



Please start the breathing training and follow along by pressing the "Start" button on the smartphone.

Once the training is complete you can continue this survey.

### G1. Right now I feel...

	definitely not (1)	not (2)	not really (3)	a little (4)	very much (5)	extremely (6)
... Restless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... Composed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... Uneasy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... Relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... Absolutely Calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### H1.

	strongly disagree (1)	disagree (2)	neither agree nor disagree (3)	agree (4)	strongly agree (5)
I lost myself in this experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The time I spent using Breeze just slipped away.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was absorbed in this experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt frustrated while using Breeze.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found Breeze confusing to use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using Breeze was taxing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breeze was attractive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breeze was aesthetically appealing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breeze appealed to my senses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using Breeze was worthwhile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My experience was rewarding.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

strongly disagree (1)   disagree (2)   neither agree nor disagree (3)   agree (4)   strongly agree (5)

I felt interested in this experience.    .....  .....  .....  .....

**I1.**

strongly disagree (1)   disagree (2)   neither agree nor disagree (3)   agree (4)   strongly agree (5)

The breathing training facilitates relaxation.    .....  .....  .....  .....

The breathing training is pleasant to use.    .....  .....  .....  .....

It is easy to follow the breathing training instructions.    .....  .....  .....  .....

The breathing training effectively teaches how to breathe.    .....  .....  .....  .....

The breathing training is effective in reducing stress.    .....  .....  .....  .....

The breathing training is effective in increasing attention to breath.    .....  .....  .....  .....

**J1.**

very inaccurate (-3)   inaccurate (-2)   somewhat inaccurate (-1)   neutral (0)   somewhat accurate (1)   accurate (2)   very accurate (3)

How accurate is the breathing detection?    .....  .....  .....  .....  .....  .....

**J2.   How much of your breathing did the breathing detection correctly detect?**

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**K1.   What is your age?**

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**K2.   What is your gender?**

Female  

Male  

Non-binary  

Prefer not to say





**Q1. Do you have any feedback regarding the Breeze app you want to share?**

**Q2. Do you have any feedback regarding this study you want to share?**