

## A user-centred approach to developing bWell, a mobile app for arm and shoulder exercises after breast cancer treatment

Article (Supplemental Material)

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**Supplementary material – Figure III: App Evaluation Questionnaire – continued**

**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.***