

## **I. General Instructions**

The Jackson Heart Study (JHS) Digital Connectivity Survey is administered to aid the JHS investigators in finding out what kind of electronic tools the participants are using, including computers, internet, and cell phones. This information will aid them in conducting research on their heart and general health.

## **II. Detailed Instructions for Each Item**

0a. Enter participant's full first name, middle initial, and full last name.

0b. Enter the participant's date of birth.

### **A. Internet**

In general, you are trying to assess whether or not the participant uses the Internet, and if so, how they are able to gain access to it. The Internet can be defined as a global computer network that provides information and allows communication.

#### **Script: "Do you use the Internet at least occasionally?"**

The purpose of this question is to determine if the individual uses the Internet. If the participant answers "yes" proceed to the next series of questions. If the participant answers "no" skip to the section, "Email."

#### **Script: "How do you access the Internet?"**

The purpose of this question is to determine how the participant is able to access the Internet. The three possible responses are smart phone, tablet, and computer.

A smartphone is a cell phone with additional features such as the ability to use email, the internet, and apps.

A tablet is a small portable personal computer that receives input directly onto its touchscreen rather than using a mouse or a keyboard.

A computer is an electronic device that accepts and processes data using various programs. While a desktop computer is one that is designed for sitting on a desk, a laptop computer is portable and designed to travel.

#### **Script: "On average, how many hours per day do you use the internet?"**

The purpose of this question is to estimate how much time the participant spends on the Internet each day. The answer can range from 0-24 hours.

#### **Script: "Do you have wireless internet ('wi-fi') in your home?"**

The purpose of this question is to determine if the participant has access to the internet through wi-fi, or a wireless network, in the home. Some devices that can be used to monitor glucose, blood pressure, or other health measures can use wi-fi to transmit data collected in the home back to a central site.

## **B. Email**

In general, you are assessing the participant's usage of email and its various functions. Emails are messages that are distributed electronically through a network from one device to another.

### **Script: "Do you use email?"**

The purpose of this question is to determine if the participant uses email. If the participant answers "yes" then proceed to the next series of questions. If the participant answers "no," proceed to the section, "Cell Phones."

### **Script: "Can you..."**

The purpose of this question is to determine what email functions the participant can use. The participant may have email but is unable to use certain features without the assistance of others. The answer choices include read new emails, use the reply feature, send an email, and open a file attached to an email. Select all options that the participant uses.

Read emails - sent by others

Use the reply feature – reply to email sent by others

Send an email- Create or start a new email. This involves entering the email address of the intended recipient and creating a message.

Open a file attached to an email – understanding that there is a computer file that has been attached to an email sent by others and knowing how to access it

## **C. Cell Phones**

In general, you are assessing the participant's usage of cell phones and more specifically, smartphones. A cell phone is a portable telephone, and a smartphone is a cell phone with additional functions. These functions can include the availability of email, internet, and apps.

### **Script: "Do you use a cell phone?"**

The purpose of this question is to determine if the participant has a cellular device. If the participant answers "yes" proceed to the next series of questions. If the participant answers "no," skip to the section, "Games."

1. **Script: “Some cell phones are called ‘smartphones’ because of certain features they have. Is your cell phone a smartphone such as an iPhone, Android, Blackberry or Windows phone?”**

The goal of this question is to determine if the participant is the owner of a smartphone. If the participant is confused about whether or not they have a smartphone, indicate that it usually has special features such as a touchscreen, internet access, the ability to use email, and the ability to download and use apps.

2. **Script: “What type of smartphone do you use?”**

The purpose of this question is to find out specifically what kind of phone the participant is using. The choices include android, iPhone, Blackberry, Windows Phone, and other.

If the participant answers “other” read the following script. Otherwise, go on to the next item.

**Script: “Please describe OTHER cell phone.”**

This item should only be completed if the participant answers “other.” Prompt the participant to specify what is meant by “other,” and type the answer in the blank space provided.

3. **Script: “Please tell us if you ever use your cell phone to do any of the following things.”**

The purpose of this question is to determine what features the participants are using on their cell phones. The choices include send or receive email, send or receive text messages, take a picture, access the internet, and none of the above. Select all options the participant uses.

4. **Script: “On your phone, do you have any software applications or “apps” that help you track or manage your health?”**

The purpose of this question is to determine if the participant uses apps on their phone for health-related reasons. The participant may ask for clarification on what an app is. An “App” is a program downloaded on your mobile device to serve a specific function such as [see options below].

**Script: “Health apps you currently have on your phone...”**

The purpose of this question is to determine whether the participant has health apps on his/her cell phone. The choices are exercise, fitness, pedometer or heart rate monitoring; diet, food, calorie counter; weight; blood pressure; blood sugar or diabetes; medication management; mood; sleep; and other. Select all that apply.

If the participant answers “other,” read the following script. Otherwise, go on to the next item.

**Script: “Please describe other apps you are using for health.”**

This item should only be completed if the participant answers “other.” Prompt them to specify what other health apps they use, and type it in the blank space provided.

**D. Games**

In general, you are assessing if the participant plays games on the cell phone. A game can be defined as an activity done for amusement. In the context of this survey, we are referring to digital games, or games played electronically. You are also trying to determine which electronic devices they use to do so.

**Script: “Do you play games on your device?”**

The purpose of this question is to determine if participants use their electronic devices to play games. If the participant answers “yes” proceed to the next question. If the participant answers “no,” skip to the section, “Devices.”

**Script: “What do you play most games on?”**

The purpose of this question is to determine which devices the participants use frequently to play games. The answer choices are computer, tablet, smartphone, video game console, and other.

If the participant answers “other,” read the following script. Otherwise, go on to the next item.

**Script: “Please describe other devices.”**

This item should only be completed if the participant answers “other.” Prompt the participant to specify what is meant by “other,” and type it in the blank space provided.

**E. Devices**

In general, you are assessing what other electronic devices the participant uses besides cell phones.

**Script: “Do you use any of the following devices?”**

The purpose of this question is to determine what other electronic devices the participants use in addition to cell phones. If they answer yes, then the choices are computer, tablet computer, game console, e-book reader, smartwatch, and physical activity tracker.

If the participant answers “yes” proceed to the next question. If the participant answers “no,” also proceed to the next question.

**Script: “If we were to develop an electronic Jackson Heart Study mobile application (eJHS app), which would ask health questions periodically, would you be interested in using it?”**

The purpose of this question is to determine if the participant would be interested in using JHS app. The answer choices are yes, no, and not sure/maybe.

## **F. Digital Health Technology**

In general, you are assessing if the participant uses any form of digital health technology to monitor their health. Digital health technology can be defined as using machinery or equipment to better track and manage health. If the participant asks for clarification, indicate that this question is referring to digital ways that they may manage their health other than using a cell phone. For example, if they use a machine to monitor their blood pressure or to check their blood sugar.

**Script: “Do you use any digital health technology equipment that stores health readings digitally?”**

The purpose of this question is to determine if the participant uses other forms of technology, besides cell phones, to track and manage any aspect of their health.

If the participant answers “yes” then proceed and read the answer choices. If the participant answers “no” then skip to the section, “Social Networks.”

If the participant responded with “yes,” the answer choices are digital blood pressure cuff, digital glucometer [checks blood sugar], digital scale [checks weight], and other.

If the participant answers “other” then proceed and prompt the participant to specify the type of the device and the name of the device. Then type it in the blank space provided. Otherwise, go on to the next item.

## **G. Social Networks**

In general, you are trying to assess if the participants use any type of social network. Social networks can be defined as an application or website dedicated to allowing users to communicate with one another. Unlike email, this is done through posting information, images, videos, or comments to a profile where others can see and interact.

**Script: “Do you use a social network to keep in touch with friends and family?”**

The purpose of this question is to determine if the participant uses social network. If there is any confusion on what qualifies as a social networking site, clarify that it allows users to create a profile and upload information for others to see. The answer choices are yes, no, and

prefer not to answer. If the participant answers “yes” then proceed and prompt the participant to determine what social networking sites they use. If the participant answers “no” or “prefer not to answer,” skip to the next section, “Contact Information.”

If the participant responds with “yes,” then prompt the participant to find out what social networking sites they use. The answer choices are Facebook, LinkedIn, Google Plus, Twitter, and other.

If the participant responds with “other,” proceed and prompt the participant to specify what is meant by “other,” and type the answer in the blank space provided.

## **H. Contact Information**

The purpose of this last section is to update the participant’s digital contact information. This includes his/her email address and cell phone number. Remember to include the “@” symbol for email and the 10-digit format for the cell phone number.