### **I think it depends. It doesn’t make me feel comfortable, I just don’t like the idea that some areas of my health have come up in red, like it can make me feel that my health isn’t good enough, that I am not good enough. Like I thought I was mostly healthy. (P17-P)**

### **I imagine wouldn't feel very nice. The probably, you must you must think a little bit you might feel bad, like how you feel about yourself maybe. I imagine there's gonna be some people who could be against it, especially in culture nowadays. And, but if it's generally accurate, and it gets if it gets better and better, I mean, right? We're not talking about feelings here. We're talking about health. I mean, this this, why you have this and it should give reality check (P18-P)**

### **Yes I remember that. That would be helpful if it [DT] could be changed in some way. It can be again, again, well, it's not really not to really shame somebody, but it can it can, it can show them you know, what actions to take. You don’t want a person to feel bad about themselves. Right? It could really damage how they feel because it is just showing a bigger image of a person, not really giving much information about what they can do to make these changes. If it isn’t approached in a positive way, like to try and change the way someone thinks about their body, they might be better in seeing this and wanting to start living healthier. I guess if the body is closer to what they want as a goal body, there is less to worry about and weight to lose, so a person might find it less daunting than someone who has a lot more to lose. (P19-S)**