

### Supplementary Questionnaires Additional material

Additional material can be provided on request.

#### Appex:

- sex (m/w/d), year of birth (XXXX), weight (in kg), height (in cm)
- Marital status (Single, Married, Living in steady relationship, Widowed, Divorced/separated, Other)
- Are you currently employed? (full-time employment; half day employment; Secondary employment; Not employed, Retired)
- What's your highest level of education? (lower secondary school; secondary school, A-level, completed apprenticeship, university degree)
- How did you find "VIDEA bewegt"? (health insurance / Internet / doctor / friends)
- Do you currently take part in other sports courses, nutrition programmes etc. or have you taken part in such in the last 6 months? (Yes, no, if yes, free text)
- How would you rate your endurance (ability to exercise over a longer period of time, e.g. endurance running, cycling, swimming)? (very bad, bad, sufficient, good, very good)?
- How would you rate your muscle strength? (very bad, bad, enough good, very good)
- Are you currently using another health or fitness app on your mobile device (smartphone, tablet) in addition to "VIDEA bewegt"? (Yes, No)

#### Appex-mod:

- Weight (in kg), size (in cm),
- How do you rate your endurance (ability to exercise over a longer period of time, e.g. endurance running, cycling, swimming)? (very bad, bad, sufficient, good, very good)?
- How do you rate your muscle strength? (very bad, bad, enough good, very good)
- Do you currently take part in other sports courses, nutrition programmes or similar, or have you taken part in such in the last 6 months? (Yes, no, if yes, free text)

**PEVA-FB**

- Were there any problems using "VIDEA bewegt"? If yes, please describe your problems in the comment field (yes / no) (If yes = free text (optional))
- The individual components of the app were helpful. (fully applicable, applicable, rather applicable, rather not applicable, not applicable, not applicable at all) (Knowledge video with Prof. Schwarz / Training video with Ivonne / My focus - 8 stations to my more active self / Motivational messages / Quiz questions / Step number synchronization / Activity minutes / Chat or forum)
- I will continue to use the exercises from "VIDEA bewegt" - exercises from the training with Ivonne, exercises from "My Focus", exercises from the practical tips (applies fully, applies, rather applies, rather does not apply, does not apply, does not apply at all)
- I would recommend "VIDEA bewegt" to others. (fully true, true, rather true, rather not true, not true, not true at all)
- In this question we want to

evaluate the app "VIDEA bewegt" and its usability. There are seven fields between the following

	English version	
obstructive	o o o o o o o	supportive
complicated	o o o o o o o	easy
inefficient	o o o o o o o	efficient
confusing	o o o o o o o	clear
boring	o o o o o o o	exciting
not interesting	o o o o o o o	interesting
conventional	o o o o o o o	inventive
usual	o o o o o o o	leading edge

opposing properties of "VIDEA bewegt". Spontaneously select one field at a time. By the position of your selection you agree rather to the left or rather to the right attribute.

**Sustainability (NH)**

- My health knowledge has improved with "VIDEA bewegt". (fully true, true, rather true, rather not true, not true, not true at all)
- Are you using exercises from "VIDEA bewegt"? - Exercises from the training with Ivonne, exercises from the practical tips (yes / no)

- How often do you use exercises from training with Ivonne? (daily, several times a week, once a week, irregular)
- How often do you use exercises from the practical tips? (daily, several times a week, once a week, irregular)
- Do you apply the learned motivational strategies? (yes / no) (My personal motivation / action plan / power sources and strengths / social support / rewards / stop negative thoughts / deal with slips / if-then plans)

### **Self-efficacy**

We used a German version of the physical motivational self-efficacy, the physical maintenance self-efficacy and the physical recovery self-efficacy questionnaire [53] to measure the physical self-efficacy, which has already been investigated in numerous studies [70–72].

### **GPAQ**

We used a self-administrative German version of the GPAQ, which has already been investigated in a research study [49].

### **SF-8 Health related quality of life**

We used a self-administrative German version of the SF-8, which has already been investigated in a research study [51].