

PD Exercises App Research
Initial Questions for Participants:

- 1) Which electronic device would you prefer to use if you were looking up exercises that could help you with PD? Cellphone, Laptop, other _____
- 2) What are your favorite exercises for PD and why?
- 3) How do you know you need to exercise for PD?
- 4) What exercise for dyskinesia do you find useful and why?
- 5) What exercise for balance do you find useful and why?
- 6) What exercise for cognition do you find useful and why?
- 7) What symptom of PD do you wish you had more exercises for?

On a scale of 1-5, 1 being strongly disagree, 2 being disagree, 3 being neutral, 4 being agree and 5 meaning strongly agree, please rate the following statements:

Strongly Disagree			Strongly Agree			
1	2	3	4	5	I sometimes forget exercises.	
1	2	3	4	5	Exercise makes a difference in PD symptoms.	
1	2	3	4	5	I don't need special exercises for PD.	
1	2	3	4	5	Exercise doesn't help depression associated with PD.	
1	2	3	4	5	I have looked online for exercises to help with PD.	
1	2	3	4	5	I would not use an app for PD exercises.	
1	2	3	4	5	I would feel comfortable using an app for PD exercises	
1	2	3	4	5	I prefer to use a computer over a cell phone to look up exercises that help with PD.	
1	2	3	4	5	I wouldn't exercise more if I had reminders.	
1	2	3	4	5	I prefer to do PD exercises in person with others.	