

Appendix 1

Confidence and proficiency in using mHealth devices

| Categories | Questionnaire | Yes | No |
|---|--|-----|----|
| Question | 1. Do you have confidence in using mHealth devices and related health program? | | |
| Observation: performance of instructions in the study by participants | 2.1. You can turn your mHealth device on or off. | | |
| | 2.2. You can use the touch screen. | | |
| | 2.3. You can charge the mHealth device. | | |
| | 2.4. You can control the volume of the mHealth device. | | |
| | 2.5. You can manipulate various screens. | | |
| | 2.6. You can select and install the necessary mHealth applications. | | |
| | 2.7. You can enter the information you need for your mHealth applications. | | |
| | 2.8. You can start and end the mHealth applications. | | |