

Questionnaire, Development and internal validation of the Digital Health Readiness Questionnaire or DHR-Q

Scherrenberg, M., Falter, M., Kaihara, T., Xu, L., van Leunen, M., Kemps, H., Kindermans, H., & Dendale, P. (2023). Development and internal validation of the Digital Health Readiness Questionnaire: Prospective Single-Center Survey Study. *Journal of Medical Internet Research*, 25. <https://doi.org/10.2196/41615>

A) Digital access

I use the internet

| | | | | |
|---|--------|-----------|-------|-------|
| Never / I don't have access to the internet | Rarely | Sometimes | Often | Daily |
| 1 | 2 | 3 | 4 | 5 |

I use a computer and/or laptop

| | | | | |
|---|--------|-----------|-------|-------|
| Never / I don't have a computer and/or laptop | Rarely | Sometimes | Often | Daily |
| 1 | 2 | 3 | 4 | 5 |

I use a smartphone and/or tablet

| | | | | |
|---|--------|-----------|-------|-------|
| Never / I don't have a smartphone and/or tablet | Rarely | Sometimes | Often | Daily |
| 1 | 2 | 3 | 4 | 5 |

I use a wearable (fitness tracker, smartwatch, other)

| | | | | |
|-----------------------------------|--------|-----------|-------|-------|
| Never / I don't have any wearable | Rarely | Sometimes | Often | Daily |
| 1 | 2 | 3 | 4 | 5 |

B) Usage of digital technology

I am able to write and send an email independently.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I use social media such as Facebook, Instagram, other.

| | | | | |
|----|--------|-----------|-------|-------|
| No | Rarely | Sometimes | Often | Daily |
| 1 | 2 | 3 | 4 | 5 |

I am able to perform videocalling.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I am able to take a picture and to send it to another person.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I am able to register and review my daily step count.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

C) Digital Literacy

Being able to use digital technology to reach information.

I know how to find helpful and reliable information on the internet.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I feel safe when looking up information online.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I feel in control when looking up information online.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

D) Digital Health Literacy

Being able to use digital technology to look up, use and work with health information.

I use the internet to find more information about my symptoms, health status and/or medication.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I use health-related applications to follow up my health status.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I am able to identify trustworthy, reliable health information online.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

E) Learnability

Motivation and interest to engage with new technology.

I am motivated to learn more about digital technology and how to use it myself.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I feel confident that I can learn more about digital technology and how to use it myself.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I believe that I will learn quickly when offered written information about digital technology.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I believe that I will learn quickly when offered personal guidance about digital technology.

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

I expect that learning digital skills can positively impact my health

| | | | | |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |