

PRE-USAGE SURVEY QUESTIONS

Name: Bùi Thị Hằng

1. Do you think cognitive decline is a normal symptom of aging or a pathological condition?

a. Normal

☒ b. Pathological

2. Are you experiencing any problems with cognitive functions?

If yes, please specify which cognitive functions you feel are affected

Yes - Forget things, forget words, poor concentration

3. Does the decline in cognitive functions affect your quality of life? (e.g., memory, concentration, communication, decision-making, mood, sleep quality, dependence on others in daily activities, etc.)

Not much - Reduced sleep quality

4. Do you engage in any cognitive training activities? (If yes, please specify the method.)

Yoga (1-5 times/week)

5. Are you willing to train your cognitive functions using a mobile app?

a. Yes

b. No

If the answer to question 5 is No, proceed to question 6.

If the answer to question 5 is Yes, continue to question 7.

6. If there were an app consisting of cognitive games specifically designed for Vietnamese individuals, recommended by neurologists, would you be willing to use it to improve your cognitive functions?

a. Yes

b. No

If the answer to question 6 is No, please provide the reason:

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If the answer to question 6 is Yes, continue to the following question:

7. How much time are you willing to dedicate to cognitive training using the app per day?

a. 15 minutes

b. 30 minutes

c. 45 minutes

d. Other:

(15-30 minutes)

8. What monthly fee are you willing to pay for a home-based cognitive training app that allows you to share your progress with a specialized neurologist?

less than 100,000 VND per month (50,000 VND is better)

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