Adapted TAM Scale

Response Options:

1 – Strongly disagree

2 – Disagree

3 – Somewhat disagree

4 – Neither agree or disagree

5 – Somewhat agree

6 – Agree

7 – Strongly agree

In the following questions, videoconference refers to a meeting between people in different locations who are able to hear and see each other. Some examples of videoconference programs include Zoom, Skype, WebEx, Google Meet, and Microsoft Teams.

***Perceived Ease of Use subscale:***

1. I would find it easy to use videoconference technology to help me exercise.

2. It will not require much effort to videoconference technology to exercise.

3. Using videoconference technology to exercise would be difficult.

***Perceived Usefulness subscale:***

4. Videoconference technology would be useful in helping me to exercise.

5. Videoconference technology could help me exercise more regularly.

6. Using videoconference technology would make exercising easier.

***Perceived Financial Cost subscale:***

7. Using videoconference technology to help me exercise would cost too much.

8. It would be expensive to use videoconference technology to exercise.

***Behavioral Intention (intention to use tele-exercise) subscale:***

9. I would use videoconference technology to help me exercise.

10. I intend to use videoconference technology to exercise.