

Additional file 1

Join2Move questionnaire

Questionnaire on the usability of the *Join2Move* app

This questionnaire refers to the period after your baseline measurement.

1. Module: Osteoarthritis-related complaints and treatments

- 1.1 Did any new osteoarthritis-related complaints occur in the weeks following your baseline measurement?

Yes ☐	No ☐
---------------------------------	--------------------------------

If so, which type of complaints?

- ☐ Pain in the affected hip or knee joint
- ☐ Swelling in the affected hip or knee joint
- ☐ Limited movement in the affected hip or knee joint
- ☐ Other: _____

- 1.2 On a scale from 0 (no symptoms) to 10 (greatest symptoms), how severe would you describe your current osteoarthritis-related symptoms? *(Please tick the appropriate number)*

0 1 2 3 4 5 6 7 8 9 10

- 1.3 Have you started any physiotherapy or medical treatment (e.g. acupuncture, injection of hyaluronic acid) in the weeks following your baseline measurement? (Multiple answers possible, unless "None" is ticked)

Physiotherapy ☐	Medical therapy ☐	None ☐
---	---	----------------------------------

If yes, for which reason?

2. Adverse events

2.1 Were there any adverse events concerning your health in the weeks following your baseline measurement (e.g. falls, other accidents, complications such as extreme swelling or inflammation)?

Yes ☐	No ☐
---------------------------------	--------------------------------

If yes, which?

2.2 Have you increased your level of physical activity in the weeks following your baseline measurement?

Yes ☐	No ☐
---------------------------------	--------------------------------

If yes, to what extent?

approx. _____ minutes per week

3. App usage

3.1 How often did you use the app in the weeks following your baseline measurement?

≥ 3 times per week ☐	< 3 times per week ☐	Not at all ☐
---	--	--

If „not at all“, for what reasons?

4. Module: exercises

4.1 How regularly did you perform the exercises provided by the app?

≥ 3 times per week ☐	< 3 times per week ☐	Not at all ☐
---	--	--

If „not at all“, for what reasons?

4.2 How difficult/easy was it to find the exercise module?

very difficult ☐	difficult ☐	easy ☐	very easy ☐
--	---------------------------------------	----------------------------------	---------------------------------------

Comments:

4.3 How would you rate the usefulness/value of the exercises?

not valuable at all ☐	not valuable ☐	valuable ☐	very valuable ☐
---	--	--------------------------------------	---

Comments:

5. Module: physical activity

5.1 How regularly did you do the physical activity selected in the app (e.g. walking, cycling, swimming ...)?

≥ 3 times per week ☐	< 3 times per week ☐	Not at all ☐
--	--	--

If „not at all“, for what reasons?

5.2 How difficult/easy was it to find the module to promote your physical activity?

very difficult ☐	difficult ☐	easy ☐	very easy ☐
--	---------------------------------------	----------------------------------	---------------------------------------

Comments:

5.2 How would you rate the usefulness/value of the physical activity module?

not valuable at all ☐	not valuable ☐	valuable ☐	very valuable ☐
---	--	--------------------------------------	---

Comments:

6. Module: Education

6.1 How regularly did you use the information material provided by the app (e.g. videos)?

≥ 3 times per week ☐	< 3 times per week ☐	Not at all ☐
---	--	--

If „not at all“, for what reasons?

6.2 How difficult/easy was it to find the education module?

very difficult ☐	difficult ☐	easy ☐	very easy ☐
--	---------------------------------------	----------------------------------	---------------------------------------

Comments:

6.3 How would you rate the usefulness/value of the education module?

not valuable at all ☐	not valuable ☐	valuable ☐	very valuable ☐
---	--	--------------------------------------	---

Comments:

7. Usability and satisfaction with the *Join2Move* app

7.1 How would you rate the overall usability of the app? (*Please tick the appropriate box*)

0 1 2 3 4 5 6 7 8 9 10

7.2 Overall, how satisfied are you with the app program so far? (**Please tick the appropriate box**)

0 1 2 3 4 5 6 7 8 9 10
