

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/Microsoft Window
<input type="checkbox"/> Other (please specify)
<input type="checkbox"/> Don't know |
| Q3b | Where do you use a computer? (please check 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 check 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 check 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 check 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 check 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, e.g., 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 learned 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 check which kind of games you play ☐ Adventure
☐ Sport
☐ Exercise/fitness game
☐ Strategy
☐ Casual
☐ Shooter
☐ Role Playing
☐ Action
☐ Simulation
☐ Puzzle
☐ Other (please state)_____

Q15 Please list your favourite game(s) to play

Q16 How did you learn 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 do 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 check what you use the Internet for? (include all purposes)

- ☐ Record video
☐ Facebook
☐ Google+
☐ Take a photograph
☐ Instagram
☐ Pinterest
☐ Snapchat, What's app, Other (please specify)
☐ Twitter
☐ Spotify, Deezer, Other (please specify)
☐ Kindle
☐ Foursquare
☐ Netflix, Other (Please specify)
☐ Shazam
☐ Games (please specify)
☐ Reading
☐ Make a call(e.g., Facetime, Viber, Skype)
☐ Send a text message
☐ Access the Internet (e.g., Yahoo, Google)
☐ Upload a photo to a social media site
☐ Online Banking

- ☐ Diary function
- ☐ Weather report
- ☐ Access news reports (e.g., CBC)
- ☐ Use the alarm
- ☐ Play games
- ☐ Access GPS/Maps
- ☐ Use as a note taker
- ☐ Access/ send email
- ☐ Access functional apps (e.g. Health, Trainline.com/ public transportation map – please specify)
- ☐ Other (Please specify)
- ☐ Email
- ☐ Online shopping
- ☐ Online banking
- ☐ Searching for information
- ☐ Booking holidays/flights
- ☐ Booking events
- ☐ Watching television
- ☐ Streaming content
- ☐ Downloading content
- ☐ Other _____

Q22 Please write how you learned 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 check all that apply)

- ☐ Mobile phone/Cell 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 check 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 (e.g., Yahoo, Google)
- ☐ Upload a photo to a social media site
- ☐ Online Banking
- ☐ Diary function
- ☐ Weather report
- ☐ Access news reports (e.g., CBC)
- ☐ Use the alarm
- ☐ Play games
- ☐ Access GPS/Maps
- ☐ Use as a note taker
- ☐ Access/ send email
- ☐ Access functional apps (e.g., Health, Trainline.com/ public transportation map – please specify)
- ☐ Other (Please specify)

***If you do not use social media, then please skip Q26-Q32 and turn to Q33 on page 7**

- | | | |
|-----|---|--|
| Q26 | How long have you been using social networking sites? (please check 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 check 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 check 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
<input type="checkbox"/> To express my opinions and views
<input type="checkbox"/> Other (please specify) _____ |

Q29 Please check 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 check who you introduced to social networking sites or apps to? ☐ Spouse/partner
☐ Adult child
☐ Grandchild
☐ Friend

Q32 What type of social media site or app did you introduce that person to?

Q33 Does anyone else access your digital devices? ☐ Yes
☐ No
☐ Not sure

Q34 Which device(s) do they have access to?

Q35 Please check who accesses your device(s) ☐ Spouse/partner
☐ Adult child
☐ Grandchild
☐ Friend

Q36 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 What was your reason for buying these devices?

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

☐ Supermarket
☐ A computer shop
☐ A shop in the mall or a plaza
☐ A rental shop
☐ Online (Amazon)
☐ Online (specific store – e.g., Best Buy)
☐ Other (please specify)_____

Section E: Life-logging/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 an 80 year old woman who enjoys the company of her children and grandchildren on a daily and weekly basis. She walks to her coffee shop 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 shop visits 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? ☐ Yes
☐ No
☐ Not sure

Q40c Do you undertake any self-logging activities with a tablet? ☐ Yes
☐ No
☐ Not sure

Q40d Do you undertake any self-logging activities with a PC? ☐ Yes
☐ No
☐ Not sure

Q40e Do you undertake any self-logging activities using a spreadsheet? (e.g. excel) ☐ Yes
☐ No
☐ Not sure

Q40f Do you undertake any self-logging activities using traditional methods (e.g. pen/paper) ☐ Yes
☐ No
☐ Not sure

If you answered YES to any of Q40b-f, please go to Q41. If you answered NO to any of 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 check all that apply) ☐ Runtastic
☐ Strava
☐ Fitbit
☐ Foursquare
☐ Pinterest
☐ Health Apps (please specify all)
☐ Work related Apps (please specify all)
☐ Social Apps (please specify all)
☐ Other (please specify all)

Q42 Have you heard of the following brands used for self-logging (please check all that apply) ☐ Fitbit
☐ Jawbone
☐ 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 check your reasons why
- ☐ Because it's fun
 - ☐ To build my confidence
 - ☐ Because I like sharing information
 - ☐ To inform others 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 Q343 please check 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 or NOT SURE to Q46 please go to Q51– Page 11

- Q47 Please check 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 check 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 check 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 check 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?
When using your digital
- ☐ Yes
 - ☐ Sometimes
 - ☐ No

device(s), have you ever shared information (e.g. photo; exercise/ health data; personal feelings, websites?)

- Q55 Do you use traditional methods for sharing information? ☐ Yes
☐ Sometimes
☐ No

If you answer YES to Q54 please go to Q56

If you answer NO to Q54 please go to Q61 – page 14

- Q56 Which digital device(s) or traditional approaches you have used to share information on?

- Q57 When did you start sharing your information? (please check 1 answer)

-
- ☐ More than 10 years
☐ More than 5 years
☐ More than 2 Years
☐ For 1 year or less
☐ 1 month or less

- Q58 How frequently do you share your information? (please check 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

- Q59 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)

- Q60 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)
- Q61 Would you consider sharing information? (e.g. on Social media sites, specific health/app related websites)
 ☐ Yes
☐ No
☐ Not sure
- Q62 What concerns do you have about sharing your information (please check all that apply)
 ☐ Information being stolen
☐ Others 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
☐ Others 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

- Q63 What is your age? _____
- Q64 What is the annual household income _____
- Q65 Do you have private health insurance?
 ☐ Yes
☐ No

If you have answered YES to Q65 please go to 6

If you have answered NO to Q65 please go to Q67

- Q66 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

- Q67 What is your sex? ☐ Male
☐ Female
- Q68 What is your marital status? ☐ Single
☐ Married/Living with partner
☐ Widowed
☐ Other
- Q69 Are you currently employed? ☐ Yes
☐ No
☐ Retired
- Q70 What level of education have you gained? (highest gained, please check 1 answer) ☐ Grade 8
☐ High school
☐ College
☐ Bachelors degree
☐ Master's degree
☐ PhD
☐ Other (please state)
- Q71 Who do you live with? ☐ Live alone
☐ With spouse or partner
☐ With adult child
☐ With grandchild
☐ With family, friend or acquaintance
☐ Other (please state)_____
- Q72 What type of community do you live in? ☐ Rural (<2500)
☐ Small town (2501-10000)
☐ City (10 000+)

Q73 How often do you engage in physical activity? (please select 1 answer)

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

Q74 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.