

Questionnaire Study Statements

Below is a list of the 31 statements which made up the willingness, motivators and barrier statements from the questionnaire study.

Each statement has an corresponding code (e.g. M4) which is used to refer to that statement.

WILLINGNESS

- W1 I like the idea of using an app to help me with my anxiety
- W2 I think an app could be useful in helping me with my anxiety
- W3 I could see myself using an app to help me with my anxiety regularly
- W4 I think an app to help me with my anxiety would fit into my daily life easily
- W5 I am willing to learn to use an app to help me with my anxiety

MOTIVATORS

- M1 It has strong scientific backing (the techniques within the app have been shown to be effective through research)
- M2 I have the freedom to interact with the app as and when needed
- M3 It gives me a specific task to complete
- M4 The information in the app is relevant to my situation
- M5 It allows for personal autonomy (I don't need anyone else's input)
- M6 It comes with an endorsement from my doctor
- M7 It comes with an endorsement from a doctor
- M8 Other people I know are using it and find it useful
- M9 I am told other people are using it and find it useful
- M10 It is entertaining to use
- M11 It can be used with a smartwatch
- M12 It is aesthetically pleasing
- M13 I have used the app for a long time
- M14 I find that it helps me quickly

BARRIERS

- B1 Fears about how secure my data will be
- B2 The app being indiscrete
- B3 Physical limitations making it hard to interact with an app
- B4 The app is hard to use
- B5 There is a lack of scientific evidence behind the app (the techniques within the app have not been shown to be effective through research)
- B6 There is a lack of relevant information to my situation
- B7 A clinician has not endorsed the app
- B8 Embarrassment of other people seeing the app on my phone
- B9 Embarrassment of other people seeing me use the app
- 10 Poor experience with a previous anxiety app I have used
- B11 Lack of confidence in using apps
- B12 Not having the device on me when I need it