**Q1. What is your gender?**

|  |  |  |
| --- | --- | --- |
| Male | Female | Prefer Not to Say |

**Q2. How old are you? Please enter below**

|  |
| --- |
|  |

**Q3. What year of your degree are you in?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| First Year | Second Year | Final Year | Master’s Year | PhD |

**Q4. What course are you studying?**

|  |
| --- |
|  |

**Q5. The following statements refer to the goal-setting functionality of the app. If you were asked NOT to set goals, please skip and go to question 6.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *Strongly Disagree (1)* | *Disagree (2)* | *Neither Agree nor Disagree (3)* | *Agree (4)* | *Strongly Agree (5)* |
| The ability to set goals is very important to me | O | O | O | O | O |
| Setting goals for myself helped me to improve my eating habits | O | O | O | O | O |
| The ability to set goals was useful to me | O | O | O | O | O |
| The need to reach my goal made me want to use the app more often | O | O | O | O | O |

**Q6. The following statements refer to the feedback functionality of the app.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *Strongly Disagree (1)* | *Disagree (2)* | *Neither Agree nor Disagree (3)* | *Agree (4)* | *Strongly Agree (5)* |
| Personalised feedback is very important to me | O | O | O | O | O |
| The feedback I received from the app was useful to me | O | O | O | O | O |
| Feedback encouraged me to use the app more often | O | O | O | O | O |
| Feedback helped me to improve my eating habits | O | O | O | O | O |

**Q7. The following statements refer to the ability to self-monitor your own diet and how you felt about this.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *Strongly Disagree (1)* | *Disagree (2)* | *Neither Agree nor Disagree (3)* | *Agree (4)* | *Strongly Agree (5)* |
| The ability to monitor my own behaviour is important to me | O | O | O | O | O |
| I would prefer to monitor my own behaviour than to have someone monitor it for me | O | O | O | O | O |
| The app made it easy for me to monitor my own behaviour | O | O | O | O | O |
| Self-monitoring of my behaviour helped improve my eating habits | O | O | O | O | O |

**Q8. The following statements refer to the overall effectiveness of the app**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *Strongly Disagree (1)* | *Disagree (2)* | *Neither Agree nor Disagree (3)* | *Agree (4)* | *Strongly Agree (5)* |
| The app encouraged me to eat healthy | O | O | O | O | O |
| The app made me monitor my sugar consumption more closely | O | O | O | O | O |
| Overall, this app was effective in improving my eating habits | O | O | O | O | O |

These questions are open-ended – allowing the respondents to give a more detailed account of their experiences with the app.

**Q9. What do you think worked well?**

|  |
| --- |
|  |

**Q10. What do you think could be improved?**

|  |
| --- |
|  |

**Q11. Did you experience any problems with the app?**

|  |
| --- |
|  |