

# Appendix 2: Survey

## Tell us what you think!

Remember there are no right or wrong answers - we just want to find out more about your thoughts on digital technology. Thank you!

### What describes you best?

- I am living with a long-term condition
- I am caring for someone
- I am a relative or friend of someone with a long-term condition
- I am a health or social care professional
- None of the above

### What is your age?

- <18
- 18-25
- 26-35
- 36-45
- 46-55
- 55-65
- 66-75
- 75+

### What is your gender?

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### 1. What does digital technology mean to you?

**Pick one of the options below or draw your answers in the box!**

- Everything that's online, like social media or online games
- Both online and offline electronic tools/devices, like websites or a step counter
- I'm not sure
- Other \_\_\_\_\_



**2. We think digital technology includes both online and offline systems and devices.  
For example:**

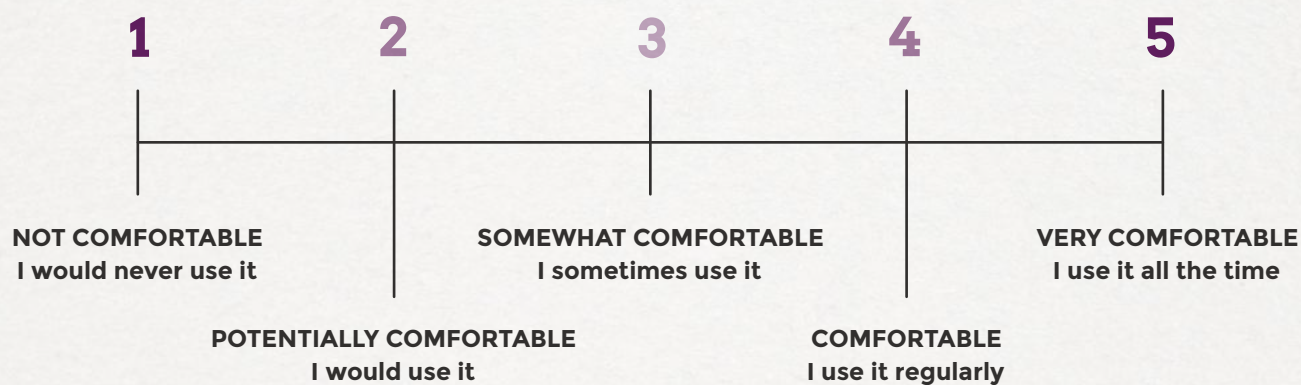


**Do you use digital technology for your health and wellbeing?**

Yes

No

**3. How comfortable are you in using digital technology to help with your health and wellbeing?**



**4. Why did you choose this answer?**

**5. Where do you expect to find out about technology that can help you with your health and wellbeing?**

**Tick all that apply**

Friends or family

On the NHS website

Online groups and forums

My local authority/council

My GP or nurse

Other \_\_\_\_\_