

Table S1. Evaluation of the Usability of MotionSense HRV, Mean \pm Standard deviation or Percent

Questions	Score Range	Response Rate (%)	Response Score
How burdensome was it to carry the smartphone and devices during the past 7 days?	[†] 1 = Not at all, 5 = Extremely	100	3.0 \pm 1.3
What is your overall experience on the mobile monitoring system?	[‡] 1 = Poor, 5 =Excellent	100	3.2 \pm 1.0
How do you like the phone that we gave you?	[†] 1 = Not at all, 5 = Extremely	100	3.6 \pm 0.9
Do you think the software on the phone is easy to use?	[†] 1 = Not at all, 5 = Extremely	100	4.2 \pm 1.0
Was the instruction page useful for you to use the mobile system?	[†] 1 = Not at all, 5 = Extremely	100	4.2 \pm 0.8
During the consenting procedure, how well did the investigator explain the project to you?	[‡] 1 = Poor, 5 =Excellent	100	4.7 \pm 0.6
Considering the privacy-protection procedures, are you concerned about the privacy issue?	1 = Yes, 2 = No	100	*10%
Did you get quick feedback whenever you contact our people?	1 = Yes, 2 = No	100	*100%
If you received feedback, was that useful for you to solve the problem?	1 = Yes, 2 = No	100	*100%
Based on your experience of the last 10 days, do you think you will still participate in similar studies that require you to carry a smartphone and wristbands?	1 = Yes, 2 = No	100	*75%
Additional feedback from participants	- I would suggest if possible fewer devices because it was hard to keep track of all of them/charge all of them each day.		
	- Waterproof?		
	- Consolidate equipment. Maybe just wristbands or just watch + pedometer.		
	- A higher distance from the phone would be great too.		
	- Self-recording monitors that don't require a separate smartphone (or download an app on my own device).		
	- More comfortable straps (buckle hurt skin after a while). Possible ankle location rather than wrist?		

[†]1: Not at all; 2: A little bit; 3: Moderately; 4: Very; 5: Extremely

[‡]1: Poor; 2: Fair; 3: Good; 4: Very good; 5: Excellent

*Percent of participants who responded 'Yes.'