

Supplementary material

Confidential

Hand Exercise Study
Page 1**End of Study Questionnaire**

Record ID

Date of Questionnaire Completion

End of Study Questionnaire

The following 8 questions have been adapted from Sekhon et al's 'Development of a theory-informed questionnaire to assess the acceptability of healthcare interventions' (2022).

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Reference: Sekhon, M., Cartwright, M. & Francis, J.J. Development of a theory-informed questionnaire to assess the acceptability of healthcare interventions. BMC Health Serv Res 22, 279 (2022).
<https://doi.org/10.1186/s12913-022-07577-3>

1. Did you like or dislike the hand exercise programme?

- ☐ Strongly dislike
☐ Dislike
☐ No opinion
☐ Like
☐ Strongly like

2. How much effort did it take to complete the hand exercise programme?

- ☐ No effort at all
☐ A little effort
☐ No opinion
☐ A lot of effort
☐ Huge effort

3. How appropriate is the hand exercise programme for people with IBM?

- ☐ Very inappropriate
☐ Inappropriate
☐ No opinion
☐ Appropriate
☐ Very appropriate

4. The hand exercise programme has improved my hand strength and/or function.

- ☐ Strongly disagree
☐ Disagree
☐ No opinion
☐ Agree
☐ Strongly agree

5. It is clear to me how the hand exercise programme will help to improve my hand strength and/or function.

- ☐ Strongly disagree
☐ Disagree
☐ No opinion
☐ Agree
☐ Strongly agree

6. How confident did you feel about performing the hand exercise programme?

- ☐ Very confident
☐ Unconfident
☐ No opinion
☐ Confident
☐ Very confident

Confidential

Page 2

7. The hand exercise programme interfered with my other priorities.

- ☐ Strongly disagree
☐ Disagree
☐ No opinion
☐ Agree
☐ Strongly agree

Acceptability

8. Overall, how acceptable was the hand exercise programme to you?

- ☐ Completely unacceptable
☐ Unacceptable
☐ No opinion
☐ Acceptable
☐ Completely acceptable

9. Regarding the time commitment required, how acceptable was the hand exercise programme?

- ☐ Completely unacceptable
☐ Unacceptable
☐ No opinion
☐ Acceptable
☐ Completely acceptable

Compliance

10. How would you rate your compliance with the hand exercise programme?

0 - Not compliant 100 - Fully compliant

(Place a mark on the scale above)

11. If you were not fully compliant, are there any factors that would have increased your compliance?

Additional Feedback

12. Is there any other feedback that you would like to provide on the intervention, the video or any aspect of the study?
