

## Supplementary Box 1

Suggested improvements to the application by interviewees

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- I wanted the ability to look back on the information I entered the app later.
  - Since the app does not have a look-back function, I felt that we could not see our own changes over time.
  - The content of the ACT was difficult to understand.
  - The expressions in the explanations were unique and it was difficult to grasp the intent.
  - The animation [content] was difficult to understand.
  - I felt the number of tasks to be performed in the application was too much.
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