Study ID:  
Date:  

We would like your views on the exercise app. All feedback will be helpful and treated in the strictest confidence. Could you please rate the different aspects of the exercise app in this questionnaire (please circle as appropriate).

Section A – General information
Which device did you use the app on?
1. iPhone – please specify model: iPhone 4S iPhone 5 iPhone 6  
   Phone 5S iPhone 6 Plus  
   iPhone 5C  
2. iPad – please specify model: iPad 2 iPad Air iPad Mini  
   iPad 3 iPad Mini 2  
   iPad 4  
3. iPod Touch (5G model)  

How easy was it to install the app on your device?

On average, how often did you use the app during the study?
1. Several times a day 2. Almost daily 3. Few times a week 4. Few times a month  

Section B – App design and usability
The app was reliable and there were no technical issues

It was difficult to learn how to use the app

It was easy to navigate through the app (e.g. moving between the screens)

The text for labels and buttons was clear and concise

The design of the app was too overwhelming (e.g. too many links or features)

The app looked very appealing and enhanced my experience

The colours used provided poor contrast and poor readability

The font size and spacing of text ensured good readability

The app kept me highly motivated and engaged throughout my use of it
Section C – Content

How useful were the videos of the exercises (individual and long session)?

1. Very useful  
2. Somewhat useful  
3. Useful  
4. Not useful at all

How clear were the videos (images)?

1. Very clear  
2. Somewhat clear  
3. Clear  
4. Not clear at all

How clear was the sound?

1. Very clear  
2. Somewhat clear  
3. Clear  
4. Not clear at all

How confusing were the instructions of each video?

1. Very confusing  
2. Confusing  
3. Somewhat confusing  
4. Not confusing at all

How useful was it to have reminders for the exercises?

1. Very useful  
2. Somewhat useful  
3. Useful  
4. Not useful at all

How useful was it to do the daily ratings (mood, pain, flexibility)?

1. Very useful  
2. Somewhat useful  
3. Useful  
4. Not useful at all

How useful were the charts of the daily ratings?

1. Very useful  
2. Somewhat useful  
3. Useful  
4. Not useful at all

Section D – Overall Rating

How helpful did you find the app after surgery?

1. Not at all helpful  
2. Somewhat helpful  
3. Helpful  
4. Very useful

Would you recommend this app to other women with breast cancer?

1. Would not recommend  
2. Would maybe recommend  
3. Would definitely recommend

What is your overall star rating of the app?

1. * One of the worst apps I’ve used
2. **
3. *** Average
4. ****
5. ***** One of the best apps I’ve used

Please write any other comments below

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Thank you very much for completing the questionnaire. Please return it to SHORE-C in the stamped and addressed envelope.