

<b>Variable</b>	<b>Description</b>
PPnr	Participant number
Conditie	Condition of the participants in the study (0=waiting list, 1=app)
AGE	Age of the participants
GEN	Gender of the participants (0=female, 1=male)
EDU	Education of the participants (3=lower general secondary, 4=higher general secondary, 5=college, 6=University)
JOB	Having a job (0=no, 1=yes)
ALONE	Living alone (0=no, 1=yes)
SUFF_Y	Duration of insomnia in years (0="<1", 1="1-5", 2="5-10", 3=">10")
PHYSIC	Suffering insomnia due to physical condition (1=no, 2=yes)
MED	Using sleep medication (0=no, 1=yes)
PRES or PRESCRIBED	The sleep medication is prescribed (0=no, 1=yes)
PE	Performance Expectation: PE1, PE2, PE3, PE4, PE5, PE6, PE7 [1..8]
EE	Effort Expectancy: EE1, EE2, EE3, EE4, EE5_R, EE6 [1..8]
SI	Social Influence: SI1, SI2, SI3, SI4, SI5_R [1..8]
HM	Hedonic Motivation: HM1, HM2_R, HM3, HM4, HM5, HM6, HM7_R [1..8]
SE	Self-Efficacy: SE1, SE2, SE3, SE4 [1..8]
TR	Trust: TR1, TR2_R, TR3 [1..8]
AN	Anxiety: AN1_R, AN2_R, AN3_R, AN4_R [1..8]
BI	Behavior Intention: BI1, BI2, BI3, BI4, BI5, BI6, BI7 [1..8]
FC	Facilitating Condition: FC1, FC2, FC3, FC4 [1..8]
CONV_DO	The number of participant action of attending the dialogue or conversations between the participant and the app
SD_DO	The number of daily act of filling in the sleep diary (maximum is 49)
RE_DO	The number of daily act of conducting the relaxation exercise (maximum 45)
NOTI_DO	The number of participant reactions on remainders and notifications
CONV_OFF	The number of appointments of a participant for attending conversations between the app and the participant
CONV_Adh	The adherence of a participant to attend the appointment for attending conversations between the app and the participant (CONV_DO/CONV_OFF)
SD_Adh	The adherence of a participant on filling in the sleep diary (SD_DO/49)
RE_Adh	The adherence of a participant on conducting the relaxation exercise (RE_DO/45)
NOTI_GET	The number of remainders and notifications sent to a participant
NOTI_Adh	The adherence of a participant to react on the remainders and notifications (NOTI_DO/NOTI_GET)

PRE_ISI1 .. PRE_ISI7	The results (7 items) of the insomnia severity index (ISI) questionnaire in the pre-test phase (at the beginning of the study)
PRE_ISI	The total score of the results of the ISI questionnaire of a participant in the pre-test phase (maximum 28)
B_ISI1 .. B_ISI7	The results (7 items) of the ISI questionnaire in the between-test phase (the third week of the study)
B_ISI	The total score of the results of the ISI questionnaire of a participant in the between-test phase (maximum 28)
P_ISI1 .. P_ISI7	The results (7 items) of the ISI questionnaire in the post-test phase (the seventh week of the study)
POST_ISI or P_ISI	The total score of the results of the ISI questionnaire of a participant in the post-test phase (maximum 28)
ISI1 .. ISI7	The difference of the results of the ISI questionnaires in the post-test phase and the pre-test phase (7 items)
ISI or ISI_TOT	The total score of the difference results of the ISI questionnaires in the post-test phase and the pre-test phase
TO	Perceived Therapy Outcome: TO1_R, TO2, TO3, TO4_R, TO5_R, TO6, TO7, TO8_R, TO9_R [-10 .. 10]
SR_cond	Conducting the sleep restriction exercise (0=no, 1=yes)
TIB1 .. TIB49	Absolute time-in-bed deviation (in minutes) of participants for 49 days based on the sleep diary input
TIB_DO	The number of recorded time-in-bed data based on the sleep diary input
DIV_SR_TOT	Total time-in-bed deviation (in minutes) of participants in 49 days based on the sleep diary input (SUM of TIB1..TIB49)
SR_WEEK or SR_DO	The number of weeks conducting the sleep restriction
DIV_SR_AVG or SR_DIV or SR_DEV	Time-in-bed deviation (minutes) from the agreement during the Sleep Restriction exercise in average (DIV_SR_TOT/TIB_DO)

Note:

- Addition of “\_R” after a variable name mean the values of the variable are reversed
- In paper, hyphens (“-”) are used to replace underscore (“\_”) in the variable names
- Hedonic Motivation (HM) may also be called as Affect (AF) in some documents/files