

Multimedia Appendix 1. Tools and materials for the activities

Assignment

for the Child

Hi!

Thank you for agreeing to participate in this interview! We are seeking to understand the experiences you have and the challenges you face managing your health condition. Sharing your thoughts will help us develop technology to help people follow their treatment plan. The following activities will help you better prepare and get warmed-up for your upcoming interview.

Please print out and complete this workbook. Once you've completed it, scan it (or take a photo of it) and email it back to penny@thestratogroup.com by Monday Feb. 27. You will need to bring it to your interview session.

If you have any questions about completing this homework please call us at Stratos (614) 300-7989.

About Me

Name _____ Age _____

It's been _____ years since I first learned I had a health condition

My Personality

In the following table mark an "X" between the two ends of each scale that best describes your personality.

Left Example Right Example

I'm Dependent I'm Independent
I like it when someone I trust looks after me I want freedom to live life the way I want

I'm Reactive I'm Proactive
I cross that bridge when I get there I'm always one step ahead

A TYPICAL DAY IN MY LIFE AS I MANAGE MY HEALTH CONDITION

What do you do and what are the challenges that you and your parents face? Walk us through how you get ready for the day and for bed.

WAKE UP

WHAT I DO DURING MY **MORNING ROUTINE** THINGS ABOUT LIVING WITH MY CONDITION THAT CHALLENGE ME AND MY PARENTS **IN THE MORNING**

WHAT I DO DURING MY **DAYTIME ROUTINES** THINGS ABOUT LIVING WITH MY CONDITION THAT CHALLENGE ME AND MY PARENTS **DURING THE DAY**

WHAT I DO DURING MY **NIGHT ROUTINE** THINGS ABOUT LIVING WITH MY CONDITION THAT CHALLENGE ME AND MY PARENTS **IN THE MORNING**

7:11
BED TIME

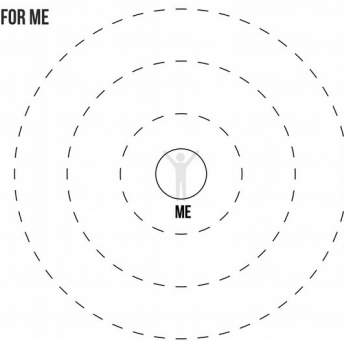
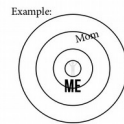
MY WORLD

Please briefly write a response to each of the prompts in the circles to the right:

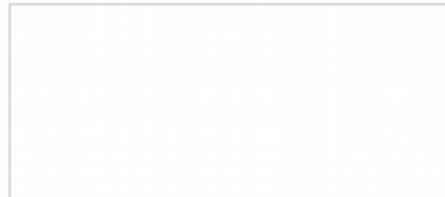
- My hobbies...
- Things that motivate me to move forward in life... (motivations, goals, dreams, etc.)
- The things that are most important in my life... (friends, family, school, etc.)
- Things that help me learn how to manage my condition (names of websites, apps, books, groups, etc.)

THE PEOPLE WHO CARE FOR ME

Please write or draw the people who care for you (including family, friends, medical professionals, etc.) the ones who are most involved write in the inner circles and the ones that are the least involved write in the outer circle.

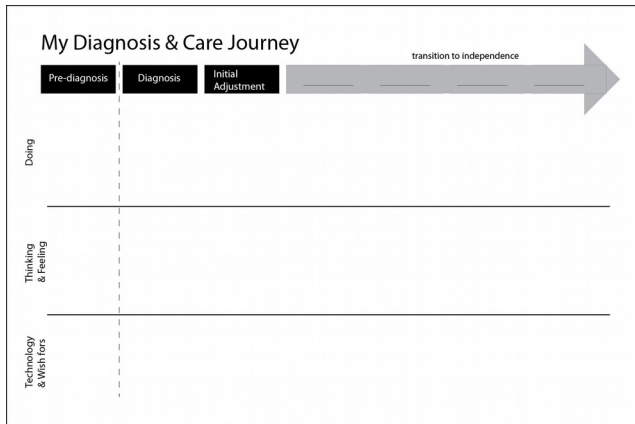


DRAW THE FUTURE



Activity 1

Canvas, materials and a sample of finalized activity



Activity 2

Canvas, materials and a sample of finalized activity

