Appendix A: Scenarios used in the simulation

Overview of the scenarios used in the study as well as the schedule provided for the home and the office condition.

Pilot Study

Office

Training

Schedule

Day 1	10 am - 3 pm
Day 2	9 am - 3 pm
Day 3	9 am - 2 pm

Scenarios

It is Monday 3.15 pm. You left office some time ago and will arrive home soon.

It is Tuesday 7.15 pm. You are bored at home and playing on your phone.

It is Wednesday 4.10 pm. You are in the campus library about to start a meeting, but you are still waiting for your group members to show up.

Non-training

Schedule

Monday	6 pm - 10 am
Tuesday	6 pm - 9 am
Wednesday	6 pm - 9 am
Thursday	6 pm - 9 am
Friday	5 pm - 9 am

Scenarios

It is Monday 6.10 pm. You left home some time ago and will arrive on campus soon.

It is Tuesday 6.50 pm. You showed up early to the local restaurant where you'll meet your friends for dinner.

It is Wednesday 8.50 am. You are on your way to your lab room about to attend your classes. You expect to be there in a few minutes.

It is Thursday 11.30 pm. You are home about to go to bed.

It is Friday 5.35 pm. You are on your way home, but are caught in a traffic jam. You still expect to be home on time.

Home

Training

Schedule

Day 1	10 am - 3 pm
Day 2	9 am - 3 pm
Day 3	9 am - 2 pm

Scenarios

It is Monday 10.30 am. You left home some time ago and will

Full-scale Study

Office

Training

Schedule

Day 1	10 am - 3 pm
Day 2	9 am - 3 pm

Home

Training

Schedule

Day 1	10 am - 3 pm
Day 2	9 am - 3 pm
Day 3	9 am - 2 pm

Scenarios

It is Day 1 10.30 am. You left home some time ago and will arrive on campus soon.

It is Day 2 1.15 pm. You are bored in class and playing on your phone.

It is Day 3 11.10 pm. You are in the campus library about to start a meeting, but you are still waiting for your group members to show up.

Non-training

Schedule

Day 1	10 am - 6 pm
Day 2	9 am - 6 pm
Day 3	9 am - 6 pm
Day 4	9 am - 6 pm
Day 5	9 am - 5 pm

Scenarios

The time and action were both randomized across participants. In all cases, the door was supposed to be locked. The format in which this was presented was;

"It is day [Number] of you using the smart lo93.9 Tmp21()20(wo)21( )1[[21 40.000y[[21 40.000y[[2