Metadata for Healthy Paths_Mind usage data.xlsx

Bona fide researchers, subject to registration may request supporting data from the University of Southampton repository at 10.5258/SOTON/D0016

The data was collected from September 2014 and exported on the 16th February 2015. Ethical approval for data collection was granted from the Ethics and Research Governance Office, University of Southampton, reference: 12156. The data was collected from adult participants across the UK as part of an exploratory, randomised trial to explore the impact of timing and frequency of notification delivery on usage of a smartphone-based stress management intervention. Data were also used to compare usage of this smartphone-based stress management intervention with an equivalent web-based intervention.

Full details of the study are reported in:

1. Morrison, L. G., Hargood, C., Pejovic, V., Geraghty, A. W., Lloyd, S., Goodman, N., Michaelides, D. T., Weston, A., Musolesi, M., Weal, M. J., & Yardley, L. (2017). The effect of timing and frequency of push notifications on usage of a smartphone-based stress management intervention: An exploratory trial. *PLOS One, 12*(1), e0169162. doi: 10.1371/journal.pone.0169162

2. Morrison, L. G., Geraghty, A. W. A., Lloyd, S., Goodman, N., Michaelides, D. T., Hargood, C., Weal, M., & Yardley, L. (submitted manuscript).

The data file contains 3 sheets. A description of the data contained in each sheet are outlined in Tables 1-3 below.

Table 1. *Description of data contained in sheet 1: 'User data'.*

Column: variable name	Description
A: ID	ID number allocated to each participant.
B: Platform	The version of the intervention that was used by the participant. '1' indicates the Healthy Mind Smartphone application. '2' indicates the Healthy Paths website.
C: Age	The participant's age.
D: Gender	The participant's gender. '1' indicates male. '2' indicates female.
E: Education	The participant's highest educational attainment. '1' indicates postgraduate degree. '2' indicates undergraduate degree. '3' indicates A-levels or equivalent. '4' indicates GCSE or equivalent. '5' indicates Diploma or equivalent. '6' indicates no formal educational qualifications. '7' indicates other qualification.
F: Total duration	The total duration in seconds spent on the intervention.
G: Log-ins	The total number of separate log-ins to the intervention.
H: Log-in duration	The average duration in seconds spent on the intervention at each log-in.
I: Cease use	Whether (or not) the participant accessed the intervention 2 weeks after initial registration. '0' indicates no (i.e. participant did not access the intervention 2 weeks post-registration). '1' indicates yes (i.e. participant did access the intervention 2 weeks post-registration.

Table 2. *Description of data contained in sheet 2: 'Page flow – Healthy Paths'.*

Variable name	Description
ID	ID number allocated to the participant.
Session start time	Date and time of each separate log-in to the Healthy Paths website.
Page	Name of the specific page visited.
Time	Total duration in seconds spent on the specific page.

Table 3. *Description of data contained in sheet 3: 'Page flow – Healthy Mind'.*

Column: variable name	Description
A: ID	ID number allocated to the participant.
B-C: activity id, page	The specific screen or content that participants accessed in the Healthy Mind app.
D: activity type	The type of activity that participants accessed in the Healthy Mind app.
E: status	Indicates that participants started the specified activity.
F: time	The time and date when the specified activity was started.
G: status	Indicates that participants ended the specified activity by completing it or clicking a back button.
H: time	The time and date when the specified activity was ended.
I: seconds on page	The duration in seconds spent on the specified activity.
J: session number	The number of times the participants accessed the Healthy Mind app on separate occasions. '1' indicates first log-in, '2' indicates second log-in etc.
K: time since last log	The delay in seconds between when the participant accessed the current and preceding activity.