

Supplementary File: Measures

Measure used in the current study	Original measure	Adaptation	Items (translated)
Stage model for the adoption process of mHealth apps (nutrition and fitness)	Precaution Adoption Process Model (Weinstein & Sandmann, 1992)	<p>The adaptation is based on the Stage Model of Health-related Awareness and Action (<i>Stufenmodell gesundheitlichen Bewusstseins und Handelns</i>, Renner & Hahn, 1996) that consists of six stages:</p> <ul style="list-style-type: none"> - Stage 0: ‘unaware of issue’ - Stage 1: ‘unengaged by issue’ - Stage 2: ‘deciding about acting’ - Stage 3a: ‘decided to act’/ Stage 3b: ‘preparation’/ Stage 3c: ‘decided not to act’ - Stage 4: ‘acting’ - Stage 5: ‘break off acting’ <p>As only participants were included who owned a mobile device, it was very unlikely that these participants did not know mhealth apps at all. Hence, we decided to drop Stage 0. As downloading an app is a simple process involving little or no costs as well as little preparatory effort and to make the model economical, we decided to drop Stages 2 and 3b. Stage 5 was renamed</p>	<p><i>If you own a smartphone or tablet:</i></p> <p>Do you think about using an app to track your fitness/ nutrition? <i>Please choose one option per column.</i></p> <p>(1) I have never thought about using an app for that. <i>(Stage 1)</i></p> <p>(2) I have thought about using an app for that, but so far I did not do it. <i>(Stage 2)</i></p> <p>(3) I have thought about</p>

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		‘disengaged’ to take on common terminology in accordance with the literature on engagement with smartphone apps.	using an app for that, but it is not necessary for me to do it. (<i>Stage 3</i>) (4) I am currently using an app for that and intend to continue to use it. (<i>Stage 4</i>) (5) I have used an app for that, but I do not use it anymore. (<i>Stage 5</i>)
Preference for Intuition and Deliberation in Eating decision-making (E-PID; König et al., in prep.)	Preference for Intuition and Deliberation (Betsch, 2004)	The original measure consists of 19 items that measure a general preference for intuition and deliberation when making decisions. As Pargur & Spaar (2015) noted, these preferences may differ between domains. Therefore, we developed an concise measure for eating-related decision making preferences by rephrasing the	(1) When deciding what to eat, I rely on my gut feeling. ^a (2) With most eating decisions, it makes sense to completely

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		seven items that were directly transferable to eating-related decisions. For the E-PI subscale, these were items no. 4, 12 and 18 from the original questionnaire. For the E-PD subscale, items no. 1, 5, 7 and 16 were adapted (c.f. Betsch, 2004).	<p>rely on your feelings.^a</p> <p>(3) I am an intuitive eater.^a</p> <p>(4) Before I make eating decisions, I usually think about it.^b</p> <p>(5) I think more about my plans and goals relating to my eating behavior than other people.^b</p> <p>(6) I prefer making plans about my eating behavior instead of leaving it to chance.^b</p> <p>(7) I reflect on my eating behavior.^b</p> <p>Scale: (1) I do not agree to</p> <p>(5) I agree</p>

Note. ^a E-PI, ^b E-PD

References

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