

Table 2. Distributions and Means of Intervention Evaluation Items (N = 243)

Question	Mean	Strongly Disagree	Disagree	Agree	Strongly Agree
		n (%)			
The program was easy to use	3.54	3 (1.2)	9 (3.7)	85 (35.0)	146 (60.1)
The questions were easy to understand	3.40	2 (.8)	19 (7.8)	102 (42.0)	120 (49.4)
I would feel comfortable recommending this program to others	3.36	6 (2.5)	20 (8.2)	98 (40.3)	119 (49)
The personal feedback was easy to understand	3.52	1 (0.4)	9 (3.7)	96 (39.5)	137 (56.4)
The program gave me something new to think about	3.36	8 (3.3)	17 (7.0)	97 (39.9)	121 (49.8)
I like the way the program looked	3.48	3 (1.2)	7 (2.9)	104 (42.8)	129 (53.1)
The program was designed for people like me	3.34	11 (4.5)	16 (6.6)	96 (39.5)	120 (49.4)
I enjoyed using the program	3.27	4 (1.6)	21 (8.6)	123 (50.6)	95 (39.1)
The program was useful	3.37	5 (2.1)	15 (6.2)	109 (44.9)	114 (46.9)
The program gave sound advice	3.42	6 (2.5)	9 (3.7)	105 (43.2)	123 (50.6)
The program could help me be healthier	3.37	8 (3.3)	11 (4.5)	108 (44.4)	116 (47.7)
The program could help me make changes	3.32	8 (3.3)	14 (5.8)	113 (46.5)	108 (44.4)
The program was easy to navigate	3.53	1 (0.4)	4 (1.6)	104 (42.8)	134 (55.1)
I learned new information by using this program	3.41	5 (2.1)	9 (3.7)	110 (45.3)	119 (49.0)