

Moderator's Guide
<i>Icebreaker</i>
What do you think of when you hear the term "mobile technology"?
<i>General Use</i>
1. How often do you use your smartphone? Do you wear an activity tracker, like a Fitbit?
2. Describe your skill level with using your phone.
3. When and where are you most comfortable using your phone? When and where are you least comfortable using your phone? Probe: at work, in a store, walking, etc.
4. What do you currently like about using your smartphone? What do you currently dislike about using smartphone?
<i>Using Smartphones for General Health Management and Information</i>
5. How comfortable are you with the idea of using your smartphone to help you manage your health? Probe: Please describe in as much detail as possible why you feel that way.
6. In what ways does your smartphone help you manage your health? Probe: Describe how your overall health may benefit from using mobile health apps.
7. What would be challenging about using mobile health technology for managing your health? Probe: Probe for top 3 challenges. What are some strategies to overcoming these barriers?
8. What are things that would discourage you from using mobile technology for health? Particularly, what is most concerning about the use of mobile health technology, aside from personal skills? Probe: Confidentiality, privacy issues, GPS/location tracking.
9. How would you like to receive health information through mobile technology? Probe: Text messages, push notifications, phone calls, etc.
<i>Using Apps for Physical Activity Promotion</i>
10. Once you download an app to your smartphone, how long do you typically use that app? Probe: Days, months, years?
11. Describe specific features that you think would motivate you to continue using an app on a daily basis. Probe: Graphics, ease of use, reminders, etc.
12. Please list any physical activity apps that you currently use or have used in the past. What did you like about those apps? What did you dislike?
13. If you were interested in increasing your level of physical activity, what type of physical activity content would you like to see in a mobile app? What types of messages about physical activity would be most helpful? Probe: Self-esteem, goal setting, etc.
14. If local, community-based resources for physical activity and other health topics could be added to an app, what types of resources and information would you like to see? Probe: Information about recreation centers, free fitness classes, walking paths, etc.
<i>Barriers and Motivators for Participating in mHealth Research</i>
15. What would motivate you or make you interested in participating in a study using mobile health technology?
16. What would discourage you from participating in a study using mobile health technology?
<i>Wrap Up</i>

17. If you were in charge of a research project using smartphones or other personal technology to improve physical activity in this community, what would be one piece of advice that you would give the research team before beginning the study?

18. Is there anything we have not discussed that you would like to share?