

| Appendix 2. Satisfaction survey responses | <i>All Calm Users</i> | <i>All 10% Happier Users</i> | <i>Two-App Users</i> | | <i>One-App Users</i> | |
|---|-----------------------|------------------------------|----------------------|---------------------------|----------------------|---------------------------|
| | <i>Calm (n=63)</i> | <i>10% Happier (n=67)</i> | <i>Calm (n=51)</i> | <i>10% Happier (n=46)</i> | <i>Calm (n=12)</i> | <i>10% Happier (n=21)</i> |
| Question 1: On a scale of 1-5 (1=did not enjoy at all, 5=very much enjoyed), how would you rate your overall enjoyment with using the meditation app? | | | | | | |
| (1) did not enjoy at all | 1.6% | 0.0% | 2.0% | 0.0% | 0.0% | 0.0% |
| (2) | 3.2% | 10.5% | 3.9% | 15.2% | 0.0% | 4.8% |
| (3) neutral | 12.7% | 28.4% | 9.8% | 26.1% | 16.7% | 38.1% |
| (4) | 41.3% | 23.9% | 45.1% | 23.9% | 25.0% | 14.3% |
| (5) very much enjoyed | 41.3% | 37.3% | 39.2% | 34.8% | 58.3% | 42.9% |
| Question 2: How would you rate your overall satisfaction with the content of the meditation app? | | | | | | |
| (1) very satisfied | 33.3% | 35.8% | 31.4% | 32.6% | 50.0% | 47.6% |
| (2) satisfied | 50.8% | 29.9% | 52.9% | 30.4% | 33.3% | 19.0% |
| (3) neither satisfied nor dissatisfied | 14.3% | 31.3% | 13.7% | 32.6% | 16.7% | 33.3% |
| (4) dissatisfied | 1.6% | 3.0% | 2.0% | 4.3% | 0.0% | 0.0% |
| (5) very dissatisfied | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Question 3: Would you recommend using the meditation app for MPN cancer patients? | | | | | | |
| (1) yes | 96.8% | 76.9% | 96.1% | 73.9% | 100.0% | 85.7% |
| (2) no | 3.2% | 23.1% | 3.9% | 26.1% | 0.0% | 14.3% |
| Question 4: How likely are you to continue using the meditation app in the future? | | | | | | |
| (1) extremely likely | 28.1% | 16.4% | 23.5% | 15.2% | 50.0% | 19.0% |
| (2) likely | 48.4% | 38.8% | 56.9% | 37.0% | 16.7% | 38.1% |
| (3) neutral | 12.5% | 16.4% | 5.9% | 15.2% | 33.3% | 23.8% |
| (4) unlikely | 7.8% | 20.9% | 9.8% | 21.7% | 0.0% | 19.0% |
| (5) extremely unlikely | 3.1% | 7.5% | 3.9% | 10.9% | 0.0% | 0.0% |