**Tables**

**Table 1: Focus group participant demographics**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Participant characteristics | | Patients (n=7) | Family members (n=3) | Primary care health professionals (n=6) | Secondary care health professionals (n=5) | Total participants (n=21) |
| Age (years) | 18-39 | 0 | 0 | 1 | 2 | 3 |
| 40-59 | 0 | 0 | 2 | 2 | 4 |
| 60-79 | 5 | 2 | - | - | 7 |
| 80+ | 2 | 1 | 0 | 0 | 3 |
| Ethnicity | White | 7 | 3 | 5 | 5 | 20 |
| Asian | 0 | 0 | 1 | 0 | 1 |
| Sex | Male | 3 | 2 | 3 | 1 | 9 |
| Female | 4 | 1 | 3 | 4 | 12 |
| Cancer type | Non-small cell | 2 |  |  |  |  |
| Not known | 5 |
| Treatment type | Chemo and radiotherapy | 1 |  |  |  |  |
| Chemo and surgery | 2 |
| Surgery | 4 |
| Clinical role | General practitioner |  |  | 5 | 0 | 5 |
| Practice Manager | 1 | 0 | 1 |
| Lung cancer nurse specialist | 0 | 4 | 4 |
| Physiotherapist | 0 | 1 | 1 |
| Years in healthcare profession | 1-5 |  |  | 1 | - | 0 |
| 6-10 | 1 | 2 | 3 |
| 11-15 | - | - | 0 |
| >15 | 1 | 2 | 3 |

**Table 2: Core sections of iEXHALE (prototype 1)**

|  |  |  |
| --- | --- | --- |
| Section | Content | Screenshot |
| Introduction | Information about lung cancer and its treatment, common symptoms of fatigue, breathlessness and depression, and benefits of exercise for improving symptoms. | C:\Users\p0085847\Downloads\Image-1.jpg C:\Users\p0085847\Downloads\IMG_5372.PNG |
| Self-rating symptoms | Users rate symptom severity, preferred activity level, and preferences for group/individual exercise activities. This information is used to generate three recommended exercises. | C:\Users\p0085847\Downloads\IMG_5366.PNG |
| Exercise information | Users are provided with further information about three recommended exercises. Including information about how to access these exercise and, where necessary, video demonstrations on how to complete these. | C:\Users\p0085847\Desktop\IMG_5883.PNG C:\Users\p0085847\Desktop\IMG_5882.PNG |
| Self-monitoring diaries | Participants rate their current symptoms and indicate how often they have undertaken recommended exercise activities each week (type, duration, subjective rating). Email reminders sent to participants. | C:\Users\p0085847\Downloads\IMG_5369.PNG C:\Users\p0085847\Downloads\IMG_5371.PNG |

**Table 3: Participant demographics and usability metrics**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Demographics | UX1 | UX2 | UX3 | UX4 | UX5 | UX6 |
| Age | 61-70 | >70 | >70 | >70 | 51-60 | >70 |
| Gender | Female | Female | Female | Male | Female | Male |
| Skill level | Intermediate | Intermediate | Intermediate | Novice | Novice | Novice |
| Use frequency | Daily | Hardly ever | Daily | Daily | Daily | Hardly ever |
| Home Device | N.K. | Computer | Apple iPhone | Apple iPhone | Sony Xperia | Computer |
| MDPQ | N.K. | 15.5 | 21.5 | 39 | 23.5 | 11.5 |
| SUS Phase 1 | 87.5 | 37.5 | 57.5 | 80 | 100 | 57.5 |
| SUS Phase 2 | NK | 57.5 | 75 | 80 | 100 | 45 |