

## PRECIOUS : Heart rate sensors study

The purpose of this questionnaire is to gather your impressions about the system {sensor - app} that you just tested.

There are 94 questions in this survey

### Anonymous personal information

#### 1 participant

Please write your answer here:

#### 2 How tall are you? (in cm) \*

Please write your answer(s) here:

#### 3 What is your current weight? (in kg) \*

Please write your answer(s) here:

#### 4 How old are you? \*

Please write your answer(s) here:

#### 5 are you? \*

Please choose **only one** of the following:

- ☐ Female  
☐ Male

#### 6 What is your profession?

Please choose **only one** of the following:

- ☐ Student  
☐ Farmer  
☐ Craftsman, storekeeper, company manager  
☐ Executive, intellectual profession  
☐ Intermediate occupations  
☐ Employee  
☐ Ouvrier  
☐ Retired  
☐ Unemployed

**7 How many dependent children do you have? \***Please  here:**8 Are you familiar with smartphone? \***Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**9 If you daily wear jewellery, which one? if not, please, go to the next question.**Please choose **all** that apply:

- ☐ Watch
- ☐ Bracelet
- ☐ Necklace

Other: **10 Do you regularly consult a doctor for a chronic disease? \***Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**11 Which one?**

[Only answer this question if you answered 'Yes' to question '10' ]

Please choose **only one** of the following:

- ☐ Type 1 diabetes
- ☐ Type 2 diabetes
- ☐ cardio vascular disease
- ☐ obesity
- ☐ Other

**12 Do you practise a physical activity regularly? (at least once a month) \***Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**13 which one? \***

[Only answer this question if you answered 'Yes' to question '12' ]

Please write your answer here:

**14 How regularly do you practise it? \***

[Only answer this question if you answered 'Yes' to question '12' ]

Please choose **only one** of the following:

- ☐ everyday
- ☐ twice a week
- ☐ once a week
- ☐ twice a month
- ☐ once a month
- ☐ never

**15 Do you practise another physical activity regularly? \***

[Only answer this question if you answered 'once a month' or 'twice a month' or 'once a week' or 'twice a week' or 'everyday' to question '14' ]

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**16 Which one? \***

[Only answer this question if you answered 'Yes' to question '15' ]

Please write your answer here:

**17 How regularly do you practise? \***

[Only answer this question if you answered 'Yes' to question '15' ]

Please choose **only one** of the following:

- ☐ everyday
- ☐ twice a week
- ☐ once a week
- ☐ twice a month
- ☐ once a month
- ☐ never

**18 Do you practise a third physical activity regularly? \***

[Only answer this question if you answered 'once a month' or 'twice a month' or 'once a week' or 'twice a week' or 'everyday' to question '17' ]

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**19 which one? \***

[Only answer this question if you answered 'Yes' to question '18' ]

Please write your answer here:

**20 How regularly do you practise this third sport? \***

[Only answer this question if you answered 'Yes' to question '18' ]

Please choose **only one** of the following:

- ☐ everyday
- ☐ twice a week
- ☐ once a week
- ☐ twice a month
- ☐ once a month
- ☐ never

## System

The following questions give us some information about the system you have tested.

### 21 Which system have you tested? \*

Please choose **only one** of the following:

☐

electrods

☐

chest belt and watch

☐

watch

### 22 How many DAYS did you test it? \*

Please write your answer(s) here:

### 23 How many NIGHTS? \*

Please write your answer(s) here:

**Utility of the {INSERTANS:44495X1117X6853}**

The following questions aims at understanding your feeling about the utility of the {INSERTANS:44495X1117X6853} .

**24 Generally speaking, data from the {INSERTANS:44495X1117X6853} seems RELIABLE. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**25 The data I gathered with the {INSERTANS:44495X1117X6853} seems RELIABLE to manage my {INSERTANS:44495X1115X6843} PHYSICAL ACTIVITY. \***

[Only answer this question if you answered 'Yes' to question '12' ]

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**26 The data I gathered with the {INSERTANS:44495X1117X6853} seems RELIABLE to manage my {INSERTANS:44495X1115X6846} PHYSICAL ACTIVITY. \***

[Only answer this question if you answered 'Yes' to question '15' ]

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**27 The data I gathered with the {INSERTANS:44495X1117X6853} seems RELIABLE to manage my {INSERTANS:44495X1115X6849} PHYSICAL ACTIVITY. \***

[Only answer this question if you answered 'Yes' to question '18' ]

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**28 The data I gathered with the {INSERTANS:44495X1117X6853} seems RELIABLE to manage my STRESS AT WORK \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**29 The data I gathered with the {INSERTANS:44495X1117X6853} seems RELIABLE to manage my SLEEP. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**Ease of use of the {INSERTANS:44495X1117X6853}**

The following questions aims to determine the ease of use of the {INSERTANS:44495X1117X6853}.

**30 The {INSERTANS:44495X1117X6853} is easy to install. \***

[Only answer this question if you answered 'Yes' to question '15' ]

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**31 Most of the time I forgot that I am wearing the {INSERTANS:44495X1117X6853}. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**32 Does the {INSERTANS:44495X1117X6853} add obligations in the daily life? \***

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**33 Which obligations does the {INSERTANS:44495X1117X6853} add in the daily life? \***

[Only answer this question if you answered 'yes, a lot' or 'yes, a little' to question '32' ]

Please write your answer here:



**34 Do you use the {INSERTANS:44495X1117X6853} in {INSERTANS:44495X1115X6843} ? \***

[Only answer this question if you answered 'Yes' to question '12' ]

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**35 In {INSERTANS:44495X1115X6843}, does the {INSERTANS:44495X1117X6853} embarrass you? \***

[Only answer this question if you answered 'Yes' to question '34' ]

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**36 Why? \***

[Only answer this question if you answered 'yes, a lot' or 'yes, a little' to question '35' ]

Please write your answer here:

**37 Do you use the {INSERTANS:44495X1117X6853} in {INSERTANS:44495X1115X6846} ? \***

[Only answer this question if you answered 'Yes' to question '15' ]

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**38 In {INSERTANS:44495X1115X6846}, does the {INSERTANS:44495X1117X6853} embarrass you? \***

[Only answer this question if you answered 'Yes' to question '37' ]

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**39 Why? \***

[Only answer this question if you answered 'yes, a little' or 'yes, a lot' to question '38' ]

Please write your answer here:

**40 Do you use the {INSERTANS:44495X1117X6853} in {INSERTANS:44495X1115X6849}? \***

[Only answer this question if you answered 'Yes' to question '18' ]

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**41 In {INSERTANS:44495X1115X6849}, does the {INSERTANS:44495X1117X6853} embarrass you? \***

[Only answer this question if you answered 'Yes' to question '40' ]

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**42 Why? \***

[Only answer this question if you answered 'yes, a lot' or 'yes, a little' to question '41' ]

Please write your answer here:

**43 Does the {INSERTANS:44495X1117X6853} embarrass you to SLEEP? \***

[Only answer this question if you answered 'Yes' to question '18' ]

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**44 Why? \***

[Only answer this question if you answered 'yes, a lot' or 'yes, a little' to question '43' ]

Please write your answer here:

**45 Does the {INSERTANS:44495X1117X6853} embarrass you at WORK? \***

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**46 Why? \***

[Only answer this question if you answered 'yes, a lot' or 'yes, a little' to question '45' ]

Please write your answer here:

**47 Is the {INSERTANS:44495X1117X6853} INCOMPATIBLE with some of your daily tasks? \***

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**48 With which daily tasks the {INSERTANS:44495X1117X6853} is INCOMPATIBLE? \***

[Only answer this question if you answered 'Yes' to question '47' ]

Please write your answer here:

**49 Using the {INSERTANS:44495X1117X6853}, did you observe some incomplete data collections? \***

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

**50 Do you think that those incomplete data result from an error of use? \***

[Only answer this question if you answered 'Yes' to question '49' ]

Please choose **only one** of the following:

☐ Yes

☐ No

**51 Which one? \***

[Only answer this question if you answered 'Yes' to question '50' ]

Please write your answer here:

**Use intentions {INSERTANS:44495X1117X6853}**

The following questions aims to identify how much you would like to use the {INSERTANS:44495X1117X6853} if it would be at your disposal.

**52 Would you like to use the {INSERTANS:44495X1117X6853} : \***

Please choose **only one** of the following:

- ☐ during the day only
- ☐ during the night only
- ☐ both
- ☐ never

**53 Do you think you would use the {INSERTANS:44495X1117X6853} to manage your {INSERTANS:44495X1115X6843} ACTIVITY? \***

[Only answer this question if you answered 'Yes' to question '12' *and* if you answered 'during the day only' or 'both' or 'during the night only' to question '52' ]

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**54 Do you think you would use the {INSERTANS:44495X1117X6853} to manage your {INSERTANS:44495X1115X6846} ACTIVITY? \***

[Only answer this question if you answered 'Yes' to question '15' *and* if you answered 'during the day only' or 'both' or 'during the night only' to question '52' ]

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**55 Do you think you would use the {INSERTANS:44495X1117X6853} to manage your {INSERTANS:44495X1115X6849} ACTIVITY? \***

[Only answer this question if you answered 'Yes' to question '18' *and* if you answered 'during the day only' or 'both' or 'during the night only' to question '52' ]

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**56 Do you think you would use the {INSERTANS:44495X1117X6853} to manage your STRESS AT WORK? \***

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**57 Do you think you would use the {INSERTANS:44495X1117X6853} to manage your SLEEP? \***

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**58 How often do you think you would use the {INSERTANS:44495X1117X6853}? \***

[Only answer this question if you answered 'during the day only' or 'during the night only' or 'both' to question '52' ]

Please choose **only one** of the following:

- ☐ everyday
- ☐ twice a week
- ☐ once a week
- ☐ twice a month
- ☐ once a month
- ☐ never

## Social influence

The following questions aims at identifying if the {INSERTANS:44495X1117X6853} is rather well received around you.

**59 Do the people taking care of your lifestyle (parents, children, husband, spouse, doctor) think that using the {INSERTANS:44495X1117X6853} is good for you? \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all
- ☐ Other

**60 Would you recommend the {INSERTANS:44495X1117X6853} around you? \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**61 Among the following models of {INSERTANS:44495X1117X6853}, which one would you wear the most easily? \***



[Only answer this question if you answered 'chest belt and watch' to question '21']

Please choose the appropriate response for each item:



☐

☐



☐



☐





**62 Among the following models of {INSERTANS:44495X1117X6853} which one would you wear the most easily? \***



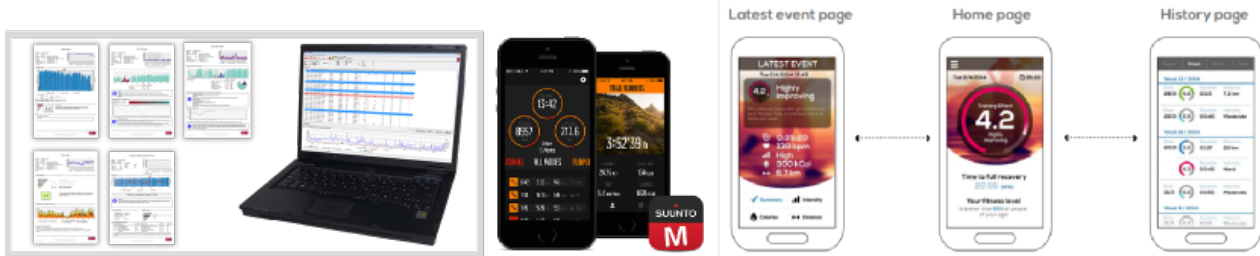
[Only answer this question if you answered 'watch' to question '21']

Please choose the appropriate response for each item:

☐☐☐

## Application

The following questions aims at assessing how the application of the {INSERTANS:44495X1117X6853} satisfy yourself.



**63** Did you understand quickly the information from the report? \*

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**64** The information was presented clearly in the {INSERTANS:44495X1117X6853}? \*

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**65** Do you have any remarks about the application?

Please write your answer here:

**66** How many times a day did you consult the application in average? \*

Please write your answer(s) here:

## General service usability

The following questions aims to gather your opinion about the usability of the tested service ( {INSERTANS:44495X1117X6853} + application) .

### 67 I think that I would like to use this system frequently. \*

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

### 68 I found the system unnecessarily complex. \*

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

### 69 I thought the system was easy to use. \*

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

### 70 I think that I would need the support of a technical person to be able to use this system. \*

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**71 I found the various functions in this system were well integrated. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**72 I thought there was too much inconsistency in this system. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**73 I would imagine that most people would learn to use this system very quickly. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**74 I found the system very cumbersome to use. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**75 I felt very confident using the system. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

**76 I needed to learn a lot of things before I could get going with this system. \***

Please choose **only one** of the following:

- ☐ yes, totally
- ☐ rather yes
- ☐ neither yes, nor no
- ☐ rather no
- ☐ not at all

## System information

### 77 When you are using the system, you find interesting to receive notifications: \*

Please choose **only one** of the following:

- ☐ several times per day
- ☐ once a day
- ☐ once a week
- ☐ once a month
- ☐ never

### 78 What time of the day do you prefer to use the app? \*

Please choose **all** that apply:

- ☐ On waking
- ☐ In the morning
- ☐ At noon
- ☐ In the afternoon
- ☐ At dinner
- ☐ In the evening

Other:

### 79 Would you like to share some data? \*

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

### 80 Which one? \*

[Only answer this question if you answered 'Yes' to question '79' ]

Please choose **all** that apply:

- ☐ Your heart rate of the day
- ☐ Your maximum heart rate of the day
- ☐ Your minimum heart rate of the day
- ☐ Your endurance exercise time of the day
- ☐ Your intense exercise time of the day

Other:

**81 Are afraid that this kind of system would infringe on privacy? \***

Please choose **only one** of the following:

- ☐ yes, a lot
- ☐ yes, a little
- ☐ neither yes, nor no
- ☐ not a lot
- ☐ not at all

**82 Why? \***

[Only answer this question if you answered 'yes, a lot' or 'yes, a little' to question '81' ]

Please write your answer here:

## motivation

The following questions are intended to identify if the entire "sensor + application" play a role in your motivation to practice regular physical activity.

### 83 {INSERTANS:44495X1117X6853} + application supports my confidence in my abilities for physical activity. \*

Please choose **only one** of the following:

- ☐ Yes, totally!
- ☐ Rather yes
- ☐ neither yes, nor no
- ☐ Rather no
- ☐ Not at all!

### 84 Why?

Please write your answer here:

### 85 I feel that the global system {INSERTANS:44495X1117X6853} + application accepts my level of activity. \*

Please choose **only one** of the following:

- ☐ Yes, totally!
- ☐ Rather yes
- ☐ neither yes, nor no
- ☐ Rather no
- ☐ Not at all!



**86 Why?**

Please write your answer here:

**87 The global system {INSERTANS:44495X1117X6853} + application helps me understand what I need to do to improve my results. \***

Please choose **only one** of the following:

- ☐ Yes, totally!
- ☐ Rather yes
- ☐ neither yes, nor no
- ☐ Rather no
- ☐ Not at all!

**88 Why?**

Please write your answer here:

**89 The global system {INSERTANS:44495X1117X6853} + application gives me a full and complete picture of my activity. \***

Please choose **only one** of the following:

- ☐ Yes, totally!
- ☐ Rather yes
- ☐ neither yes, nor no
- ☐ Rather no
- ☐ Not at all!

**90 Why?**

Please write your answer here:

**91 I feel that the global system {INSERTANS:44495X1117X6853} + application is there to help me. \***

Please choose **only one** of the following:

- ☐ Yes, totally!
- ☐ Rather yes
- ☐ neither yes, nor no
- ☐ Rather no
- ☐ Not at all!

**92**

Please write your answer here:

**93 Do you think that the global system {INSERTANS:44495X1117X6853} + application increase your motivation to practice physical activity? \***Please choose **only one** of the following:

- ☐ Yes, totally!
- ☐ Rather yes
- ☐ neither yes, nor no
- ☐ Rather no
- ☐ Not at all!

**94 Why?**

Please write your answer here:

2015-02-24

{FAX\_TO} Submit your survey.

Thank you for completing this survey.