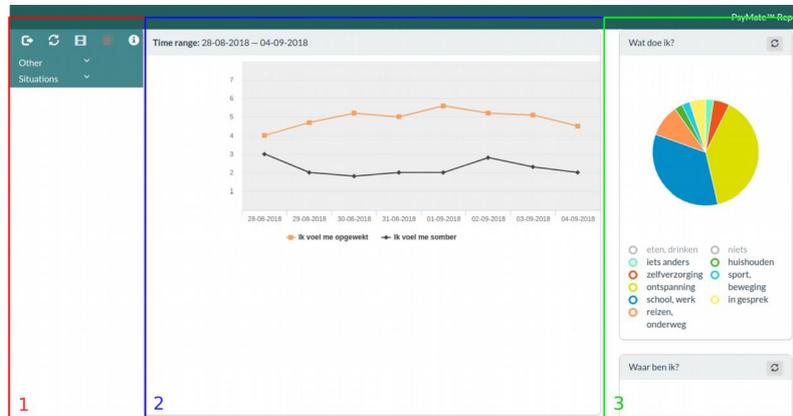


User manual PsyMate™ reporting module

The following link can be used to access your individual PsyMate™ results: reporting.psymate.io. You can log in to this reporting module with the username, password and subject number you received by e-mail. You will see the screen below when logged in:



1. On the left side of the screen (red box), you see all the PsyMate™ items you have completed. You can scroll down to view all the items. You can select these items to view how your scores on these items varied per day in the middle of the screen (blue box).
2. The items you have chosen in the left menu are now displayed in the line chart in the middle of the screen (blue box). You can see the days horizontally and vertically you can see the scores you have given on these items.
3. On the right side of the screen (green box), you see a circle showing what you did during the PsyMate™ period. You can look at the distribution of the circle to investigate which activities you did during most of your time. You can scroll further down to view with whom and where you spent most of your time. Moreover, you can also select each sector of the circle separately. Then, there will appear more information in the middle of the screen (see below for more information).

You can now view your results. We provide some tips on how to approach this.

Your mood per day and per moment

You can view the line charts at varying time levels. By right clicking at this chart, a menu with different options including 'Time level' will appear. The default mode is 'daily average'. This means that an average score per day is calculated. If you want to view all your completed beep

moments, you have to select the option 'real time'.

What, where and with whom: the relation between your activities and mood

It is possible to investigate the relation between your mood and what you are doing, where and with whom you are by clicking on the circle sectors on the right side of the screen. How this works is illustrated with the figure below.

If we select the sector 'relaxation' of the circle 'What are you doing?' on the right side of the screen, bar charts will appear in the middle.



- The top bar in this chart shows how cheerful you were during relaxation activities. The level of cheerfulness is indicated by an average score (added at the end of the bar) on a 1 (not at all) to 7 (very) scale. The higher the score, the more cheerful you generally felt during this activity.
- The third bar shows how cheerful you were during moments when not relaxing. The average here represents all other activities together.

From this example, we could conclude that you were generally feeling more cheerful while relaxing. This bar is longer and the average score is higher than the bar representing all other activities.

You can now continue exploring your results by selecting mood, activities, locations and company present on the left and right side of the screen.

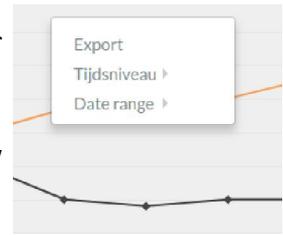
Right clicking

It is possible to use a right mouse click when hovering above the line chart. By doing so, a menu

with additional options will appear.

By right clicking at a line chart, you can choose:

- Export: export a line chart, for example to copy it to another document.
- Time level: you can choose, for example, whether you want to view daily averages or individual moments in time.



Good luck,

The PsyMate™ team