

Additional file 4. Descriptive Analysis of TBQ+D Items

	Digital tool use intensity				
	Minimal (1) (N=50)	Low (2,3) (N=36)	Moderate (4,5) (N=111)	Maximal (6,7) (N=103)	Total (N=300)
How much of a problem is the taste, shape, or size of your pills?					
Mean (SD)	1.8 (2.80)	1.2 (2.18)	1.4 (2.80)	0.4 (1.30)	1.1 (2.36)
Median (IQR)	0 (0, 4)	0 (0, 1)	0 (0, 1)	0 (0, 0)	0 (0, 0)
Range	0, 10	0, 7	0, 10	0, 7	0, 10
Annoyances caused by your injections?					
Mean (SD)	1.3 (2.63)	1.6 (2.54)	2.8 (38)	2.4 (2.44)	2.2 (2.77)
Median (IQR)	0 (0, 1)	0 (0, 2)	2 (0, 5)	2 (0, 4)	1 (0, 4)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
Number of times that you should take your medication daily?					
Mean (SD)	1.3 (2.20)	2.2 (3.15)	2.7 (39)	1.2 (1.93)	1.9 (2.68)
Median (IQR)	0 (0, 3)	0 (0, 4)	1 (0, 6)	0 (0, 2)	0 (0, 3)
Range	0, 10	0, 10	0, 10	0, 9	0, 10
The efforts you make to help you remember to take your medications?					
Mean (SD)	2.2 (2.82)	2.4 (2.87)	3.1 (3.10)	2.3 (2.49)	2.6 (2.84)
Median (IQR)	1 (0, 4)	1 (0, 5)	2.5 (0, 6)	1 (0, 4)	2 (0, 5)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
To take the necessary precautions when taking your medication?					
Mean (SD)	1.8 (2.41)	2.6 (3.18)	2.7 (3.10)	2.1 (2.51)	2.3 (2.82)
Median (IQR)	1 (0, 3)	1.5 (0, 5)	1 (0, 6)	1 (0, 4)	1 (0, 4)
Range	0, 8	0, 10	0, 10	0, 9	0, 10
To arrange medical appointments and to reorganize your schedule?					
Mean (SD)	2.4 (32)	1.9 (2.66)	2.2 (2.70)	2.5 (2.66)	2.3 (2.73)
Median (IQR)	0.5 (0, 4)	0 (0, 3.5)	1 (0, 4)	2 (0, 5)	1 (0, 4)
Range	0, 10	0, 10	0, 10	0, 9	0, 10
To attend doctor visits and other office visits?					
Mean (SD)	1.8 (2.28)	1.6 (2.16)	1.9 (2.47)	2.1 (2.14)	1.9 (2.29)
Median (IQR)	0 (0, 4)	0 (0, 3)	1 (0, 3)	2 (0, 4)	1 (0, 3)
Range	0, 7	0, 7	0, 9	0, 7	0, 9
To complete lab tests and other exams?					
Mean (SD)	1.5 (2.25)	1.6 (2.49)	1.5 (2.33)	1.6 (1.86)	1.6 (2.18)
Median (IQR)	0 (0, 2)	0 (0, 3)	0 (0, 2)	1 (0, 3)	0.5 (0, 2)
Range	0, 9	0, 10	0, 9	0, 7	0, 10

	Digital tool use intensity				
	Minimal (1) (N=50)	Low (2,3) (N=36)	Moderate (4,5) (N=111)	Maximal (6,7) (N=103)	Total (N=300)
The difficulties you have in your relationships with healthcare professionals?					
Mean (SD)	1 (28)	0.6 (1.37)	1.1 (25)	1.1 (2.21)	1 (25)
Median (IQR)	0 (0, 1)	0 (0, 0)	0 (0, 1)	0 (0, 1)	0 (0, 1)
Range	0, 10	0, 7	0, 10	0, 8	0, 10
The time and effort required for self-monitoring?					
Mean (SD)	2 (2.57)	2.3 (2.75)	3 (3.19)	2.4 (2.52)	2.5 (2.84)
Median (IQR)	1 (0, 3)	2 (0, 4)	2 (0, 5)	2 (0, 4)	2 (0, 4.5)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
The administrative burden related to healthcare?					
Mean (SD)	2.7 (3.32)	2.5 (3.20)	2.5 (2.90)	2.9 (2.84)	2.7 (2.98)
Median (IQR)	1 (0, 5)	2 (0, 5)	2 (0, 4)	2 (0, 5)	2 (0, 5)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
The financial burden associated with your healthcare?					
Mean (SD)	2.1 (2.82)	2.2 (31)	3.3 (3.34)	3.5 (3.26)	3.1 (3.23)
Median (IQR)	0 (0, 4)	1 (0, 4)	2 (0, 5)	2 (0, 6)	2 (0, 5)
Range	0, 9	0, 10	0, 10	0, 10	0, 10
To make changes in eating and other habits?					
Mean (SD)	3.7 (2.94)	3.4 (36)	4.1 (36)	3.4 (2.82)	3.7 (2.96)
Median (IQR)	3 (1, 5)	2 (0, 5)	4 (1, 6)	3 (1, 6)	3 (1, 6)
Range	0, 10	0, 10	0, 10	0, 9	0, 10
To follow doctors' recommendations to practice physical activity?					
Mean (SD)	2.3 (2.93)	2.5 (2.62)	3 (2.94)	2.1 (2.41)	2.5 (2.74)
Median (IQR)	1 (0, 3)	2 (0, 4)	2 (0, 5)	1 (0, 3)	2 (0, 4)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
How your healthcare affects your relationships with others?					
Mean (SD)	1.4 (2.52)	1.8 (3.14)	1.8 (2.56)	2 (2.69)	1.8 (2.67)
Median (IQR)	0 (0, 2)	0 (0, 2)	0 (0, 3)	1 (0, 3)	0 (0, 3)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
To manage your health discretely?					
Mean (SD)	1.3 (2.35)	1.7 (2.93)	2.2 (2.70)	1.8 (2.61)	1.9 (2.65)
Median (IQR)	0 (0, 1)	0 (0, 2)	1 (0, 4)	1 (0, 2)	0 (0, 3)
Range	0, 10	0, 10	0, 10	0, 9	0, 10
The privacy and security of your health information?					
Mean (SD)	1 (2.40)	0.9 (2.13)	1.3 (2.37)	1.2 (2.10)	1.2 (2.25)
Median (IQR)	0 (0, 1)	0 (0, 1)	0 (0, 1)	0 (0, 2)	0 (0, 1)
Range	0, 10	0, 9	0, 10	0, 9	0, 10

	Digital tool use intensity				
	Minimal (1) (N=50)	Low (2,3) (N=36)	Moderate (4,5) (N=111)	Maximal (6,7) (N=103)	Total (N=300)
The need for healthcare on a regular basis reminds me of my health problems					
Mean (SD)	3 (3.57)	3 (3.53)	3.8 (3.56)	3.7 (3.11)	3.5 (3.41)
Median (IQR)	1 (0, 5)	1.5 (0, 5)	3 (1, 6)	3 (1, 5)	3 (0, 6)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
Do you use digital devices as part of your health management?, n (%)					
No	15 (31.3%)	10 (28.6%)	1 (0.9%)	0 (0%)	26 (8.8%)
Yes	33 (68.8%)	25 (71.4%)	110 (99.1%)	101 (100%)	269 (91.2%)
The time and effort required to take care of and use your digital devices in your day-to-day life?					
Mean (SD)	1.7 (2.39)	2.2 (2.43)	2.5 (2.80)	3.1 (2.67)	2.6 (2.70)
Median (IQR)	1 (0, 2)	2 (0, 3)	1 (0, 4)	3 (1, 5)	2 (0, 5)
Range	0, 9	0, 10	0, 10	0, 10	0, 10
The annoyance and discomfort of your digital devices?					
Mean (SD)	1.2 (2.57)	1.6 (2.34)	3.4 (39)	3.7 (2.99)	3.1 (35)
Median (IQR)	0 (0, 1)	1 (0, 2)	2 (0, 6)	3 (1, 6)	2 (0, 6)
Range	0, 10	0, 10	0, 10	0, 10	0, 10
The time and effort required to solve problems with your digital devices?					
Mean (SD)	1.6 (2.57)	2.1 (2.45)	2.5 (31)	3.1 (2.69)	2.6 (2.82)
Median (IQR)	1 (0, 2)	1 (0, 4)	1 (0, 4)	2 (1, 5)	1 (0, 4)
Range	0, 10	0, 8	0, 10	0, 10	0, 10
To take the necessary precautions when using your digital devices?					
Mean (SD)	1.4 (2.42)	1.4 (2.25)	2.8 (2.98)	3.1 (2.63)	2.6 (2.79)
Median (IQR)	0 (0, 1)	1 (0, 2)	2 (0, 5)	2 (1, 5)	2 (0, 5)
Range	0, 9	0, 10	0, 10	0, 10	0, 10
To give control of your health to digital devices?					
Mean (SD)	0.9 (2.39)	0.8 (1.55)	1.7 (2.50)	1.7 (2.49)	1.5 (2.42)
Median (IQR)	0 (0, 0)	0 (0, 1)	1 (0, 2)	0 (0, 3)	0 (0, 2)
Range	0, 10	0, 5	0, 10	0, 10	0, 10
The need for digital devices on a regular basis reminds me of my health problems					
Mean (SD)	2.5 (2.91)	2.8 (3.30)	3.7 (3.40)	3.8 (3.35)	3.5 (3.33)
Median (IQR)	2 (0, 5)	2 (0, 5)	2 (1, 6)	3 (1, 5)	2 (1, 5)
Range	0, 10	0, 10	0, 10	0, 10	0, 10