



<b>Subjective Criteria (371) Used to Evaluate UEs</b>
SUS: "I think that I would like to use this system frequently." [8]
SUS: "I found the system unnecessarily complex." [8]
SUS: "I thought the system was easy to use." [8]
SUS: "I think that I would need the support of a technical person to be able to use this system." [8]
SUS: "I found the various functions in this system were well integrated." [8]
SUS: "I thought there was too much inconsistency in this system." [8]
SUS: "I would imagine that most people would learn to use this system very quickly." [8]
SUS: "I found the system very cumbersome to use." [8]
SUS: "I felt very confident using the system." [8]
SUS: "I needed to learn a lot of things before I could get going with this system." [8]
"Overall, I was satisfied with the quality of the app" [8]
"The app was helpful to me" [8]
"The app was easy to use" [8]
"I felt the app was made for someone like me" [8]
"I would like to use the app again in the future" [8]
"I think the app would be helpful for other clients in therapy" [8]
"I would recommend the app to a friend who was struggling" [8]
"The app helped me work on things I've been learning in therapy" [8]
"I'd recommend my therapist use this app with other clients like me" [8]
"Could you please tell us about your thoughts on the functionality and usability of the Momentum application?" [10]
"Satisfaction with the specific features of PRIME-D" [11]
"Extent to which PRIME-D helped them achieve their goals" [11]
"Whether they would recommend PRIME-D to others" [11]
"How PRIME-D impacted their lives" [11]
Feedback on "graphic design changes to improve usability" [12]
"I find Behavioral Apptivation easy to use" [12]
"I want to continue to use Behavioral Apptivation on my own after therapy has ended" [12]
"I have experienced benefits from using Behavioral Apptivation" [12]
"This technology requires little effort to use" [13]
"This technology is easy to learn how to use" [13]
"This technology is reliable" [13]
"This technology is useful" [13]
"This technology keeps my information private" [13]
"This technology violates my personal space" [13]
"This technology fits into my daily activities" [13]
"This technology requires me to learn a new routine" [13]
"If my health declines I can no longer use this technology" [13]
"This technology reduces the number of visits I have with my healthcare providers" [13]
"This technology positively impacts my relationships with family and friends" [13]

"Using this technology means that I am no longer independent" [13]
"This technology causes me embarrassment" [13]
"The Ginger.io app is easy to use" [13]
"The time required to answer questions in the Ginger.io app is reasonable" [13]
"Ginger.io helps me feel more connected to my doctor or care team" [13]
"Ginger.io helps me feel like my care team understands and response [sic] to my unique needs" [13]
"Ginger.io helps me feel more confident that I am able to manage my mental health condition" [13]
"Ginger.io helps me feel I am able to be more open and honest about how I am feeling" [13]
"I am satisfied with my overall Ginger.io experience" [13]
"How easy was it to use Ginger.io?" [14]
"How easy was it to complete the surveys on Ginger.io?" [14]
"Overall, did you find the data and behavior insights to be [interesting and accurate]?" [14]
"Overall, did you find the insights around your mood changes to be [interesting and accurate]?" [14]
"Overall, how helpful did you find Ginger.io to be?" [14]
"Please circle ALL the features you would like from an application like Ginger.io: connection to a community, connection to your care team, helpful information about symptoms, personal insights about your behavior, rewards and badges for survey completion" [14]
"Please circle the ONE features you would like most from an application like Ginger.io: connection to a community, connection to your care team, helpful information about symptoms, personal insights about your behavior, rewards and badges for survey completion" [14]
"Would continue to use Ginger.io as part of treatment services" [14]
"Would recommend Ginger.io to a friend" [14]
"To what extent did Ginger.io improve the quality of your treatment services?" [14]
"Did Ginger.io improve your relationship with your treatment team?" [14]
"Did Ginger.io help you understand your symptoms?" [14]
"Did Ginger.io help you and your treatment team improve your symptoms and overall well-being?" [14]
"Did Ginger.io help you remember to take your medication?" [14]
"Did Ginger.io help you manage your symptoms?" [14]
"Did Ginger.io help you feel more in control of your symptoms?" [14]
"Are you more motivated to keep up with your symptom management and medication routine?" [14]
"Did the data and behavior insights provided by Ginger.io have any effect on your behavior?" [14]
CSQ: "How would you rate the quality of the service you have received?" [15]
CSQ: "Did you get the kind of service you wanted?" [15]
CSQ: "To what extent did the program meet your needs?" [15]

CSQ: "If a friend were in need of similar help, would you recommend the program to him or her?" [15]
CSQ: "How satisfied are you with the amount of help you have received?" [15]
CSQ: "Have the services you received help you deal more effectively with your problems?" [15]
CSQ: "In an overall general sense, how satisfied are you with the services you have received?" [15]
CSQ: "If you were to seek help again, would you come back to the service?" [15]
"Impressions of CSPTSD Coach" [15]
"What they found helpful" [15]
"Changes they would recommend" [15]
CSQ: "How would you rate the quality of the service you have received?" [16]
CSQ: "Did you get the kind of service you wanted?" [16]
CSQ: "To what extent did the program meet your needs?" [16]
CSQ: "If a friend were in need of similar help, would you recommend the program to him or her?" [156]
CSQ: "How satisfied are you with the amount of help you have received?" [16]
CSQ: "Have the services you received help you deal more effectively with your problems?" [16]
CSQ: "In an overall general sense, how satisfied are you with the services you have received?" [16]
CSQ: "If you were to seek help again, would you come back to the service?" [16]
CES: "How logical does the course offered to you seem?" [16]
CES: "How successfully do you think this course will be in raising the quality of your functioning?" [16]
CES: "How confident would you be in recommending this course to a friend who experiences similar problems?" [16]
CES: "By the end of this course, how much improvement in your functioning do you think will occur?" [16]
CES: "How much do you really feel that the course will help you to improve your functioning?" [16]
CES: "By the end of the course, how much improvement in your functioning do you really feel will occur?" [16]
"Confiden[ce] using the patient component of the Otsuka medical software" [18]
"Satisfied with the system" [18]
"Would likely use the DMS in the future" [18]
"If you previously participated in studies using written surveys, how did your experience with the smartphone survey compare to your experiences with written questionnaires?" [20]
"How would you describe your experience with the survey tool and its delivery?" [20]
"Overall experience satisfaction" [22]
"Utility according to their condition and clinical state" [22]
"Discretion and invasiveness on daily usage" [22]
"Technical difficulties experienced" [22]

"I found the system to be very complicated." [23]
"I thought the system was easy to use." [23]
"I think that I would need the support of a technical person to be able to use the system at home." [23]
"I found the system very awkward to use." [23]
"I felt very confident using the system." [23]
"I felt comfortable using the system." [23]
"It was easy to learn to use the system." [23]
"I don't understand how the system works." [23]
"I found it easy to take the device with me at all times." [23]
"I was concerned about my privacy using the system." [23]
"I was comfortable with having my information collected by the system." [23]
"Using the system made me think about my condition more." [23]
"Using the system made me upset." [23]
"If the system could create a summary of my behavior, I would like to see it." [23]
"If the system could give me feedback about my behavior, I would want to hear it." [23]
"If the system could offer my suggestions when I am upset, I would use them." [23]
"Feelings of well-being" [24]
"Practical benefits" [24]
"Criticisms were idiosyncratic" [24]
"I think that I would like to use FOCUS often" [25]
"I found FOCUS to be very complicated" [25]
"I thought FOCUS was easy to use" [25]
"I think that I would need the support of a technical person to be able to use FOCUS" [25]
"I found that the different parts of FOCUS work well together" [25]
"I thought there was too much inconsistency in FOCUS" [25]
"I would imagine that most people would learn to use FOCUS very quickly" [25]
"I found FOCUS very awkward to use" [25]
"I felt very confident using FOCUS" [25]
"I needed to learn a lot of things before I could get going with FOCUS" [25]
"Overall, I am satisfied with how easy it is to use FOCUS" [25]
"I felt comfortable using FOCUS" [25]
"It was easy to learn to use FOCUS" [25]
"Whenever I made a mistake using FOCUS, I could recover easily and quickly" [25]
"It was easy to find the information I needed" [25]
"The information provided for FOCUS was easy to understand" [25]
"How things appeared on the screen was clear" [25]
"If I have access to FOCUS, I will use it" [25]
"I am satisfied with FOCUS" [25]
"I would recommend FOCUS to a friend" [25]
"FOCUS is fun to use" [25]
"FOCUS works the way I want it to work" [25]

"I feel I need to have FOCUS" [25]
"FOCUS helped me manage my symptoms" [25]
"FOCUS was interactive enough" [25]
"'Easy' to use" [26]
"Satisfied with the treatment" [26]
"Would recommend the program to others" [26]
CEQ: "How satisfied were you with the skills that this program has taught you to manage your depression from 1 (not at all satisfied) to 9 (very satisfied)?" [27]
CEQ: "How confident would you be in recommending this treatment to a friend who experiences similar problems from 1 (not at all confident) to 9 (very confident)?" [27]
"I am satisfied with it." [29]
"Common problems...were loss of connectivity, shortness of battery life, and phone freezing during use." [29]
"Intervention was helpful in understanding triggers for negative moods" [29]
"Intervention was...helpful in increasing their ability to recognize and modify distressing behaviors and cognitions" [29]
"Most helpful component of the intervention" [29]
"Would have liked to continue using the mobile phone application after the study was over." [29]
"Helping me learn about symptoms of PTSD" [30]
"Helping me learn about treatments for PTSD" [30]
"Helping me find effective ways of managing my symptoms" [30]
"Helping me feel more comfortable in seeking support" [30]
"Helping me feel there is something I can do about my PTSD" [30]
"Helping me track my symptoms" [30]
"Helping me know when I'm doing better or when I'm doing worse" [30]
"Increasing my access to additional resources" [30]
"Providing practical solutions to the problems I experience" [30]
"Helping me overcome the stigma of seeking mental health services" [30]
"Helping me better understand what I have been experiencing" [30]
"Enhancing my knowledge of PTSD" [30]
"Helping clarify some of the myths about PTSD" [30]
"Providing a way for me to talk about what I have been experiencing" [30]
"Overall, how satisfied are you with the PTSD Coach?" [30]
"How have you used the app?" [30]
"Which parts or functions of the app did you find most helpful?" [30]
"Do you have suggestions for improvement of the app?" [30]
"I was more likely to complete homework assignments with the PE mobile application than regular PE." [31]
"The PE mobile application was easy to navigate." [31]
"Recording my SUDS ratings on the PE mobile application was easy." [31]
"It was helpful to me to graph my progress across time using the PE mobile application." [31]

"I listened to my imaginal exposure in a number of different settings (e.g. in the park, on a plane, etc.)." [31]
"I found the PE mobile application very convenient." [31]
"The PE mobile application breathing retraining tool was useful in helping me relax." [31]
"I used the PE breathing retraining application regularly." [31]
"I would recommend the PE breathign application to a friend who is struggling with anxiety and/or trauma." [31]
"I would recommend PE mobile application-based therapy." [31]
CES: "How logical does the course offered to you seem?" [32]
CES: "How successfully do you think this course will be in raising the quality of your functioning?" [32]
CES: "How confident would you be in recommending this course to a friend who experiences similar problems?" [32]
CES: "By the end of this course, how much improvement in your functioning do you think will occur?" [32]
CES: "How much do you really feel that the course will help you to improve your functioning?" [32]
CES: "By the end of the course, how much improvement in your functioning do you really feel will occur?" [32]
"Overall usability of the app" [32]
"[Helpfulness of] several components of the App" [32]
"How useful they found the App to be overall in managing their OCD symptoms" [32]
"How likely they would be to recommend the App to a friend" [32]
"Likelihood of their own continued use following study completion" [32]
"App quality" [32]
"Perceived benefits" [32]
"Changes they would like to see made to delivery or App content" [32]
CSQ: "How would you rate the qualify of the service you have received?" [32]
Did you get the kind of service you wanted?
CSQ: "To what extend did the program meet your needs?" [32]
CSQ: "If a friend were in need of similar help, would you recommend the program to him or her?" [32]
CSQ: "How satisfied are you with the amount of help you have received?" [32]
CSQ: "Have the services you received help you deal more effectively with your problems?" [32]
CSQ: "In an overall general sense, how satisfied are you with the services you have received?" [32]
CSQ: "If you were to seek help again, would you come back to the service?" [32]
"The videos were very complicated." [33]
"The videos were easy to use." [33]
"I would need the support of a technical person to be able to use the videos at home." [33]
"Most people would learn to use the videos quickly." [33]
"I felt very confident using the videos." [33]

"Overall, I am satisfied with how easy it is to use the videos." [33]
"I felt comfortable using the videos." [33]
"The information provided in the videos was easy to understand." [33]
I would be willing to play the videos on the bus without headphones." [33]
"I would be willing to play the videos on the bus with headphones." [33]
"I would be willing to play the videos alone at home." [33]
"Using the program made me upset." [33]
"I had concerns about my privacy using the program." [33]
"Using the program made me suspicious." [33]
"Satisfaction...with the EMA tool" [34]
"Comfortable...with the EMA tool" [34]
"Qualitative responses informing EMA non-adherence" [34]
"How helpful was SQC?" [35]
"How helpful was 'My Reasons' section?" [35]
"How helpful was 'Risks and Benefits' section?" [35]
"How helpful was 'Controlled Breathing' tool?" [35]
"How helpful was 'Manage Smoking Triggers' tool?" [35]
"How helpful was 'Motivational Messages' tool?" [35]
"How helpful was 'Medications' section?" [35]
"How helpful was 'Learn' tool?" [35]
"How helpful was 'My Progress' section?" [35]
"How helpful was 'I Smoked' section?" [35]
"How helpful was 'Get Support' section?" [35]
"Was the app's information relevant?" [35]
"How helpful was SQC in helping to quit?" [35]
"How helpful was SQC in helping to remain quit?" [35]
"In relapse, how helpful was SQC in helping to quit again?" [35]
"How useful would SQC be to other people?" [35]
"[Reports of] using the app 'occasionally' or 'a lot'" [36]
"[Reports of] using the app to make edits to their safety plan" [36]
"[Reports of] using the BeyondNow app either when experiencing suicidal thoughts or during a suicidal crisis" [36]
"[Finding] the app 'quite tricky' to set up [or] 'very easy' or 'not too hard'" [36]
"[Finding] the app 'quite tricky' to navigate [or] 'very easy' or 'not too hard'" [36]
"Would recommend the app to a friend" [36]
"What things did you like best about the app?" [36]
"How would you improve the app?" [36]
"I am satisfied with the treatment program" [37]
"The treatment program helped me feel better" [37]
"The treatment program was not interactive enough (reverse scored)" [37]
"I enjoyed the treatment program" [37]
"I would recommend the treatment program to a friend" [37]
"I had difficulties understanding the questions in the MedActive application." [38]



"I had difficulties typing my responses to the questions in the MedActive application." [38]
"I had difficulties operating the smartphone." [38]
"The smartphone was comfortable for me to carry." [38]
"The reminders in MedActive interfered negatively with my activities." [38]
"Overall, this experience of using MedActive was pleasant." [38]
"Overall, this experience of using MedActive was challenging." [38]
"Overall, this experience of using MedActive was stressful." [38]
"I would be interested in participating in similar studies in the future." [38]
"I would recommend to others to participate in a similar study." [38]
"I liked that I was able to view on the phone a calendar that showed me how many days I took my medication." [38]
"I liked that I was able to view on the phone a calendar that showed me how many days I reported experiencing side effects of my medication." [38]
"I liked that I was able to view on the phone a calendar that showed me how many days I reported experiencing symptoms of schizophrenia." [38]
"I liked that my psychiatrist was able to view how many days I took my medications." [38]
"I liked that my psychiatrist was able to view how many days I reported experiencing side effects of my medications." [38]
"I liked that my psychiatrist was able to view how many days I reported experiencing symptoms of schizophrenia." [38]
"I liked that I was able to let my psychiatrist know when I had a question or a problem with my medications." [38]
"I thought MedActive was easy to use. I found MedActive to be interesting." [38]
"MedActive helped me talk to my psychiatrist about my medication." [38]
"I needed technical support while using MedActive." [38]
"Overall, MedActive helped me remember to take my medications." [38]
"Would recommend Actissist to others in a similar position" [39]
"Did answering the questions take a lot of work?" [39]
"Were there times when you felt like not answering?" [39]
"Did answering the questions take up a lot of time?" [39]
"Were there times when you had to stop doing something in order to answer questions?" [39]
"Was it difficult to keep track of what the questions were asking?" [39]
"Were you familiar with using this type of technology?" [39]
"Was it difficult to keep track of what the questions were asking? [sic]" [39]
"Did you ever lose or forget the device?" [39]
"Was using the touchscreen difficult?" [39]
"Do you think other people would find the software easy to use?" [39]
"Do you think that you could make use of this approach in your everyday life?" [39]
"Do you think that this approach could help you or other service users?" [39]
"Overall, this experience was stressful" [39]
"Overall, this experience was challenging" [39]

"Overall this experience was pleasing" [39]
"Did filling in the questions make you feel worse?" [39]
"Did filling in the questions make you feel better?" [39]
"Did you find the questions intrusive?" [39]
"Was filling in the questions inconvenient?" [39]
"Did you enjoy filling in the questions?" [39]
"I like it." [40]
"It was easy to use." [40]
"I learned how to use it quickly." [40]
"It was useful/helpful." [40]
"MedLink guidance helps me better communicate my needs to my physician." [40]
"Participants' experience" [40]
"Potential design flaws" [40]
"Suggested improvements" [40]
SUS: "I think that I would like to use this system frequently." [41]
SUS: "I found the system unnecessarily complex." [41]
SUS: "I thought the system was easy to use." [41]
"I think that I would need the support of a technical person to be able to use this system." [41]
"I found the various functions in this system were well integrated." [41]
"I thought there was too much inconsistency in this system." [41]
"I would imagine that most people would learn to use this system very quickly." [41]
"I found the system very cumbersome to use." [41]
"I felt very confident using the system." [41]
"I needed to learn a lot of things before I could get going with this system." [41]
"How easy was it to use RealLife Exp?" [42]
"How easy was it to complete the surveys on RealLife Exp?" [42]
"To what extent did RealLife Exp improve the quality of your treatment services?" [42]
"Did RealLife Exp improve your relationship with your treatment team?" [42]
"Did RealLife Exp help you understand your symptoms?" [42]
"Did RealLife Exp help you and your treatment team improve your symptoms and overall well-being?" [42]
"Did RealLife Exp help you remember to take your medication?" [42]
"Did RealLife Exp help you manage your symptoms?" [42]
"Did RealLife Exp help you feel more in control of your symptoms?" [42]
"Are you more motivated to keep up with your symptom management and medication routine?" [42]
"Please circle ALL the features you would like from an application like RealLife Exp." [42]
"Please circle the ONE feature you would like most from an application like RealLife Exp." [42]
"I find/found 7Cups program easy to use." [43]
"I learned to use 7Cups quickly." [43]
"7Cups is/was useful in helping me to feel better." [43]

"The emotional support provided by 7Cups is/was useful in helping me when clinicians weren't available." [43]
"7Cups significantly increases/increased the social support I receive/received." [43]
"I would probably use 7Cups in the future when needed." [43]
"I would recommend using 7Cups to women who suffer from perinatal mood disorders." [43]
"I would like to join 7Cups as a listener." [43]
"I consider 7Cups a safe place." [43]
"I consider 7Cups a confidential place." [43]
TAM: "Using [the app] improves the quality of the work I do." [44]
TAM: "Using [the app] gives me greater control over my work." [44]
TAM: "[The app] enables me to accomplish tasks more quickly." [44]
TAM: "[The app] supports critical aspects of my job." [44]
TAM: "Using [the app] increases my productivity." [44]
TAM: "Using [the app] improves my job performance." [44]
TAM: "Using [the app] allows me to accomplish more work than would otherwise be possible." [44]
TAM: "Using [the app] enhances my effectiveness on the job." [44]
TAM: "Using [the app] makes it easier to do my job." [44]
TAM: "Overall, I find [the app] useful in my job." [44]
TAM: "I find [the app] cumbersome to use." [44]
TAM: "Learning to operate [the app] is easy for me." [44]
TAM: "Interacting with [the app] is often frustrating." [44]
TAM: "I find it easy to get [the app] to do what I want it to do." [44]
TAM: "[The app] is rigid and inflexible to interact with." [44]
TAM: "It is easy for me to remember how to perform tasks using [the app]." [44]
TAM: "Interacting with [the app] requires a lot of mental effort." [44]
TAM: "My interaction with [the app] is clear and understandable." [44]
TAM: "I find it takes a lot of effort to become skillful at using [the app]." [44]
TAM: "Overall, I find [the app] easy to use." [44]
"Preference as to the number of questions asked per assessment" [44]
"Preference as to...the frequency with which assessments occurred" [44]
"Qualitative feedback regarding the use of mobile applications to monitor post-trauma outcomes" [44]
"Overall satisfaction" [45]
"Satisfaction with the specific features of PRIME" [45]
"How PRIME influenced their lives" [45]
SUS: "I think that I would like to use this system frequently." [46]
SUS: "I found the system unnecessarily complex." [46]
SUS: "I thought the system was easy to use." [46]
SUS: "I think that I would need the support of a technical person to be able to use this system." [46]
SUS: "I found the various functions in this system were well integrated." [46]

SUS: "I thought there was too much inconsistency in this system." [46]
SUS: "I would imagine that most people would learn to use this system very quickly." [46]
SUS: "I found the system very cumbersome to use." [46]
SUS: "I felt very confident using the system." [46]
SUS: "I needed to learn a lot of things before I could get going with this system." [46]
"AMoSS study app: Convenience- once per day" [47]
"AMoSS study app: Convenience- 10 x per day" [47]

<b>Objective Criteria (71) Used to Evaluate UEIs</b>
"[Average number of] check-in assessments" [8]
"[Average number of] skill coaching sessions" [8]
"Consumers' capacity to use the smartphone App" [9]
"Adherence to self-management task completion on the App" [9]
"Login frequency (average number of days logged in per week)" [11]
"Average number of challenges completed (both overall and by individual challenge category)" [11]
"Challenge completion percentage" [11]
"Average number of peer and coach interactions" [11]
"'Active use rate' versus 'passive use'" [11]
"Degree of social initiative" [11]
"Retention in the trial" [11]
"Proportion of surveys returned for...daily surveys of mood and medication" [13]
"Proportion of surveys returned for...weekly PHQ-9 and GAD-7" [13]
"Study enrollment" [14]
"Daily and weekly survey completion" [14]
"Length of time participants were enrolled in the study" [14]
"Cost of providing smartphones" [14]
"Baseline symptom severity" [14]
"Length of time in clinic at enrollment" [14]
"Return[ing] all smartphones undamaged" [16]
"[Average percentage completions of] EMI sessions" [16]
"Frequencies" [17]
"Means" [17]
"Reductions in symptoms" [17]
"[Reliable] logging of the usage pattern" [19]
"[Reliable] logging of communication" [19]
"[Reliable] logging of location" [19]
"Completion rates" [20]
"Adherence" [21]
"Completion rates" [21]
"[Number of] active users" [22]
"Interaction rate...per day" [22]
"[Percentage completion] of daily tests" [22]
"[Percentage completion] of weekly tests" [22]
"Actual app usage" [24]
"User responsiveness to task prompts" [24]
"Days used" [25]

"Number of times used per day" [25]
"Used the system successfully and returned the smartphone intact" [25]
"Compliance [number of skills coach entries sent to portal] with the skills coach cues" [26]
"Average [time] to complete the skills coach entries" [26]
"Levels of compliance" [28]
"App utilization [per day/week]" [32]
"Percentage of participants who were able to use both system-initiated (i.e., in response to prompts) and participant-initiated (i.e., on-demand) videos independently and in their own environments for a minimum of 3 days after receiving the smartphone." [33]
"EMA adherence" [34]
"Compliance" [35]
"Participant retention" [35]
"Participant uptake" [36]
"Frequency...of app usage" [36]
"Duration of app usage" [36]
"[Number of] entries" [36]
"Trial completion" [38]
"If 100% of patient-participants completed the trial" [38]
"If...100% [of patient-participants] returned the smartphone in working condition" [38]
"If...patient-participants responded to at least 70% response of all EMAs" [38]
"Uptake (the proportion of eligible participants consenting to the study)" [39]
"Attrition" [39]
"The proportion of participants completing user, [sic] and alert-initiated data entries across participants (>33% data points)" [39]
"Proportion [of participants] continuing for 12 weeks" [39]
"Event frequencies" [40]
"Study enrollment" [42]
"Daily and weekly survey completion" [42]
"Length of time participants were enrolled in the app" [42]
"Recruitment (participation)" [43]
"Timeline (ability to offer the interventions as planned shortly after diagnosis and assess study outcomes)" [43]
"Program use patterns" [43]
"Retention in the trial" [45]
"Login frequency (average number of days logging in per week)" [45]

"Average number of challenges completed (both overall and by individual challenge category)" [45]
---

"Challenge completion percentage" [45]
--

"Average number of peer and coach interactions" [45]
--