

Satisfaction questionnaire

Questions

The next questions are about the questions you needed to complete in order to receive the personalised physical activity advice in the 4 online sessions.

Q1. The questions were easy to understand

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q2. It was easy to answer the questions

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q3. There were too many questions to answer before I got the advice

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q4. It's easy to go from one question to another

Strongly disagree 1 2 3 4 5 *Strongly agree*

Advice

The next questions are about the content of the physical activity advice you received in the 4 online sessions.

Q1. The physical activity advice is interesting

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q2. The physical activity advice is credible

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q3. The physical activity advice is logical and well-organised

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q4. The physical activity advice is easy to understand

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q5. Through the physical activity advice I learned something new about my own physical activity

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q6. The physical activity advice is personally relevant

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q7. Too much physical activity advice was provided

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q8. The physical activity advice is confusing

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q9. I will use the physical activity advice

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q10. The physical activity advice was persuading to become more active

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q11. I have already started to become more physically active because of this program

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q12. I would recommend this program to others

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q13. I have changed my opinion about physical activity because of this program

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q14. I would prefer to get my physical activity information from a different source

Strongly 1 2 3 4 5 *Strongly*
disagree *agree*

Q15. What did you like about the format or content of the advice?

Q16. What did you not like about the format or content of the advice?

Q17. Do you have any recommendations for the format or content of the advice?

Q18. Do you have any other comments or suggestions about the format or content of the advice?

Brief Coaching Acceptability

The next questions are about the coaching session you participated in as part of 'My Activity Coach'.

Q1.a. Did you participate in the video-coaching sessions?

Yes

No

Some

Q1.b. (If No to Q1a) Can you briefly explain why you did not complete the video-coaching sessions?

Q2. The coaching session helped me to understand the computer-tailored advice I received in the previous week's module

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q3. The coaching session helped me become more active

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q4. The coaching session was enjoyable

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q5. The coaching session was too short

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q6. The discussions in the coaching session were relevant to me

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q7. The coaching session helped me to feel supported in becoming more active

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q8. I received additional information in the coaching session that helped/will help me become more active

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q9. I have acted on the advice I received in the coaching session

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q10. The video calling program was easy to set up on my computer

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q11. The video calling program was easy to use

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q12. The program would have been as helpful to me without the coaching session.

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q13. The coaching session was a waste of time

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q14. What did you like about the coaching sessions?

Q15. What did you not like about the coaching sessions?

Q16. Do you have any recommendations for the coaching sessions?

Q17. Do you have any other comments or suggestions about the coaching sessions?

Website Usability

The following questions are about the 'My Activity Coach' website

Q1. I think that I would like to continue to use this website

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q2. I found the website unnecessarily complex

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q3. I thought the website was easy to use.

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q4. I was able to easily find my way around the website

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q5. I found it easy to complete specific tasks on the website

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q6. I liked the overall presentation of the website – colours, texts, shapes

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q7. I liked the overall layout of the website – the links, tabs, how things sit on the page

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q8. Navigation labels, page titles, headings and other terms were easy to understand and accurate

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q9. Icons and other images were helpful and easy to understand

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q10. It was easy to obtain my personal physical activity advice

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q11. I found it difficult to find the information I was looking for on the website

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q12. It was easy to log in and out of the website

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q13. The website was very slow

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q14. What did you like about using the website?

Q15. What did you not like about using the website?

Q16. Were there any problems that stopped or hindered your use of the website?

Q17. Do you have any recommendations for the website?

Q18. Do you have any other comments or suggestions about the website?

My Activity Coach Program

The following questions are about the 'My Activity Coach' program

Q1. The program gave me enough information to increase my physical activity

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q2. The program was enough to help me become more active

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q3. The program gave me enough support to increase my physical activity

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q4. I would have liked additional components in the program

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q5. The program met my expectations

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q6. I wanted more from the program

Strongly disagree 1 2 3 4 5 *Strongly agree*

Q7. What did you like about the program?

Q8. What did you not like about the program?

Q9. Do you have any recommendations for the program?

Q10. Do you have any other comments or suggestions?
