

User Burden Scale

Please complete the survey below.

Thank you!

1) What is your name (first and last)? _____

2) What is the name of the project you are a part of?

If you're not sure, please skip this question.

- Remote Training in Evidence-Based Practices (PI Aisenberg)
- Designing Remote Communication Approach to BA (PI's Kientz & Jenness)
- EBPI for Suicidality in Schools (PI's Brewer & Jones)
- Human-Centered Design for Behavioral Depression Treatment (PI's Bauer & Hseih)
- Frontline Staff Capacity for Geriatric Depression Treatment (PI's Zalavsky & Renn)
- Behavioral Skills Training Program for Educational Settings (PI's Bearss & Locke)
- Parenting Intervention for Women with Perinatal Depression and Anxiety (PI's Bhat & Oxford)
- Virtual Relaxation Environment to Reduce Stress in Teens (PI's Bjorling & Sonney)
- Decision Support for PTSD in Primary Care (PI's Chen & Williams)

3) What is the name of the implementation strategy or process you are responding about? _____

Select the number which most accurately reflects your feeling about the implementation strategy in question.

Response scale

Response Type 1 (Frequency/Occurrence):

0 = Never;

1 = A little bit of the time;

2 = Sometimes;

3 = Very often;

4 = All of the time.

Response Type 2 (Degree/Magnitude):

0 = Not at all;

1 = A little bit;

2 = Somewhat;

3 = Very much;

4 = Extremely

0 1 2 3 4

4)

- | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I need assistance from another person to use [x]. | <input type="radio"/> |
| 5) [x] demands too much mental effort. | <input type="radio"/> |
| 6) It takes too long for me to do what I want to do with [x]. | <input type="radio"/> |
| 7) [x] is hard to learn. | <input type="radio"/> |
| 8) I get frustrated when using [x]. | <input type="radio"/> |
| 9) Information, such as visual cues or sounds, from [x] is hard to understand. | <input type="radio"/> |
| 10) The value of [x] is not worth the cost to me. | <input type="radio"/> |
| 11) Using [x] too much creates physical discomfort. | <input type="radio"/> |
| 12) [x] has made me feel physical pain. | <input type="radio"/> |
| 13) [x] is not appropriate for my cultural background. | <input type="radio"/> |
| 14) I don't want others to know that I use [x]. | <input type="radio"/> |
| 15) Use of [x] is too physically demanding. | <input type="radio"/> |
| 16) I spend too much time using [x]. | <input type="radio"/> |
| 17) I use [x] more often than I should. | <input type="radio"/> |
| 18) [x] distracts me from social situations. | <input type="radio"/> |
| 19) Using [x] has a negative effect on my social life. | <input type="radio"/> |
| 20) [x] requires me to remember too much information. | <input type="radio"/> |
| 21) [x] presents too much information at once. | <input type="radio"/> |
| 22) Using [x] makes me feel like a bad person. | <input type="radio"/> |
| 23) I feel guilty when I use [x]. | <input type="radio"/> |
| 24) [x] forces me to make changes to how I normally use digital technologies. | <input type="radio"/> |
| 25) I am worried about what information gets shared by [x]. | <input type="radio"/> |
| 26) [x]'s policies about privacy are not trustworthy. | <input type="radio"/> |
| 27) | | | | | |

[x] requires me to do a lot to maintain my privacy within it.

28) [x] is too expensive.

29) The upfront cost to using [x] is too high.