

The feasibility of a text-messaging intervention promoting physical activity in shift workers: a process evaluation

Exit online survey

The following survey items addressing the implementation, context and mechanisms of action will be used:

Process evaluation component	Survey items
Reach	Why did you take part in th program
Adoption	Overall, how beneficial do you think the program has been to you so far? How would you rate the text messages? How would you rate the <i>SEMA</i> ³ app? How would you rate the discussions with the researcher on the program? (Answer with 1=no benefit, 5= neutral &; 10= extremely beneficial)
Implementation	Did the program meet your expectations? Did you experience any barriers to participation in the program? If you answered yes to the last question, please give details about any barriers: Do you have any other comments about the health promotion program? (Maybe positive or negative factors).
Maintenance	I will continue to be physically active even after the program (answer: yes, uncertain, no) Would you recommend this type of program to other shift workers?