

PARTICIPANT INFORMATION SHEET – active :) experiment

PLEASE KEEP THIS FORM

Thank you for your interest in participating in our research. Please read this form carefully.

Research study title:

Pervasive persuasive: interventions to change habitual behaviour

Description:

A study to investigate active behaviour goals supported by mobile devices.

What participation entails:

Thank you for your interest in participating in the study. The participation in this research is entirely voluntary and you are free to withdraw at any time.

This research will be conducted via your browser and your own Android mobile phone. You will need a phone with **Android version 4.1 (JellyBean) or greater without a custom lock screen**. Please ensure you have enabled the phone's default lock screen (PIN or pattern) for the duration of the experiment.

This research will run over **1 week**, although your total participation time should be around 1 hour. You will be asked to do the following:

- Follow an online procedure to form an activity goal – you will be guided through the steps to form a simple, specific goal to increase your activity (e.g. walk for at least 1 hour a day) for the duration of the experiment.
- Complete a brief survey online (approx. 10 mins).
- Install an app onto your phone which tracks your lock/unlock usage (no other personal information such as location or call or messaging activity is tracked) and which may give you goal prompts when you unlock your phone.
- Complete a brief colour-naming task on your phone (approx. 5mins)
- 1 week later, repeat the colour naming task and a final survey online (approx. 15 mins max).

Data recording your interactions with the app and your phone (including no location data, and no personal data other than an assigned ID) will be sent via Wi-Fi to be stored in a secured database in Computer Science.

Please be aware that this monitoring and data transfer uses battery: you may need to charge your mobile every day.

You will receive an Amazon voucher of **£5** for completing the research, including running the app on your phone for 1 week, and completing the task and surveys.

Mobile Application

The research team has made every effort to test the application before the experiment. However, problems and software bugs do occur. If you have difficulties then you should contact the research team for assistance via cxp291@cs.bham.ac.uk describing the problem as clearly as you can.

The mobile application needs to exchange a small amount of data with our servers from time to time. To do this it needs a data connection. This can be either be via WiFi or your mobile data network. Be aware that, just like any other mobile application, this will be included in whatever data allowance you have and thus may incur charges depending upon your mobile tariff.

If for any reason you feel the application is causing immediate problems then please uninstall the application and contact the research team at cxp291@cs.bham.ac.uk.

Again please be aware that you are free to withdraw from the experiment and uninstall the application at any point. **If you withdraw unfortunately we will not be able to provide you with the £5 Amazon voucher.**

In addition to withdrawing from the experiment, you can also request that your data is removed from the experiment: if you request this, any data gathered up until that point will be destroyed.

Confidentiality/anonymity and data security

All of your data will be stored confidentially and given a unique identification code.

The data we collect will be stored securely. Only members of the project team will have access to this data. Data will be stored as per University policy and any personal data gathered for recruitment will be destroyed upon completion of the experiment.

Results of the study

The results of the study will be written up for academic publication. This research may also be presented at national and international conferences and events. If you would like feedback from the study feel free to email the lead researchers below who will be able to help with your request.

For further information: If you would like any further information about the study please email cxp291@cs.bham.ac.uk.