**Appendix A**

**Debriefing interview – translated from Danish**

* + How was your experience of using the device? (Hvordan var din oplevelse af brugen af devicen?)
  + Did you gain any positive effects from using it? Negative effects? (Fik du nogle positive effekter ud af brugen? Negative effekter?)
  + Did you feel that you were able to distinguish between the two symptoms? (Følte du at du var i stand til at adskille de to symptomer?)
  + Did distinguishing between the two symptoms make sense to you? (Gav adskillelsen af de to symptomer mening for dig?)
  + Has your understanding of the symptoms changed since you started tracking? (Har din forståelse af dine symptomer ændret sig fra da du startede?)
  + What did you gain from seeing the symptoms graphically? (Hvad fik du ud af at se dine symptomer på grafen?)