

Technology use by populations

We would like to know some basic details about your use of various technologies; social networking habits and sharing of information

Section A: Technology Use

- | | | |
|-----|---|---|
| Q1 | Have you used a computer? | <input type="checkbox"/> Yes
<input type="checkbox"/> No |
| Q2 | Do you own a computer | <input type="checkbox"/> Yes
<input type="checkbox"/> No |
| Q3a | Please state what type of computer do you own | <input type="checkbox"/> Apple Mac
<input type="checkbox"/> PC based
<input type="checkbox"/> Other (please specify)
<input type="checkbox"/> Don't know |
| Q3b | Where do you use a computer? (please tick all that apply) | <input type="checkbox"/> At own home
<input type="checkbox"/> At a friend's house
<input type="checkbox"/> At a adult child's house
<input type="checkbox"/> At a public building (e.g. library, community centre) |

***If you answered NO to Q3a, then please skip Q4-Q7, and turn to page 3**

- | | | |
|----|---|--|
| Q4 | How long have you used a computer? (please tick 1 answer) | <input type="checkbox"/> More than 10 years
<input type="checkbox"/> More than 5 years
<input type="checkbox"/> More than 2 Years
<input type="checkbox"/> For 1 year or less
<input type="checkbox"/> 1 month or less |
| Q5 | How frequently do you use a computer (please tick 1 answer) | <input type="checkbox"/> More than once a day
<input type="checkbox"/> About once a day
<input type="checkbox"/> More than once a week
<input type="checkbox"/> More than once a month
<input type="checkbox"/> Less than once a month
<input type="checkbox"/> I normally do not use a computer |
| Q6 | How many hours a week do you use a computer? (please tick 1 answer) | <input type="checkbox"/> 0-1 hours
<input type="checkbox"/> 2-5 hours
<input type="checkbox"/> 6-10 hours
<input type="checkbox"/> 10+ hours
<input type="checkbox"/> 11-20 hours
<input type="checkbox"/> 20+ hours |
| Q7 | What do you usually use a computer for (please tick all that apply) | <input type="checkbox"/> Word processing
<input type="checkbox"/> Drawing
<input type="checkbox"/> Email
<input type="checkbox"/> Playing games
<input type="checkbox"/> Internet (checking facts)
<input type="checkbox"/> Internet (Social networking, EG. Facebook)
<input type="checkbox"/> Internet (banking)
<input type="checkbox"/> Internet (purchasing)
<input type="checkbox"/> Database/Spreadsheets |

- ☐ Recording data (health, finances)
☐ Other (please specify)

Q8 Please briefly write how you learnt how to use a computer & its software

Q9 Have you played games?

- ☐ Yes
☐ No

***If you answered NO to Q9, then please skip Q10a-Q16, and turn to page 5**

Q10 Do you own a video game console

- ☐ Yes
☐ No

Q11 Please state what type of game console(s) do you own? (if you own more than 1, please list all)

Q12 Do you have access to a computer that can be used to play games?

- ☐ Yes
☐ No

Q13 Do you own a handheld videogame console (e.g. Nintendo DS/ DS Lite/ Sony PSP)

- ☐ Yes
☐ No

Q14 Please tick which kind of games you play

- ☐ Adventure
☐ Sport
☐ Exergame
☐ Strategy
☐ Casual
☐ Shooter
☐ Role Playing
☐ Action
☐ Simulation
☐ Puzzle
☐ Other (please state)

Q15 Please write what your is your favourite game(s) to play

Q16 Please write how you learnt how to play a videogame

Section B: Internet use & Ownership

- Q17 Do you have the Internet at home ☐ Yes
☐ No

***If you answered NO to Q17, please skip Q18-Q22, and turn to Q 23 page 5**

- Q18 How much you pay per month for your Internet (which may include TV and phone line)

- Q10 How long have you used the Internet?

- ☐ More than 10 years
☐ More than 5 years
☐ More than 2 Years
☐ For 1 year or less
☐ 1 month or less (I've just changed)

- Q20 How frequently do you use the Internet?

- ☐ More than once a day
☐ About once a day
☐ More than once a week
☐ More than once a month
☐ Less than once a month

- Q21 Please write what you use the Internet for? (include all purposes)

- ☐ Record video
☐ Facebook
☐ Google+
☐ Take a photograph
☐ Use Instagram
☐ Pinterest
☐ Snapchat, What's app, Other (please specify)
☐ Twitter
☐ Spotify, Deezer, Other (please specify)
☐ Kindle
☐ Foursquare
☐ Netflix, BBC iPlayer, Other (Please specify)
☐ Shazam
☐ Games (please specify)
☐ Reading
☐ Make a call, use Viber, use Skype
☐ Send a text message
☐ Access the Internet (Google)
☐ Access Facebook
☐ Access Twitter

- ☐ Upload a photo to a social media site
- ☐ Online Banking
- ☐ Diary function
- ☐ Weather report
- ☐ Access news reports (BBC)
- ☐ Use the alarm
- ☐ Play games
- ☐ Access GPS/Maps
- ☐ Use as a note taker
- ☐ Access/ send email
- ☐ Access functional apps (e.g. Health, Trainline.com/ tube map – please specify)
- ☐ Other (Please specify ☐ Email
- ☐ Social media (e.g. Facebook)
- ☐ Online shopping
- ☐ Online banking
- ☐ Searching for information
- ☐ Booking holidays/flights
- ☐ Booking events
- ☐ Watching television
- ☐ Streaming content
- ☐ Downloading content
- ☐ Other

Q22 Please write how you learnt to use the Internet including your behaviours (e.g. online banking)

Section C: Digital Device Ownership & Social Networking

Q23 Do you own any of the following digital devices (please tick all that apply)

- ☐ Mobile phone
- ☐ Blackberry
- ☐ Apple iPad
- ☐ Apple iPod
- ☐ Apple iPhone
- ☐ Kindle/e-book
- ☐ Tablet
- ☐ Fitbit
- ☐ Other (please specify)

Q24 From the above list of devices & what you have selected, please write which you use frequently

Q25 What activities do you use your digital device for? (please tick all that apply)

- ☐ Record video
- ☐ Facebook
- ☐ Google+
- ☐ Take a photograph
- ☐ Use Instagram

- ☐ Pinterest
- ☐ Snapchat, What's app, Other (please specify)
- ☐ Twitter
- ☐ Spotify, Deezer, Other (please specify)
- ☐ Kindle
- ☐ Foursquare
- ☐ Netflix, BBC iPlayer, Other (Please specify)
- ☐ Shazam
- ☐ Games (please specify)
- ☐ Reading
- ☐ Make a call, use Viber, use Skype
- ☐ Send a text message
- ☐ Access the Internet (Google)
- ☐ Access Facebook
- ☐ Access Twitter
- ☐ Upload a photo to a social media site
- ☐ Online Banking
- ☐ Diary function
- ☐ Weather report
- ☐ Access news reports (BBC)
- ☐ Use the alarm
- ☐ Play games
- ☐ Access GPS/Maps
- ☐ Use as a note taker
- ☐ Access/ send email
- ☐ Access functional apps (e.g. Health, Trainline.com/ tube map – please specify)
- ☐ Other (Please specify)

***If you answered NO to Q25, then please skip Q26-Q32, and turn to Q33 on page 7**

- | | | |
|-----|--|--|
| Q26 | How long have you been using social networking sites? (please tick one answer) | <input type="checkbox"/> More than 10 years
<input type="checkbox"/> More than 5 years
<input type="checkbox"/> More than 2 Years
<input type="checkbox"/> For 1 year or less
<input type="checkbox"/> 1 month or less (I've just changed) |
| Q27 | How frequently do you use social networking sites? (please tick one answer) | <input type="checkbox"/> More than once a day
<input type="checkbox"/> About once a day
<input type="checkbox"/> More than once a week
<input type="checkbox"/> More than once a month
<input type="checkbox"/> Less than once a month |
| Q28 | Please tick why you use social media sites | <input type="checkbox"/> To stay connected with friends
<input type="checkbox"/> To stay connected with grand/children
<input type="checkbox"/> To share information that I am interested in with friends/family
<input type="checkbox"/> To share photographs with friends/family
<input type="checkbox"/> To organize events
<input type="checkbox"/> To partake in events/groups that I am interested in
<input type="checkbox"/> To keep up to date with the latest news |

- [] To express my opinions and views
[] Other (please specify)
- Q29 Please tick who introduced you to social networking?
[] Spouse/partner
[] Adult child
[] Grandchild
[] Friend
- Q30 Have you introduced anyone to social networking sites or apps?
[] Yes
[] No
- Q31 Please tick who you introduced to social networking sites or apps to?
[] Spouse/partner
[] Adult child
[] Grandchild
[] Friend
- Q32 Please write what type of social media site or App you introduce that person to?

- Q33 Does anyone else access your digital devices?
[] Yes
[] No
[] Not sure
- Q34 Please write which device(s) they have access to?

- Q35 Please write who accesses your device(s)
[] Spouse/partner
[] Adult child
[] Grandchild
[] Friend
- Q36 Please write what they use your device for?

Section D: Purchasing habits

- Q37 Have you ever bought any of the following digital devices?
[] Mobile phone
[] Blackberry
[] Apple iPad
[] Apple iPod
[] Apple iPhone
[] Kindle/e-book
[] Tablet
[] Video game console
[] A handheld game console (e.g., Nintendo)

- DS/Lite
☐ Fitbit
☐ Other

Q38 Please write what the reason was for buying these devices?

Q39 Where did you buy these devices from? (please tick all that apply)

- ☐ Supermarket
- ☐ A computer shop
- ☐ A high street shop
- ☐ A rental shop
- ☐ Online (Amazon)
- ☐ Online (specific store – e.g., Marks & Spencers)
- ☐ Other (please specify)

Section E: Lifelogging/recording of data

Self-Logging – is a term where a person records a specific piece of information (e.g., mileage travelled in 1 day/holiday or a certain type of medication to be taken at a specific time or day)

Q40a We would like to know if you have previously or at present recorded this type of data. Please write what kind of items you have recorded in your daily life (past or present).

Life-logging is a term whereby, a person logs a variety of information on a daily basis relating to their physical activity. For example:

Betty is 80 year old woman who enjoys the company of her children and grandchildren on a daily and weekly basis. She walks to her coffee mornings where she can catch up with her friends and to church on a Sunday morning. Recently, Betty found out one of her grandchildren – Jake (20 years old) who

is an avid runner has started to track his own physical activity through the use of a Fitbit device.

Betty was fascinated with the Fitbit and wanted to know more information about this device. Jake showed his grandmother the simple interface which displays the time, number of steps taken, and how it can easily be attached to a piece of clothing. Betty asked Jake to buy her a Fitbit and to setup the synchronization on to her desktop computer, so she could update her progress on a daily basis.

Since wearing her Fitbit, Betty has now started walking everywhere (pending weather). She still attends her coffee mornings and weekly church services, but she also takes a walk after lunch and dinner, and she has started to share her progress with her friends, explaining to them, why she is has started doing this and how unobtrusive the Fitbit is in her activities of daily living.

We are interested in your knowledge and perception of life-logging. We are asking the following question to gauge the understanding, needs, and requirements, knowledge of older adults in relation to recording of data or logging specific activities.

- | | | |
|------|---|--|
| Q40b | Do you undertake any self-logging in your life with a smart phone? | <input type="checkbox"/> Yes
<input type="checkbox"/> No
<input type="checkbox"/> Not sure |
| Q40c | Do you undertake any self-logging activities with a tablet? | <input type="checkbox"/> Yes
<input type="checkbox"/> No
<input type="checkbox"/> Not sure |
| Q40d | Do you undertake any self-logging activities with a PC? | <input type="checkbox"/> Yes
<input type="checkbox"/> No
<input type="checkbox"/> Not sure |
| Q40e | Do you undertake any self-logging activities using a spreadsheet? | <input type="checkbox"/> Yes
<input type="checkbox"/> No
<input type="checkbox"/> Not sure |
| Q40f | Do you undertake any self-logging activities using traditional methods (e.g. pen/paper) | <input type="checkbox"/> Yes
<input type="checkbox"/> No
<input type="checkbox"/> Not sure |

If you answered YES to Q40b-f, please go to Q41. If you answered NO to Q40b-f go to Q43

- | | | |
|-----|---|--|
| Q41 | If you use a digital format for life-logging activities. Have you installed any of these 'apps' onto your digital device(s)? (please tick all that apply) | <input type="checkbox"/> Runtastic
<input type="checkbox"/> Strava
<input type="checkbox"/> Fitbit
<input type="checkbox"/> Foursquare
<input type="checkbox"/> Pinterest
<input type="checkbox"/> Health Apps (please specify all)
<input type="checkbox"/> Work related Apps (please specify all)
<input type="checkbox"/> Social Apps (please specify all) |
|-----|---|--|

- [] Other (please specify all)
- Q42 Have you heard of the following brands used for self-logging (please tick all that apply)
- [] Fitbit
 [] Jawbone
 [] Garmin
 [] Samsung
 [] LG G
 [] Garmin
 [] No I haven't heard of any of the devices above
 [] Other (please specify all)
- Q43 Would you consider taking up Quantified Self (QS)-logging?
- [] Yes
 [] No
 [] Not sure
- Q44 If you answer YES to Q43 please select your reasons why
- [] Because it's fun
 [] To build my confidence
 [] Because I like sharing information
 [] To inform persons of my activities
 [] To feel better
 [] To have others' opinions
 [] To make sure the recipient is thinking of me
 [] To increase the amount of communication in friendship
 [] Common interests
 [] Start or continue conversations with friends
 [] Other (please state)
- Q45 If you answer NO to Q43 please select your reason(s) why
- [] It is not informative
 [] It doesn't make sense to me
 [] It has not real impact on my life
 [] I don't know how to use this technology
 [] I wouldn't know how to share this information
 [] People might laugh at what I am doing
 [] Because it is embarrassing
 [] Persons might perceive me as being weird
 [] This activity could take up too much of my time
 [] I think it might be too expensive
 [] I wouldn't know where to buy the equipment from
 [] Other (please specify)
- Q46 Do you know if any of your friends or family undertake self-logging activities
- [] Yes
 [] No
 [] Not sure

If you answer YES to Q46 please go to Q47

If you answer NO to Q46 please go to Q51– Page 11

- Q47 Please write who self-logs their data
☐ Spouse/partner
☐ Adult child
☐ Grandchild
☐ Friend
- Q48 For those who you know self-loggers, do they share their data/activity with you?
☐ Yes
☐ No
☐ Not sure
- Q49 Do they share their data with you on a regular basis?
☐ Yes
☐ No
☐ Not sure

If you answer NO to Q48 & 49 please go to Q54, Page 12

- Q50 How frequently do they share their data with you? (please tick 1 answer)
☐ More than once a day
☐ About once a day
☐ More than once a week
☐ More than once a month
☐ Less than once a month
- Q51 Do you enjoy hearing this information?
☐ Yes
☐ No
☐ Sometimes
☐ Not sure

If you answer YES to Q51 please go to Q52

If you answer NO to Q51 please go to Q53

- Q52 If you answered **YES** to **Q51**
Please tick why do you enjoy hearing this information?
☐ Because it's fun
☐ Because I find this information informative
☐ Because they like sharing information
☐ To inform me of their activities
☐ It motivate me to undertake physical activity
☐ I can provide my opinion(s) about their progress
☐ I can show my support to the recipient during this physical activity
☐ Our communication has increased and improved our friendship
☐ Common interests
☐ Start or continue conversations with friends
☐ Other (please state)
- Q53 If you answered **NO** to **Q51**
Please tick why you do not enjoy hearing this information?
☐ It is not informative
☐ It doesn't make sense to me
☐ It has not real impact on my life
☐ I don't undertake physical activity & it doesn't interest me
☐ I might laugh at the person for not doing well
☐ Because it is embarrassing

- ☐ I have problems been motivated myself, I don't want to motivate others
- ☐ I don't have the time to listen, read, watch or speak about this information
- ☐ I have my own problems
- ☐ Other (please specify)

Section F: Sharing Information

- Q54 Do you use digital devices to share information? ☐ Yes
When using your digital device(s) or traditional methods, have you ever shared information (e.g. photo; exercise/ health data; personal feelings, websites?) ☐ Sometimes
☐ No
- Q55 Do you use traditional methods for sharing information? ☐ Yes
☐ Sometimes
☐ No
- Q56 Either by digital or traditional methods, have you ever shared information (e.g. photo; exercise/ health data; personal feelings, websites?) ☐ Yes
☐ Sometimes
☐ No

If you answer YES to Q54 please go to Q57

If you answer NO to Q54 please go to Q62 – page 14

- Q57 Please write which digital device(s) or traditional approaches you have used to share information on? _____
- Q58 When did you start sharing your information? (please tick 1 answer) ☐ More than 10 years
☐ More than 5 years
☐ More than 2 Years
☐ For 1 year or less
☐ 1 month or less
- Q59 How frequently do you share your information? (please tick 1 answer) ☐ More than once a day
☐ About once a day
☐ More than once a week
☐ More than once a month

- ☐ Less than once a month
- ☐ I normally do not share information

- Q60 Why are you sharing information?
- ☐ Because it's fun
 - ☐ To build my confidence
 - ☐ Because I like sharing information
 - ☐ To inform persons of my activities
 - ☐ To feel better
 - ☐ To have others' opinions
 - ☐ To make sure the recipient is thinking of me
 - ☐ To increase amount of communication in friendship
 - ☐ Common interests
 - ☐ Start or continue conversations with friends
 - ☐ Other (please state)
- Q61 What kind of information have you shared? (e.g., social networking sites; what's app, Viber or Twitter)
- ☐ Photographs
 - ☐ Music (You tube; Spotify; Deezer)
 - ☐ Status updates (e.g. How I'm feeling today)
 - ☐ News articles
 - ☐ Job advertisements
 - ☐ Professional meetings (e.g. conferences)
 - ☐ Salutations (e.g. Happy Birthday to a friend or new job)
 - ☐ Personal health data (e.g. number of steps counted via a Fitbit)
 - ☐ Physical fitness (e.g. running route)
 - ☐ Other (please specify)
- Q62 Would you consider sharing information? (e.g. on Social media sites, specific health/app related websites)
- ☐ Yes
 - ☐ No
 - ☐ Not sure
- Q63 What concerns do you have about sharing your information (please tick all that apply)
- ☐ Information being stolen
 - ☐ Persons wouldn't be interested
 - ☐ I don't know how to share this information
 - ☐ It is my data and I don't want to share it
 - ☐ Persons might laugh at me
 - ☐ Because it is embarrassing
 - ☐ Sharing could make others evaluate me negatively
 - ☐ Sharing could result in a loss of control over who knows this about me
 - ☐ Sharing could result in an increase in telephone or mail solicitations from 3rd party companies
 - ☐ Other (please specify)

Section G: Demographic Information

- Q64 What is your age?
- Q65 What is the annual household income
- Q66 Do you have private health insurance? ☐ Yes
☐ No

If you have answered YES to Q66 please go to 67

If you have answered NO to Q66 please go to Q68

- Q67 Would you consider wearing a Fitbit device if your insurance company agreed to provide you with a year discount for accessing your information? ☐ Yes
☐ No
☐ Not sure
☐ Maybe, but I would like to know more information
- Q68 What is your gender? ☐ Male
☐ Female
- Q69 What is your marital status? ☐ Single
☐ Married/Living with partner
☐ Widowed
☐ Other
- Q70 Are you currently employed? ☐ Yes
☐ No
☐ Retired (please state your previous occupation)
- Q71 What level of education have you gained? (highest gained, please only tick 1 answer) ☐ GCSE/O-level/ High School equivalent
☐ A-Level/ College equivalent
☐ Higher Education – BSc/BA (Hons)
☐ Higher Education – MSc/MA
☐ Higher Education - MPhil
☐ Higher Education – PhD
☐ Teaching Certification – PGCE
☐ Other (please state)
- Q72 Who do you live with? ☐ Live alone
☐ With spouse or partner
☐ With adult child
☐ With grandchild
☐ With family, friend or acquaintance
☐ Other (please state)

- Q73 What are you living arrangements?
☐ At home
☐ Long-term care
☐ Assisted living
- Q74 What is the type of community do you live in?
☐ Rural (<2500)
☐ Small town (2501-10000)
☐ City suburb (10001-50000)
☐ Metropolitan city (50001>)

Q75 How do you rate your current physical activity (please select 1 answer)

Never	Infrequent	Neutral	Once a day	More than once a day
1	2	3	4	5

Q76 How do you rate your current health status (please select 1 answer)

Very unhealthy	Somewhat unhealthy	Neutral	Somewhat healthy	Very healthy
1	2	3	4	5

Thank you for completing the survey.