

HEALTH TECHNOLOGY QUESTIONNAIRE					
Please rate how much you agree or disagree with the following statements by circling a number from 1 to 5	Strongly Agree	Agree	Neutral or No Opinion	Disagree	Strongly Disagree
1- The system motivated me to improve my [health behavior].	1	2	3	4	5
2- The system gave me the boost that I needed.	1	2	3	4	5
3- The feedback I got was not specific to my situation.	1	2	3	4	5
4- The system made me feel I can do better.	1	2	3	4	5
5- The system increased my awareness of how this [health issue/health behavior] is related to my health.	1	2	3	4	5
6- The system helped me understand the benefits of [health issue/health behavior].	1	2	3	4	5
7- The system made me aware of this [health issue].	1	2	3	4	5
8- I believe the system can help me achieve my [health behavior] goals.	1	2	3	4	5
9- I learned a lot about [this health issue/health behavior] from the system.	1	2	3	4	5
10- The system gave me advice based on my personal habits.	1	2	3	4	5
11- The system was a reminder that my health is important.	1	2	3	4	5
12- The system gave me encouragement to change my [health issue/health behavior].	1	2	3	4	5
13- The system made me realize that computers can help people like me improve their [health behavior].	1	2	3	4	5
14- The system's advice was too general for me.	1	2	3	4	5
15- Using the system got me interested in [health issue/health behavior].	1	2	3	4	5
16- The system pushed me to do better.	1	2	3	4	5
17- The system helped me realize that improving my [health issue/health behavior] was possible.	1	2	3	4	5

Please rate how much you agree or disagree with the following statements by circling a number from 1 to 5	Strongly Agree	Agree	Neutral or No Opinion	Disagree	Strongly Disagree
18- The system kept me thinking about my [health behavior].	1	2	3	4	5
19- The system made want to improve my [health behavior].	1	2	3	4	5
20- The system's advice was right on target for me.	1	2	3	4	5
21- The system was like a friend that I could talk to/communicate with.	1	2	3	4	5
22- The system got me thinking about my health.	1	2	3	4	5
23- The system's advice suited my personal situation.	1	2	3	4	5
24- The system provided the kind of advice that I need.	1	2	3	4	5
25- The system was encouraging to me.	1	2	3	4	5
26- The system gave me confidence that I can improve my [health issue/health behavior].	1	2	3	4	5
27- The system got me thinking about health in general.	1	2	3	4	5
28- The system inspired me to do better with my [health behavior].	1	2	3	4	5
29- The system took into account my specific needs.	1	2	3	4	5