

MULTIMEDIA APPENDIX 1: Question guide for the process evaluation using semi-structured interviews after finishing the 12-month intervention period.

Question guide for the App
It is true that you have used the App to follow the Strengthen Your Ankle training program?
Did you execute the 8 weeks of the training program, as instructed?
If no, what was the reason for not following the training program as instructed?
How much of the training program did you follow?
Do you still follow the training program now?
Can you elaborate on how you have experienced:
<ul style="list-style-type: none"> - The usability - The provided information - The design
How did the app contribute to the Strengthen Your Ankle program?
If the App were updated, what would you like to improve?
Currently there are many medical applications available.
Would you only use these apps when a medical professional advice you to do so?
Would you advise others to use the App to follow the Strengthen Your Ankle training program?
Are there any remarks you want to make concerning the App or the program?

Question guide for the Booklet
It is true that you have used the booklet to follow the Strengthen Your Ankle training program?

Did you execute the 8 weeks of the training program, as instructed?

If no, what was the reason for not following the training program as instructed?

How much of the training program did you follow?

Do you still follow the training program now?

Can you elaborate on how you have experienced:

- **The usability**
- **The provided information**
- **The design**

You might be aware of the fact that there is also a mobile App available with the Strengthen Your Ankle program. Do you think the app would contribute to the training program?

And if yes, how?

How would you like a mobile application to be developed?

What features would you prefer?

Currently there are many medical applications available.

Would you only use these apps when a medical professional advice you to do so?

Would you advise others to use the Strengthen Your Ankle training program?

Are there any remarks you want to make concerning the possibility of an App or the program?