

Curb your procrastination: A study of academic procrastination behaviors vs. a planning and time management app

Supplementary of Evaluation Survey

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Table 1. Evaluation Survey

Q#	question	response options	functionality	self-regulation support
Q1	In general, using [App-name] was convenient for me.	Likert Scale 1-5 Strongly disagree/Strongly agree	overall application	overall satisfaction
Q2	In general, using [App-name] made me feel more accountable in completing my goals.	Likert Scale 1-5 Strongly disagree/Strongly agree	overall application	perceived accountability
Q3	In general, [App-name] did NOT help me in better managing my time.	Likert Scale 1-5 Strongly disagree/Strongly agree	overall application	time management awareness
Q4	In general, using [App-name] helped me in better achieving my goals.	Likert Scale 1-5 Strongly disagree/Strongly agree	overall application	plan and execute
Q5	In general, using [App-name] motivated me in accomplishing my goals.	Likert Scale 1-5 Strongly disagree/Strongly agree	overall application	motivation
Q6	The interface to create a goal or subgoal was intuitive for me.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	overall satisfaction
Q7	Creating a goal in the application did NOT make me feel more accountable to complete that goal.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	perceived accountability
Q8	Creating a goal in the application makes me feel more motivated to complete that goal.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	motivation
Q9	Selecting a deadline for my goals helped me better manage my time.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	plan and execute
Q10	Creating goals in [App-name] did NOT help me set a more practical plan for achieving my goals.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	plan and execute

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Q#	question	response options	functionality	self-regulation support
Q11	Setting a personal deadline different from the actual due date helped me to plan better for my goals.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	plan and execute
Q12	Creating subgoals had helped me better plan and manage the larger goals.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	plan and execute
Q13	Creating subgoals did NOT motivate me in accomplishing my goals.	Likert Scale 1-5 Strongly disagree/Strongly agree	goal/subgoal setting	motivation
Q14	The ability to mark a goal or subgoal complete made me feel (select any number of feelings that apply to you):	multiple-selected feeling	individual wall and editing	perceived support
Q15	The alert displaying that I need to update my deadline for the expired goals made me aware that I need to make a new plan.	Likert Scale 1-5 Strongly disagree/Strongly agree	individual wall and editing	perceived accountability
Q16	The alert displaying that I need to update my deadline for the expired goal did NOT motivate me to work on that goal.	Likert Scale 1-5 Strongly disagree/Strongly agree	individual wall and editing	motivation
Q17	The ability to revise the personal/due date deadlines helped me increase the chances of completing the goal	Likert Scale 1-5 Strongly disagree/Strongly agree	individual wall and editing	plan and execute
Q18	Setting and working with a timer allowed me to dedicate time to work on the specified goal.	Likert Scale 1-5 Strongly disagree/Strongly agree	timer	plan and execute
Q19	The timer did NOT help me stay focused for the specified period of time.	Likert Scale 1-5 Strongly disagree/Strongly agree	timer	time management awareness
Q20	Having to manually enter in the amount of past work has made me more aware of how I manage my time.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress reporting	time management awareness
Q21	From the dashboard (profile), it was easy to find the goal that I wanted to work on.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress reporting	overall satisfaction
Q22	Seeing the list of current and expired goals made me want to improve my time management skills.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress reporting	time management awareness
Q23	Displaying current and expired goals in the profile did NOT help me prioritize what goals need attention.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress reporting	plan and execute
Q24	I used the order of the sorted goals to guide me on what goals to prioritize.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress reporting	plan and execute

Q#	question	response options	functionality	self-regulation support
Q25	Viewing the progress chart, which displayed proposed study time and actual time studied, helped me improve my ability to estimate the time required to work on a goal.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress chart	plan and execute
Q26	Viewing the progress chart, which displayed proposed study time and actual time studied, did NOT help me to manage my time.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress chart	time management awareness
Q27	Viewing the progress chart which displayed the amount of time spent on each subgoal and the personal and due date deadline, made me more aware of how I manage my time for each goal or subgoal.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress chart	time management awareness
Q28	Viewing the progress chart which displays the amount of time spent on each subgoal and the personal and due date deadline, did NOT make me more aware of how I manage my time for each goal or subgoal.	Likert Scale 1-5 Strongly disagree/Strongly agree	progress chart	plan and execute
Q29	Reporting the performance/outcome of a goal made me feel (select any number of feelings that apply to you):	multiple-selected feeling	performance reporting	perceived support
Q30	Reporting the performance/outcome of a goal made me aware of how to replicate previous successes and avoid previous failures.	Likert Scale 1-5 Strongly disagree/Strongly agree	performance reporting	perceived support
Q31	Receiving notifications to use [App-name] helped me start my studies on time.	Likert Scale 1-5 Strongly disagree/Strongly agree	notification	perceived support
Q32	Receiving notifications to use [App-name] made me feel (select any number of feelings that apply to you):	multiple-selected feeling	notification	perceived support
Q33	Seeing my name next to a specific group subgoal made me feel more accountable to the team.	Likert Scale 1-5 Strongly disagree/Strongly agree	group goal	perceived accountability
Q34	Seeing the list of expired subgoals by my teammates discouraged me to complete my subgoals on-time.	Likert Scale 1-5 Strongly disagree/Strongly agree	group goal	social accountability
Q35	Seeing the list of completed subgoals by my teammates motivated me to complete my subgoals on-time.	Likert Scale 1-5 Strongly disagree/Strongly agree	group goal	social accountability
Q36	What characteristics of a goal motivated you to create subgoals?	open response	general feedback	plan and execute
Q37	What kind of functionalities would you liked to have on [App-name]?	open response	general feedback	overall satisfaction
Q38	Please write any other comments or suggestions you have for [App-name].	open response	general feedback	overall satisfaction

Table 2. Selections of feelings for multiple-selected question

Productive	Hopeful	Proud	Rewarded
Important	Appreciated	Respected	Excited
Aware	Content	Thoughtful	Trusted
Confused	Stressed	Insecure	Anxious
Guilty	Ashamed	Depressed	Angry
Neutral	Other **with a text field provided	I did not see this option/this option did not exist in my application	