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2 Description of use

This document acts as a guide to the JSON scheme specifying the semantics and grammar of the file that is generated when exporting a user's profile data. It should increase readability and understanding of the JSON scheme even for non-tech users. By the nature of this document, some information is omitted to increase clarity. All details and specifications can be found in the [corresponding JSON Scheme](#)¹.

¹ <https://hellobetter.de/user-data-export.json>

3 Data Structure per Data Category

The collected and exported data can be structured under different data categories that are described below.

 Data that is nested under Objects or Arrays is identified by dashes (-) .

3.1 KBV PR BasePatient

- Data collected following the FHIR-compliant KBV_PR_Base_Patient schema
- Patient model according to the FHIR specification: (see <https://mio.kbv.de/pages/viewpage.action?pageId=31031611>)
- For the detailed specification see <https://simplifier.net/base1x0/kbvprbasepatient>

Identifier	Title	Description	Type
_id	ID	Technical property that unambiguously identifies the person	STRING
active	Active	Whether this patient's record is in active use	BOOLEAN
name	User Name	The user name the user has chosen	OBJECT
- family	Family	Family or last name	STRING
- given	Given	First name	STRING
- text	Text	Fullname	STRING
gender	Gender	The gender can have the values male female other unknown	STRING
birthDate	Date of Birth	Date of Birth	STRING (Format: Date-Time)

Identifier	Title	Description	Type
telecom	Contact information based on the FHIR specification	"Array of telecom data. Email: mandatory Phone(Two Factor Authentication): optional	ARRAY
photo	Photo	Photo object with image id	OBJECT
- _id	Unique database id	Unique database id identifying the user photo in the application	STRING
- contentType	Content Type	Mime type of the file	STRING
- tempUrl	Url	Photo url	STRING
- size	Size	Size of the photo	NUMBER
- updatedAt	Updated At	Last photo updated time	STRING
- createdAt	Created At	Photo created time	STRING (Format: Date-Time)

3.2 Profile

- Collection of user profile data
- User profile refers to the explicit digital representation of a person's identity

Identifier	Title	Description	Type
_id	Unique database id	Unique database id	STRING
email	E-mail	The user's e-mail address	STRING

Identifier	Title	Description	Type
preferredLanguage	Preferred language	All the communication & application will be in user preferred language	STRING
telecom	Telecom	Optional field to store user's phone number & to enable two factor authentication	OBJECT
- value	Value	User's phone number	STRING
lastLogin	Last Login	Date at which the user has logged in the last	STRING (Format: Date-Time)
dateAdded	Date Added	Date at which the user has registered	STRING (Format: Date-Time)
name	User Name	The user name the user has chosen	OBJECT
- family	Family	Family or last name	STRING
- given	Given	First name	STRING
- text	Text	Fullname	STRING
gender	Gender	The gender can have the values male female other unknown	STRING
birthDate	Date of Birth	Date of Birth	STRING (Format: Date-Time)
insuranceNumber	Insurance Number	User's insurance number	STRING

Identifier	Title	Description	Type
stage	Stage	Stages in application. Possible values: onboarding inTraining afterCare done	STRING
photo	Photo	Photo object with image id	OBJECT
- _id	Unique database id	Unique database id identifying the user photo in the application	STRING
- contentType	Content Type	Mime type of the file	STRING
- tempUrl	Url	Photo url	STRING
- size	Size	Size of the photo	NUMBER
- updatedAt	Updated At	Last photo updated time	STRING
- createdAt	Created At	Photo created time	STRING (Format: Date- Time)
emailPreference	Email preference	Enable / disable different type of application emails	OBJECT
- helloBetterUpdates	HelloBetter Updates	Occasionally receive emails about HelloBetter news, announcements, and product updates.	BOOLEAN

Identifier	Title	Description	Type
- coachUpdates	Coach Updates	Receive a notification anytime your coach sends you a message or provides you with feedback.	BOOLEAN
- trainingUpdates	Training Updates	Important information and reminders related to your course progress and activities.	BOOLEAN
- feedbackResearchUpdates	Feedback Research Updates	From time to time we may send out surveys or invitations to participate in feedback sessions to learn how to improve HelloBetter.	BOOLEAN
consents	Consents	User given or revoked consent history	ARRAY
- slug	Slug	Identifier to consent in database	STRING
- currentValue	Current Value	Current value of the consent given by the user	BOOLEAN
- currentValueDate	Current Value Date	Current date of giving the consent value	STRING
- title	Consent title	Title of the consent	STRING
- description	Description	Description of the consent	STRING

Identifier	Title	Description	Type
- required	Required	Whether the user consent is required to access the application	BOOLEAN
- history	History	History of given/revoked consent	ARRAY
twoFa	Two factor authentication	If enabled, the user can only log in to the application when entering a two phase authentication OTP	BOOLEAN

3.3 Screenings

- A screening/symptoms is an assessment of a patient's health level at a certain point of time. A screening is made of a questionnaire: list of single choice question

Identifier	Title	Description	Type
type	Type	Screening type. Possible values can be: GAD 7 PSS4 PHQ 8	STRING
results	Array	Screening questionnaire	ARRAY
- object	Object	Object holding screening question & user answer	OBJECT
-- date	Date	Date when user did the screening	STRING (Format: Date-Time)
-- items	Array	Screening question & user answer	ARRAY
--- question	Question	Screening question	STRING

Identifier	Title	Description	Type
--- answer	Answer	User answer	STRING

3.4 Messages

- Object holding message information

Identifier	Title	Description	Type
_id	Id	Unique message identifier in database	STRING
read	Read	Whether the message was read or not	BOOLEAN
message	Message	Message content	STRING
messageType	Message Type	Message can be of two type: Normal Feedback	STRING
senderType	Sender Type	Sender can be of two type: patient(user) practitioner(coach)	STRING
createdAt	Created At	Message creation date	STRING (Format: Date-Time)
Edited	Edited	Was the message edited?	BOOLEAN

3.5 Course

- Array of lessons in the course/training/intervention

Identifier	Title	Description	Type
_id	Id	Unique lesson identifier in the database	STRING
name	Name	Lesson name	STRING
completed	Completed	Is lesson completed?	BOOLEAN
componentInputs	Array	Array of user responses in the lesson of the course	ARRAY
-_id	Id	Unique response id of user response in database	STRING
- componentName	Component name	Task name	STRING
- inputMethods	Array	Array of sub tasks	ARRAY
-- inputType	Input Type	Task input type. Possible values can be text singleChoice multipleChoice date number tagGenerator tagPicker time numberSlider	STRING
-- label	label	Task explanation	STRING
-- inputValues	Array	Array of user response	ARRAY
--- label	Label	Display value in case of select menu	STRING
--- value	Value	Database id or string	STRING

Identifier	Title	Description	Type
---selected	Selected	Whether value is selected or not in case of select menu	BOOLEAN

3.6 Diary

- Array of user entries

Identifier	Title	Description	Type
date	Date	User selected entry date	STRING (Format: Date-Time)
createdAt	Created At	Date of creation in database	STRING (Format: Date-Time)
diary	Diary object	Diary details	OBJECT
- name	Name	Diary name	STRING
diaryEntry	Diary entry object	Details of entry	OBJECT
- diaryEntry.moodLevel	Mood level	Mood level	INTEGER
- diaryEntry.stressLevel	Stress Level	Stress Level	INTEGER

3.7 Activities

- Array of planned activities

Identifier	Title	Description	Type
_id	Id	Unique planned activity identifier in database	STRING
energiser	Energiser	Planned activity name	OBJECT
-_id	Id	Unique activity identifier in database	STRING
-name	Name	Activity name	STRING
dueOn	Due On	Activity due date	STRING (Format: Date-Time)
isDeleted	Is deleted	Whether the activity is deleted or not	BOOLEAN
reminders	Array	Array of reminders of the activity	ARRAY
-_id	Id	Unique reminder identifier in database	STRING
-title	Title	Reminder title	STRING
-text	Text	Reminder information	STRING
-triggerOn	Trigger On	Reminder trigger time	STRING (Format: Date-Time)
-updatedAt	Updated At	Reminder last updated date time	STRING (Format: Date-Time)

Identifizier	Title	Description	Type
- createdAt	Created At	Reminder create time	STRING (Format: Date-Time)
status	Status	Reminder status. Possible values can be: pending completed	STRING
updatedAt	Updated At	Last planned activity updated time	STRING (Format: Date-Time)
createdAt	Created At	Planned activity created time	STRING (Format: Date-Time)

4 Exemplary Data Export

Throughout the example, database internal identifiers, as well as randomly generated strings, are used. If the value in the example is an internal database id, the string `_id_abc123` is used in this documentation. Random strings are specified as `_randomString_abc123` in the example. Note that in order to avoid multiple and duplicate examples, only base type examples are provided in the JSON schema documentation for non-complex types. However, a full example that includes all properties is given for the entire profile export at the top level.

```
{
  "fhir": {
    "KBV_PR_Base_Patient": {
      "_id": "_idabc123",
      "active": true,
      "telecom": [
        {
          "system": "email",
          "value": "saubi1993@gmail.com"
        },
        {
          "system": "phone",
          "value": "+4915124695041"
        }
      ],
      "name": {
        "family": "Kushwaha",
        "given": "Saurabh",
        "text": "Saurabh Kushwaha"
      },
      "gender": "male",
      "birthDate": "1993-06-01T00:00:00.000Z",
      "photo": {
        "contentType": "image/jpeg",
        "tempUrl": "user/_idabc123.jpg",
        "size": 99712,
        "title": "pic.jpg"
      }
    }
  },
  "hellobetter": {
    "course": [
      {
        "_id": "_id_abc123",
        "name": "Get active",
        "completed": true,
        "componentInputs": [
          {
            "_id": "_id_abc123",
            "componentName": "Patient Energiser",
            "inputMethods": [
              {
                "inputType": "multipleChoice",
                "label": "You could...",
                "inputValues": [
                  {
                    "label": "Listen to the radio",
                    "value": "_id_abc123",
                    "selected": true
                  }
                ]
              }
            ]
          }
        ]
      }
    ]
  }
}
```

```
    ]
  }
]
},
{
  "_id": "6034be7287b0bc0046d0095f",
  "componentName": "Patient Problem Solving Strategy",
  "inputMethods": [
    {
      "inputType": "text",
      "label": "My problem-solving strategies:",
      "inputValues": [
        {
          "value": "PSS"
        }
      ]
    }
  ]
}
]
}
],
"screenings": [
  {
    "type": "_randomString_abc123",
    "results": [
      {
        "date": "2021-02-22T13:09:45.063Z",
        "items": [
          {
            "question": "Little interest or pleasure in doing things?",
            "answer": "Not at all"
          },
          {
            "question": "Feeling down, depressed, or hopeless?",
            "answer": "Not at all"
          }
        ]
      }
    ]
  }
]
},
"profile": {
  "_id": "_id_abc123",
  "email": "mail@example.com",
  "preferredLanguage": "en",
  "telecom": {
    "value": "+491234567890"
  },
  "lastLogin": "2021-02-24T10:46:34.160Z",
  "dateAdded": "2021-02-22T13:06:19.641Z",
}
```



```
"name": {
  "family": "Lastname",
  "given": "Firstname",
  "text": "Firstname Lastname"
},
"gender": "male",
"birthDate": "1993-06-01T00:00:00.000Z",
"photo": {
  "contentType": "image/jpeg",
  "tempUrl": "user/_idabc123.jpg",
  "size": 99712,
  "title": "pic.jpg"
},
"insuranceNumber": "21341235",
"stage": "inTraining",
"emailPreference": {
  "helloBetterUpdates": true,
  "coachUpdates": true,
  "trainingUpdates": true,
  "feedbackResearchUpdates": true
},
"consents": [
  {
    "slug": "privacyPolicy",
    "currentValue": true,
    "currentValueDate": "2021-02-22T13:06:19.501Z",
    "title": "Privacy policy",
    "description": "I have read the terms and conditions and privacy
policy. I agree that my wellbeing information will be taken into account in the
training process.",
    "required": true,
    "history": [
      {
        "value": true,
        "date": "2021-02-22T13:06:19.501Z"
      }
    ]
  },
  {
    "slug": "termsAndCondition",
    "currentValue": true,
    "currentValueDate": "2021-02-22T13:06:19.501Z",
    "title": "Terms of use",
    "description": "I have read the terms of use and privacy policy. I
agree that my wellbeing information will be taken into account in the training
process.",
    "required": true,
    "history": [
      {
        "value": true,
        "date": "2021-02-22T13:06:19.501Z"
      }
    ]
  }
]
```

```

        }
      ]
    }
  ],
  "twoFa": false
},
"messages": [
  {
    "_id": "_id_abc123",
    "read": true,
    "message": "{\"blocks\": [{\"key\": \"alnm\", \"text\": \"Hello Patient Here\", \"type\": \"unstyled\", \"depth\": 0, \"inlineStyleRanges\": [], \"entityRanges\": [], \"data\": {}}], \"entityMap\": {}}",
    "messageType": "Normal",
    "senderType": "patient",
    "createdAt": "2021-02-22T15:17:59.150Z",
    "edited": false
  },
  {
    "_id": "_id_abc123",
    "read": true,
    "message": "{\"blocks\": [{\"key\": \"2pscn\", \"text\": \"Hello therapist here\", \"type\": \"unstyled\", \"depth\": 0, \"inlineStyleRanges\": [], \"entityRanges\": [], \"data\": {}}], \"entityMap\": {}}",
    "messageType": "Normal",
    "senderType": "practitioner",
    "createdAt": "2021-02-22T15:18:16.008Z",
    "edited": false
  }
],
"diary": [
  {
    "date": "2021-02-23T00:00:00.000Z",
    "createdAt": "2021-02-23T15:58:38.171Z",
    "diary": {
      "name": "Stress"
    },
    "diaryEntry": {
      "dayEntry.moodLevel": 8,
      "dayEntry.stressLevel": 9
    }
  }
],
"activities": [
  {
    "_id": "_id_abc123",
    "energiser": {
      "_id": "_id_abc123",
      "name": "Go bowling"
    },
    "dueOn": "2021-02-25T09:09:11.903Z",

```

```
"isDeleted": false,
"reminders": [
  {
    "_id": "_id_abc123",
    "title": "Your planned activity starts soon!",
    "text": "In one hour it'll be time to Go bowling. Get ready :)",
    "triggerOn": "2021-02-24T08:09:11.903Z",
    "updatedAt": "2021-02-24T09:09:46.914Z",
    "createdAt": "2021-02-24T09:09:46.914Z"
  }
],
"status": "pending",
"updatedAt": "2021-02-24T09:09:46.914Z",
"createdAt": "2021-02-24T09:09:46.914Z"
},
{
  "_id": "_id_abc123",
  "energiser": {
    "_id": "_id_abc123",
    "name": "Pray"
  },
  "dueOn": "2021-02-27T09:09:11.903Z",
  "isDeleted": false,
  "reminders": [
    {
      "_id": "_id_abc123",
      "title": "Your planned activity starts soon!",
      "text": "In one hour it'll be time to Pray. Get ready :)",
      "triggerOn": "2021-02-24T08:09:11.903Z",
      "updatedAt": "2021-02-24T09:10:21.420Z",
      "createdAt": "2021-02-24T09:10:21.420Z"
    }
  ],
  "status": "pending",
  "updatedAt": "2021-02-24T09:10:21.421Z",
  "createdAt": "2021-02-24T09:10:21.421Z"
}
]
}
],
```

5 Change Log

Revision	Change	Created by/on
1	<ul style="list-style-type: none"><li data-bbox="352 456 724 488">• Initial version of the document	Marvin Franke, Lena Fraunhofer, Amit Gupta, Am, 23.04.2021