

Appendix E-2

U.S. Study Phase 2 results from Daily Diary

U.S. Study Phase 2 Diary results

Diary Table 1: Proportion of Days with Any Long delays for traffic				
Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	0	0.000	0	0.000
33	0	0.000	0	0.000
34	0	0.000	0	0.000
35	1	0.067	0	0.000
36	0	0.000	0	0.000
37	2	0.125	0	0.000
38	0	0.000	0	0.000
41	0	0.000	0	0.000
42	1	0.071	1	0.100
Mean		0.026		0.010

U.S. Study Phase 2 Diary results

**Diary Table 2:
Proportion of Days with Any
Weather problems while driving**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	4	0.222	3	0.250
32	2	0.111	4	0.308
33	3	0.167	3	0.300
34	3	0.167	4	0.333
35	10	0.667	7	0.636
36	0	0.000	3	0.273
37	6	0.375	8	0.615
38	0	0.000	0	0.000
41	1	0.056	1	0.083
42	2	0.143	2	0.200
Mean		0.191		0.300

U.S. Study Phase 2 Diary results

**Diary Table 3:
Proportion of Days with Any
Slow moving on the road**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	0	0.000	0	0.000
33	0	0.000	0	0.000
34	0	0.000	0	0.000
35	0	0.000	0	0.000
36	0	0.000	0	0.000
37	5	0.313	0	0.000
38	0	0.000	0	0.000
41	0	0.000	0	0.000
42	2	0.143	1	0.100
Mean		0.046		0.010

U.S. Study Phase 2 Diary results

**Diary Table 4:
Proportion of Days with Any
Traffic jams, making it slow going**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	0	0.000	1	0.077
33	0	0.000	0	0.000
34	0	0.000	0	0.000
35	0	0.000	0	0.000
36	0	0.000	0	0.000
37	0	0.000	0	0.000
38	0	0.000	0	0.000
41	0	0.000	0	0.000
42	1	0.071	1	0.100
Mean		0.007		0.018

U.S. Study Phase 2 Diary results

**Diary Table 5:
Proportion of Days with Any
Numerous hilly roads, making it slow going**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	0	0.000	0	0.000
33	0	0.000	0	0.000
34	1	0.056	0	0.000
35	0	0.000	0	0.000
36	0	0.000	0	0.000
37	10	0.625	7	0.538
38	0	0.000	0	0.000
41	0	0.000	0	0.000
42	1	0.071	2	0.200
Mean		0.075		0.074

U.S. Study Phase 2 Diary results

**Diary Table 6:
Proportion of Days with Any
Considerable crosswinds**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	2	0.11	1	0.08
32	1	0.06	1	0.08
33	2	0.11	4	0.40
34	1	0.06	0	0.00
35	0	0.00	0	0.00
36	0	0.00	0	0.00
37	7	0.44	0	0.00
38	0	0.00	0	0.00
41	0	0.00	0	0.00
42	0	0.00	0	0.00
Mean		0.08		0.06

U.S. Study Phase 2 Diary results

**Diary Table 7:
Proportion of Days with Any
Long waits for load assignments**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	0	0.000	0	0.000
33	0	0.000	0	0.000
34	0	0.000	1	0.083
35	0	0.000	0	0.000
36	0	0.000	0	0.000
37	0	0.000	0	0.000
38	0	0.000	0	0.000
41	4	0.222	3	0.250
42	0	0.000	0	0.000
Mean		0.022		0.033

U.S. Study Phase 2 Diary results

**Diary Table 8:
Proportion of Days with Any
Rest break for eating/hygiene**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	8	0.444	10	0.769
33	6	0.333	7	0.700
34	0	0.000	0	0.000
35	6	0.400	0	0.000
36	0	0.000	1	0.091
37	2	0.125	0	0.000
38	0	0.000	0	0.000
41	4	0.222	2	0.167
42	1	0.071	0	0.000
Mean		0.160		0.173

U.S. Study Phase 2 Diary results

**Diary Table 9:
Mean Numbers Per Day
Rest/Eating: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	0.50	0.62	0.00	0.0	2.0	13	0.85	0.55	1.00	0.0	2.0
33	18	0.33	0.49	0.00	0.0	1.0	10	0.70	0.48	1.00	0.0	1.0
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.47	0.64	0.00	0.0	2.0	11	0.00	0.00	0.00	0.0	0.0
36	17	0.00	0.00	0.00	0.0	0.0	11	0.09	0.30	0.00	0.0	1.0
37	16	0.13	0.34	0.00	0.0	1.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
41	18	0.22	0.43	0.00	0.0	1.0	12	0.17	0.39	0.00	0.0	1.0
42	14	0.07	0.27	0.00	0.0	1.0	10	0.00	0.00	0.00	0.0	0.0
Mean		0.17		0.00				0.18		0.20		

U.S. Study Phase 2 Diary results

**Diary Table 10:
Cumulative Durations Per Day
Rest/Eating: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	0.10	0.13	0.00	0.0	0.4	13	0.16	0.09	0.17	0.0	0.3
33	18	0.07	0.10	0.00	0.0	0.3	10	0.14	0.10	0.17	0.0	0.3
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.28	0.48	0.00	0.0	1.8	11	0.00	0.00	0.00	0.0	0.0
36	17	0.00	0.00	0.00	0.0	0.0	11	0.02	0.08	0.00	0.0	0.3
37	16	0.06	0.17	0.00	0.0	0.5	13	0.00	0.00	0.00	0.0	0.0
38	17	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
41	18	0.05	0.10	0.00	0.0	0.3	12	0.04	0.10	0.00	0.0	0.3
42	14	0.01	0.05	0.00	0.0	0.2	10	0.00	0.00	0.00	0.0	0.0
Mean		0.06		0.00				0.04		0.03		

U.S. Study Phase 2 Diary results

**Diary Table 11:
Proportion of Days with Any
Rest break including a sleep period**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.00	0	0.000
32	6	0.333	4	0.308
33	2	0.111	0	0.000
34	0	0.000	0	0.000
35	0	0.000	0	0.000
36	6	0.353	4	0.364
37	0	0.000	0	0.000
38	8	0.471	5	0.455
41	0	0.000	2	0.167
42	4	0.286	4	0.400
Mean		0.155		0.169

U.S. Study Phase 2 Diary results

**Diary Table 12:
Mean Numbers Per Day
Rest/Sleep: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	0.33	0.49	0.00	0.0	1.0	13	0.31	0.48	0.00	0.0	1.0
33	18	0.11	0.32	0.00	0.0	1.0	10	0.00	0.00	0.00	0.0	0.0
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
36	17	0.47	0.72	0.00	0.0	2.0	11	0.36	0.50	0.00	0.0	1.0
37	16	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.47	0.51	0.00	0.0	1.0	11	0.45	0.52	0.00	0.0	1.0
41	18	0.00	0.00	0.00	0.0	0.0	12	0.17	0.39	0.00	0.0	1.0
42	14	0.29	0.47	0.00	0.0	1.0	10	0.40	0.52	0.00	0.0	1.0
Mean		0.17		0.00				0.17		0.00		

U.S. Study Phase 2 Diary results

**Diary Table 13:
Cumulative Durations Per Day
Rest/Sleep: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	0.18	0.28	0.00	0.0	0.8	13	0.17	0.27	0.00	0.0	0.8
33	18	0.19	0.62	0.00	0.0	2.5	10	0.00	0.00	0.00	0.0	0.0
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
36	17	0.17	0.27	0.00	0.0	0.8	11	0.08	0.12	0.00	0.0	0.3
37	16	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.35	0.42	0.00	0.0	1.0	11	0.43	0.50	0.00	0.0	1.0
41	18	0.00	0.00	0.00	0.0	0.0	12	0.04	0.10	0.00	0.0	0.3
42	14	0.22	0.54	0.00	0.0	2.0	10	0.20	0.26	0.00	0.0	0.6
Mean		0.11		0.00				0.09		0.00		

U.S. Study Phase 2 Diary results

**Diary Table 14:
Proportion of Days with Any
Sleep/Nap out of vehicle**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	12	0.667	8	0.615
33	15	0.833	9	0.900
34	0	0.000	0	0.000
35	0	0.000	0	0.000
36	15	0.882	11	1.000
37	0	0.000	0	0.000
38	1	0.059	0	0.000
41	0	0.000	0	0.000
42	0	0.000	0	0.000
Mean		0.244		0.252

U.S. Study Phase 2 Diary results

**Diary Table 15:
Mean Numbers Per Day
Sleep/Nap out of vehicle: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	0.67	0.49	1.00	0.0	1.0	13	0.62	0.51	1.00	0.0	1.0
33	18	0.83	0.38	1.00	0.0	1.0	10	1.00	0.47	1.00	0.0	2.0
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
36	17	1.06	0.66	1.00	0.0	3.0	11	1.09	0.30	1.00	1.0	2.0
37	16	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.06	0.24	0.00	0.0	1.0	11	0.00	0.00	0.00	0.0	0.0
41	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
42	14	0.00	0.00	0.00	0.0	0.0	10	0.00	0.00	0.00	0.0	0.0
Mean		0.26		0.30				0.27		0.30		

U.S. Study Phase 2 Diary results

**Diary Table 16:
Cumulative Durations Per Day
Sleep/Nap out of vehicle: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	3.56	3.02	4.00	0.0	9.7	13	3.22	2.81	4.50	0.0	6.8
33	18	5.85	2.95	7.00	0.0	8.5	10	7.13	3.04	7.25	0.0	12.0
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
36	17	6.25	3.58	6.50	0.0	13.5	11	7.20	1.79	7.50	5.3	11.5
37	16	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.18	0.73	0.00	0.0	3.0	11	0.00	0.00	0.00	0.0	0.0
41	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
42	14	0.00	0.00	0.00	0.0	0.0	10	0.00	0.00	0.00	0.0	0.0
Mean		1.58		1.75				1.75		1.93		

U.S. Study Phase 2 Diary results

**Diary Table 17:
Proportion of Days with Any
Sleep/Nap in vehicle**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	3	0.167	5	0.385
33	3	0.167	1	0.100
34	0	0.000	0	0.000
35	0	0.000	0	0.000
36	4	0.235	5	0.455
37	0	0.000	0	0.000
38	2	0.118	0	0.000
41	0	0.000	0	0.000
42	1	0.071	0	0.000
Mean		0.076		0.094

U.S. Study Phase 2 Diary results

**Diary Table 18:
Mean Numbers Per Day
Sleep/Nap in vehicle: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	0.17	0.38	0.00	0.0	1.0	13	0.38	0.51	0.00	0.0	1.0
33	18	0.17	0.38	0.00	0.0	1.0	10	0.10	0.32	0.00	0.0	1.0
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
36	17	0.24	0.44	0.00	0.0	1.0	11	0.45	0.52	0.00	0.0	1.0
37	16	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.12	0.33	0.00	0.0	1.0	11	0.00	0.00	0.00	0.0	0.0
41	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
42	14	0.07	0.27	0.00	0.0	1.0	10	0.00	0.00	0.00	0.0	0.0
Mean		0.08		0.00				0.09		0.00		

U.S. Study Phase 2 Diary results

**Diary Table 19:
Cumulative Durations Per Day
Sleep/Nap in vehicle: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
32	18	0.07	0.19	0.00	0.0	0.7	13	0.23	0.34	0.00	0.0	0.8
33	18	0.78	1.93	0.00	0.0	7.0	10	0.03	0.10	0.00	0.0	0.3
34	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
36	17	0.16	0.33	0.00	0.0	1.0	11	0.34	0.42	0.00	0.0	1.0
37	16	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.12	0.33	0.00	0.0	1.0	11	0.00	0.00	0.00	0.0	0.0
41	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
42	14	0.03	0.11	0.00	0.0	0.4	10	0.00	0.00	0.00	0.0	0.0
Mean		0.12		0.00				0.06		0.00		

U.S. Study Phase 2 Diary results

**Diary Table 20:
Proportion of Days with Any
Day off from driving**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	7	0.389	0	0.000
32	8	0.444	5	0.385
33	6	0.333	2	0.200
34	8	0.444	2	0.167
35	4	0.267	4	0.364
36	4	0.235	1	0.091
37	5	0.313	5	0.385
38	6	0.353	5	0.455
41	7	0.389	6	0.500
42	2	0.143	2	0.200
Mean		0.331		0.274

U.S. Study Phase 2 Diary results

**Diary Table 21:
Proportion of Days with Any
Activity on day off**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	7	0.389	0	0.000
32	6	0.333	3	0.231
33	6	0.333	2	0.200
34	5	0.278	2	0.167
35	1	0.067	0	0.000
36	2	0.118	1	0.091
37	6	0.375	3	0.231
38	4	0.235	0	0.000
41	5	0.278	6	0.500
42	2	0.143	2	0.200
Mean		0.255		0.162

U.S. Study Phase 2 Diary results

**Diary Table 22:
Proportion of Days with Any
FMT device gets driver's attention**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	1	0.056	1	0.083
32	10	0.556	10	0.769
33	2	0.111	2	0.200
34	5	0.278	3	0.250
35	1	0.067	1	0.091
36	1	0.059	3	0.273
37	1	0.063	3	0.231
38	0	0.000	0	0.000
41	1	0.056	4	0.333
42	10	0.714	3	0.300
Mean		0.196		0.253

U.S. Study Phase 2 Diary results

**Diary Table 23:
Mean Numbers Per Day
Number of delivery stops: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
31	18	0.00	0.00	0.00	0.0	0.0	12	0.08	0.29	0.00	0.0	1.0
32	18	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
33	18	0.00	0.00	0.00	0.0	0.0	10	0.00	0.00	0.00	0.0	0.0
34	18	0.06	0.24	0.00	0.0	1.0	12	0.00	0.00	0.00	0.0	0.0
35	15	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
36	17	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
37	16	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
38	17	0.00	0.00	0.00	0.0	0.0	11	0.00	0.00	0.00	0.0	0.0
41	18	0.00	0.00	0.00	0.0	0.0	12	0.00	0.00	0.00	0.0	0.0
42	14	0.00	0.00	0.00	0.0	0.0	10	0.00	0.00	0.00	0.0	0.0
Mean		0.01		0.00				0.01		0.00		

U.S. Study Phase 2 Diary results

**Diary Table 24:
Proportion of Days with Any
Loading/Unloading done by others**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	0	0.000	0	0.000
33	0	0.000	0	0.000
34	2	0.111	0	0.000
35	0	0.000	0	0.000
36	0	0.000	0	0.000
37	0	0.000	0	0.000
38	0	0.000	0	0.000
41	3	0.167	3	0.250
42	0	0.000	0	0.000
Mean		0.028		0.025

U.S. Study Phase 2 Diary results

**Diary Table 25:
Proportion of Days with Any
Personal physical activity in Loading/Unloading**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
31	0	0.000	0	0.000
32	0	0.000	1	0.077
33	0	0.000	0	0.000
34	8	0.444	8	0.667
35	0	0.000	0	0.000
36	0	0.000	0	0.000
37	1	0.063	0	0.000
38	0	0.000	0	0.000
41	5	0.278	0	0.000
42	10	0.714	7	0.700
Mean		0.150		0.144