



Appendix 1 – Invitation Letter

Focus: Engaging patients with long COVID to use their character strengths to improve quality of life through a tailored mHealth intervention.

Do you use a smart phone? Are you interested in giving feedback on how smart phones can help people self-manage symptoms like chronic fatigue?

Then you might be interested in helping us design a new app by working with our research group in our **Focus Study**.

In this study, we want to learn more about how an app might be designed and used to support people in managing their symptoms of long COVID such as chronic fatigue. We are asking you to participate in this study because we want to talk to individuals who:

- Are familiar with smartphones,
- Have used any app for a health-related activity.

We are seeking your ideas and feedback to help design an app.

If you decide to take part, this study involves participating in a one-on-one interview that will include you testing and giving feedback on iPhone screen mock ups. The interview session will take about 1 hour.

In the session we will confirm your consent, then ask some basic demographic questions. After that we will invite you to share your ideas about effective symptom management that involves multiple approaches. Then we will get you to look at mock ups for an app that could support with tracking and managing long COVID symptoms such as fatigue. We will be running up to 3 iterations and you are welcome to participate in more than one, but you do not need to.

The interviews can be done virtually using a videoconferencing application. The session will be recorded (audio and screen sharing of the mock ups, not you).

We will compensate you for your time spent participating in this study. You will receive \$40CAD for each session.

If you have any questions about the study, or would like to participate, please contact Dr. Morgan Price by email Morgan.Price@ubc.ca

If you are aware of anyone who would be suitable for participation in this study, please feel free forward this letter to them, but please do not share their name(s) with us without their prior permission to protect their privacy.