

1 Personality test and personal information

- We conducted an in-app BFI-10 personality test [1].
- We asked the users to select their age group when they created their profile in app.

2 Evening questionnaire

Users were prompted to complete the in-app evening questionnaire, to score perceived motivation regarding the received notifications.

2.1 Question 1

- Slovenko: Sporočila so mi dala motivacijo za doseganje ciljev.
- English: The messages motivated me to pursue my goals.

2.2 Question 2

- Slovenko: Sporočila mi niso pomagala pri izpolnjevanju nalog.
- English: The messages did not help me in completing my tasks.

2.3 Possible answers

5-level Likert scale:

- Slovenko: Sploh se ne strinjam — Ne strinjam se — Niti se strinjam niti se ne strinjam — Strinjam se — Popolnoma se strinjam
- English: I strongly disagree — I disagree — I neither agree nor disagree — I agree — I strongly agree

References

- [1] Rammstedt, B., John, O.P.: Measuring personality in one minute or less: A 10-item short version of the big five inventory in english and german. *Journal of Research in Personality* **41**(1), 203–212 (Feb 2007). <https://doi.org/10.1016/j.jrp.2006.02.001>, <https://doi.org/10.1016/j.jrp.2006.02.001>