

Gimpel, Henner; Nißen, Marcia; Görlitz, Roland A. (2013).

Quantifying the Quantified Self: A Study on the Motivations of Patients to Track Their Own Health. ICIS 2013 Proceedings (International Conference on Information Systems. Milan, Italy), Association for Information Systems (AIS).

– Codebook for Raw Data File –

The data file contains 151 rows and 112 columns. The first row provides column names. Each following row represents data from one survey respondent who completed the survey and was honest and attentive according to control questions included in the questionnaire. Please see the working paper for details.

Column number	Column name prefix	Column name suffixes	Coding
1	id		Unique respondent id ranging from 1 to 411
2 to 32	motivation.	01 to 31	<p>Responses on 5 point Likert scale “How much do you agree with the following statements? I’m self-tracking certain aspects of my life, because [31 different items, see below]”</p> <p>(1) Strongly agree (2) Agree (3) Neutral (4) Disagree (5) Strongly disagree</p> <p>1 ... it is fun and entertaining. 2 ... I enjoy forgetting about time while doing so. 3 ... I enjoy getting lost totally in self-tracking activities. 4 ... I like playing around with numbers/statistics etc.. 5 ... I like playing around with my smartphone/technical device etc.. 6 ... I want to help/inspire others. 7 ... I found a unique technique doing so. 8 ... the way I'm doing is interesting for others/might help others 9 ... I'm interested in how certain things in (my) life interact. 10 ... I try to manipulate certain aspects in my life. 11 ... I like keeping track of what I'm doing. 12 ... otherwise I would forget what I have done in the past. 13 ... it helps me to overcome self-deception. 14 ... I want to compare my results to others. 15 ... I want to see wherein I am better than others. 16 ... it facilitates my self-discipline. 17 ... it motivates me to keep on working for a goal. 18 ... I'm the only one who is able to change myself. 19 ... It allows me to reward myself. 20 ... it helps me to optimize the way I'm living. 21 ... I enjoy being someone in the Quantified Self community. 22 ... I want to be someone. 23 ... I want to present myself to others. 24 ... numbers help me to reflect on what I'm doing. 25 ... I want to control what I'm doing with my life. 26 ... I enjoy being my own master. 27 ... I feel responsible for my life. 28 ... I enjoy being part of the Quantified Self movement. 29 ... many of my (online) friends are doing so as well. 30 ... I don't trust in the health care system/classic therapies. 31 ... I want to be independent from traditional medical treatments.</p> <p>Please note: The numbering of 31 items as listed here fits the raw data from the survey. In the working paper, Table 2, the remaining 19 items have a new consecutive</p>

			numbering that differs from these here.
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33	age		Numerical answer to the question "How old are you?"
34	gender		Textual description from multiple choice question "You are ..." "N/A" if not disclosed
35	occupation		Textual description from multiple choice question
36	occupation.other		Textual description from free text field related to "Other" in the occupation multiple choice question
37	country		Textual description from multiple choice question
38 to 43	object.phys_	steps, floors, bike, run, exerc, other	"Which of the following parameters are you tracking?" (Multiple answers possible) Physical activities: Steps Floors climbed Biking Running Exercises Other" "Yes" if checked, "No" otherwise For other, free text answer
44 to 53	object.body_	stamina, muscelstrength, weigth, bodymeasure, bloodpressure, heartrate, bodyfat, bodywater, BMI, other	"Which of the following parameters are you tracking?" (Multiple answers possible) Body: Stamina Muscle strength Body weight Body measurement(s) Blood pressures Heart rate Body fat percentage Body water BMI Other" "Yes" if checked, "No" otherwise For other, free text answer
54 to 58	object.nutrition_	caloriesintake, caloriesbalance, waterconsumption, nutrsupp other	"Which of the following parameters are you tracking?" (Multiple answers possible) Nutrition: Calories intake Calories balance Water consumption Nutritional supplements Other" "Yes" if checked, "No" otherwise For other, free text answer
59 to 64	object.well_being_	mood, wellbeing, sleeptime, sleepquality, dreams, other	"Which of the following parameters are you tracking?" (Multiple answers possible) Well-being: Mood General well-being Sleep time Sleep quality Dreams Other" "Yes" if checked, "No" otherwise For other, free text answer
65 to 68	object.addictions_	coffee, cigarettes, alcohol, other	"Which of the following parameters are you tracking?" (Multiple answers possible) Addictions: Coffee consumption Cigarettes consumption Alcohol consumption Other" "Yes" if checked, "No" otherwise For other, free text answer

69 to 76	object.medical_	medication, dosis, symptoms, bloodtest, insulin, bloodsugar, healthstate, other	<p>"Which of the following parameters are you tracking? (Multiple answers possible)</p> <p>Medical:</p> <p>General medication Medication dosis Symptoms Blood-test results Insulin intake Blood sugar General daily records about health state Other"</p> <p>"Yes" if checked, "No" otherwise For other, free text answer</p>
77 to 83	object.environment_	temp, ozone, symptoms atmospheric rain clouds other	<p>"Which of the following parameters are you tracking? (Multiple answers possible)</p> <p>Environment:</p> <p>Temperature Ozone concentration Location (e.g. GPS) Atmospheric pressure Rain Clouds Other"</p> <p>"Yes" if checked, "No" otherwise For other, free text answer</p>
84 to 87	object.relationships_	meetfreque, meetquality, sex, other	<p>"Which of the following parameters are you tracking? (Multiple answers possible)</p> <p>Relationships:</p> <p>Frequency of gatherings Quality of gatherings Sex Other"</p> <p>"Yes" if checked, "No" otherwise For other, free text answer</p>
88 to 91	object.other_	finance, todo, delay other	<p>"Which of the following parameters are you tracking? (Multiple answers possible)</p> <p>Other:</p> <p>Finances To-do lists Delays (train, metro, ...) Other"</p> <p>"Yes" if checked, "No" otherwise For other, free text answer</p>
92	chronic.disease		Textual description from multiple choice question "Do you suffer from a chronic disease?"
93	chronic.disease.free.text		Textual description from free text field related to "Yes, I suffer from" in the chronic disease multiple choice question
94 to 97	reason.	thought.so, news, friends, physician	<p>"Why did you start tracking yourself? Please select at least one answer. Please choose all that apply:</p> <p>I just thought I should I heard about self-tracking (tools, apps, ...) in the news Friends of mine started doing so as well My physician recommended tracking some of my vital parameters / symptoms Other"</p> <p>"Yes" if checked, "No" otherwise For other, free text answer</p>
98	reason.other.free.text		Textual description from free text field related to "Other" in the reason for tracking multiple choice question

99 to 102	activity.	<p>tracking.time.min.per.day</p> <p>deliberation.time.min.per.day</p> <p>total.time.min.per.day</p> <p>num.parameters.tracked</p>	<p>“Please estimate the time you daily spend on your own self-tracking: ___ hours and ___ minutes” Results converted to minutes</p> <p>“Please estimate the time you daily spend on self-tracking related activities (e.g. reading blogs, participating in communities, attending or organizing meetups, ...): ___ hours and ___ minutes” Results converted to minutes</p> <p>Sum of activity. tracking.time.min.per.day and activity. deliberation.time.min.per.day</p> <p>Count of “Yes” in columns 38-91</p>
103 to 112	personality.	01 to 10	Textual response to Likert-scale personality questions according to Rammstedt, B., John, O.P. (2007). Measuring personality in one minute or less: A 10-item short version of the Big Five Inventory in English and German, <i>Journal of Research in Personality</i> 41: 203-212.