

Multimedia Appendix 1

Questionnaire of the extended study model

Overview of scales and items of the conceptual study model: adapted and extended UTAUT-model

Table S1. Questionnaire for the assessment of core constructs of the conceptual study model.

| Scale | Performance Expectancy (PE) | UTAUT Predictor |
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| Source | Original: Hennemann et al. [1] | Adaptation in English (German) |
| PE1 | A Web-based aftercare could improve my work-related well-being. | Using mobile MS apps could improve my general health-related well-being. (Die Nutzung von MS-Apps könnte mein allgemeines gesundheitliches Wohlbefinden verbessern.) |
| PE2 | A Web-based aftercare could help me with work-related stress | Using MS apps could help me to better deal with disease-related stress. (Die Nutzung von mobilen MS-Apps könnte mir helfen, besser mit krankheitsbezogenem Stress umzugehen.) |
| PE3 | A Web-based aftercare could help me to improve my personal health. | Using MS apps could help me to maintain physical mobility. (Die Nutzung von MS-Apps könnte mir helfen, körperlich mobil zu bleiben.) |
| PE4 | A Web-based aftercare could help me with my health problems. | Using MS apps could help me stay mentally fit. (Die Nutzung von MS-Apps könnte mir helfen, geistig fit zu bleiben.) |
| PE5 | Additional item (self-constructed) | Using MS apps could help me maintain social contacts. (Die Nutzung von mobilen MS-Apps könnte mir helfen, soziale Kontakte zu pflegen.) |
| Scale | Effort Expectancy (EE) | UTAUT Predictor |
| Source | Original: Hennemann et al. [1], Venkatesh et al. [2] | Adaptation in English (German) |
| EE1 | A Web-based aftercare would be easy to operate and comprehend.[1] I would find the system easy to use.[2] | I suspect that using MS apps would be easy. (Ich vermute, dass die Anwendung von MS-Apps leicht ist.) |
| EE2 | I could arrange using a Web-based aftercare in my everyday life.[1] | I could easily integrate the use of MS apps into my everyday life. (Ich könnte die Anwendung von MS-Apps leicht in meinen Alltag integrieren.) |
| Scale | Social Influence (SI) | UTAUT Predictor |
| Source | Original: Hennemann et al. [1] | Adaptation in English (German) |
| | (---) | The following people would approve it if I used MS apps: (Folgende Personen würden es gut finden, wenn ich MS-Apps nutzen würde:) |
| SI1 | People close to me would approve a Web-based aftercare. | Members of my family |

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| | | (Mitglieder meiner Familie) |
| SI2 | My general practitioner would approve the use of a Web-based aftercare. | My general practitioner (Mein mich hauptsächlich betreuender Arzt) |
| SI3 | My friends would approve a Web-based aftercare. | My friends (Meine Freunde) |
| Scale | Facilitating Conditions (FC) | UTAUT Predictor |
| Source | Original: Hennemann et al. [1], Venkatesh et al. [2] | Adaptation in English (German) |
| FC1 | I have the necessary technical preconditions for using a Web-based aftercare.[1] I have the resources necessary to use the system.[2] | I have the necessary technical preconditions to be able to use MS apps (Ich verfüge über die nötigen technischen Voraussetzungen, um MS-Apps nutzen zu können.) |
| FC2 | I possess the required technical knowledge to utilize a Web-based aftercare.[1] I have the knowledge necessary to use the system.[2] | I have the required technical knowledge to utilize MS apps. (Ich verfüge über das notwendige technische Wissen, um MS-Apps nutzen zu können.) |
| FC3 | <i>Additional item (self-constructed)</i> | If I had problems using MS apps, I would know where to get help. (Wenn ich Probleme bei der Anwendung von MS-Apps hätte, wüsste ich, wo ich mir Hilfe holen kann.) |
| Scale | Behavioral intention to use MS apps (BI) | UTAUT Acceptance Criterion |
| Source | Original: Hennemann et al. [1], Venkatesh et al. [2] | Adaptation in English (German), based on the groups: User (1), Non-user (2), Previous user (3) |
| BI1 | I would like to try a Web-based aftercare.[1] | I would like to try MS apps again (1, 3) (Ich würde MS-Apps noch einmal ausprobieren. (1, 3)) I would like to try MS apps (2) (Ich würde MS-Apps gern einmal ausprobieren. (2)) |
| BI2 | I would use a Web-based aftercare if offered to me.[1] | I would also use MS apps in the future. (1) (Ich würde MS-Apps auch in der Zukunft nutzen. (1)) If I had the opportunity, I would use MS apps. (2) (Wenn ich die Möglichkeit dazu hätte, würde ich MS-Apps nutzen. (2)) If I had the opportunity, I would use MS apps again. (3) (Wenn ich die Möglichkeit dazu hätte, würde ich MS-Apps wieder nutzen. (3)) |
| BI3 | I intend to use the system in the next <n> months.[2] | I would not want to do without MS apps anymore. (1) (Ich würde auf MS-Apps nicht mehr verzichten wollen. (1)) I intend to use MS apps in the next 4 weeks. (2) (Ich beabsichtige, MS-Apps in den nächsten 4 Wochen zu nutzen. (2)) I intend to use MS apps again in the next 4 weeks. (3) (Ich beabsichtige, MS-Apps wieder in den nächsten 4 Wochen zu nutzen. (3)) |
| Scale | Intolerance of Uncertainty (IU) | Extended UTAUT Predictor |

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| Source | Original: Buhr & Dugas [3] | Adaptation and translation in German |
| IU1 | When it's time to act, uncertainty paralyzes me. | When it's time to act, uncertainty associated with my disease rather paralyzes me. (Die mit meiner Erkrankung einhergehende Unsicherheit lähmt mich eher, als dass ich etwas dagegen unternehmen könnte.) |
| IU2 | My mind can't be relaxed if I don't now what will happen tomorrow. | <i>Not adapted, only translated</i> Es fällt mir schwer mich zu entspannen, wenn ich nicht weiß, was morgen passieren wird. |
| IU3 | I can't stand being taken by surprise. | <i>Not adapted, only translated</i> Ich kann es nicht ertragen, wenn unvorhergesehene Dinge passieren. |
| IU4 | Unlike me, others seem to know where they are going with their lives. | <i>Not adapted, only translated</i> Im Gegensatz zu mir scheinen andere Leute zu wissen, in welche Richtung ihr Leben läuft. |
| Scale | eHealth Literacy (eHL) | Extended UTAUT Predictor |
| Source | Original: Soellner et al. [4] | Adaptation in German (replacement of health information with information about MS) |
| eHL1 | Ich weiß, welche Quellen für Gesundheitsinformationen im Internet verfügbar sind. | Ich weiß, welche Quellen für Informationen zu MS im Internet verfügbar sind. |
| eHL2 | Ich weiß, wo im Internet ich nützliche Gesundheitsinformationen finden kann. | Ich weiß, wo ich im Internet nützliche Informationen zu MS finden kann. |
| eHL3 | Ich bin in der Lage, Informationen, die ich im Internet finde, kritisch zu bewerten. | Ich bin in der Lage, Informationen, die ich im Internet zu MS finde, kritisch zu bewerten. |
| eHL4 | Ich kann im Internet zuverlässige von fragwürdigen Informationen unterscheiden. | Ich kann im Internet zuverlässige von fragwürdigen Informationen unterscheiden. |
| Scale | MS Self-Efficacy (MS-SE) | Extended UTAUT Mediator |
| Source | Original: Airlie et al. [5] | Adaptation in English (German) |
| MS-SE1 | I feel in control of my life. | Despite my MS disease, I feel in control of my life. (Trotz meiner MS-Erkrankung glaube ich, selbst über mein Leben bestimmen zu können.) |
| MS-SE2 | The way my MS affects me in the future mostly depends on me. | <i>Not adapted, only translated</i> (Es hängt zum großen Teil von mir selbst ab, wie die MS-Erkrankung mein Leben zukünftig beeinflussen wird.) |
| MS-SE3 | Despite my difficulties, I still manage to cope with daily life. | Despite my difficulties, I still manage to cope with daily life with MS. (Trotz der Herausforderungen mit MS schaffe ich es, meinen Alltag zu bewältigen.) |
| MS-SE4 | I am confident I can overcome my difficulties. | I am confident I can overcome my daily difficulties with MS. (Ich bin zuversichtlich, dass ich die täglichen Herausforderungen mit MS bewältigen kann.) |
| Scale | Computer Self-Efficacy (C-SE) | Extended UTAUT Mediator |

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| Source | Original: Wang et al. [6] | Adaptation in English (German, replacement of computer with smartphone) |
| C-SE1 | I believe I have the ability to install new software applications on a computer. | I believe that I have the ability to install new apps on my smartphone. (Ich glaube, dass ich in der Lage bin, neue Apps auf meinem Smartphone zu installieren.) |
| C-SE2 | I believe I have the ability to identify and correct common operational problems with a computer. | I believe I have the ability to correct technical problems with my smartphone. (Ich glaube, dass ich in der Lage bin, technische Probleme mit meinem Smartphone zu korrigieren.) |
| C-SE3 | I believe I have the ability to remove information from a computer that I no longer need. | I believe I have the ability to remove apps from my smartphone I no longer need. (Ich glaube, dass ich in der Lage bin, Apps, die ich nicht mehr benötige, von meinem Smartphone zu löschen.) |
| Scale | Fatigue (Fat) | Extended UTAUT Moderator |
| Source | Original: D'Souza [7] | Adaptation and translation in German |
| | Because of my fatigue during the past 4 weeks ... | <i>Not adapted, only translated</i> Aufgrund von Fatigue hatte ich in den vergangenen 4 Wochen ...(hatte ich...) |
| Fat1 | I have been less alert. | Schwierigkeiten, aufmerksam zu sein. |
| Fat2 | I have been limited in my ability to do things away from home. | Schwierigkeiten, etwas außerhalb meines Zuhauses zu tun. |
| Fat3 | I have had trouble maintaining physical effort for long periods. | Schwierigkeiten, körperliche Anstrengung für einen längeren Zeitraum aufrechtzuerhalten. |
| Fat4 | I have been less able to complete tasks that require physical effort. | Probleme, Aufgaben zu erfüllen, welche körperlicher Anstrengung bedürfen. |
| Fat5 | I have had trouble concentrating. | Schwierigkeiten, mich zu konzentrieren. |

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