

Supplementary material – Figure III: App Evaluation Questionnaire – continued

Section C – Content

How useful were the videos of the exercises (individual and long session)?

1. Very useful 2. Somewhat useful 3. Useful 4. Not useful at all

How clear were the videos (images)?

1. Very clear 2. Somewhat clear 3. Clear 4. Not clear at all

How clear was the sound?

1. Very clear 2. Somewhat clear 3. Clear 4. Not clear at all

How confusing were the instructions of each video?

1. Very confusing 2. Confusing 3. Somewhat confusing 4. Not confusing at all

How useful was it to have reminders for the exercises?

1. Very useful 2. Somewhat useful 3. Useful 4. Not useful at all

How useful was it to do the daily ratings (mood, pain, flexibility)?

1. Very useful 2. Somewhat useful 3. Useful 4. Not useful at all

How useful were the charts of the daily ratings?

1. Very useful 2. Somewhat useful 3. Useful 4. Not useful at all

Section D – Overall Rating

How helpful did you find the app after surgery?

1. Not at all helpful 2. Somewhat helpful 3. Helpful 4. Very useful

Would you recommend this app to other women with breast cancer?

1. Would not recommend 2. Would maybe recommend 3. Would definitely recommend

What is your overall star rating of the app?

1. * One of the worst apps I've used
2. **
3. *** Average
4. ****
5. ***** One of the best apps I've used

Please write any other comments below

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***Thank you very much for completing the questionnaire.
Please return it to SHORE-C in the stamped and addressed envelope.***