



Participant Information Sheet

Walking on Sunshine App

You are being invited to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

What is the purpose of the study?

We have developed a smartphone app that quantifies physical activity (such as steps) and mental wellbeing (such as positive feelings). The physical activity data is collected automatically by the phone. The mental wellbeing data is collected using a weekly questionnaire (the questions asked in the app are listed at the end of this sheet).

We are collecting data about how often people use this app, their levels of mental wellbeing, and what levels of physical activity they do. We are interested in whether mental wellbeing and physical activity are related. You are being invited to take part in a trial and interview study about this app. As a participant, you will be one of 15 or more people that we talk to directly about the app. The interviews are being conducted to find out what people like or dislike about the app.

Am I eligible to take part?

You are eligible to take part if you are over 18, and you own an iPhone capable of running the app (currently an iPhone 5S, 6 or above). All interviewees are asked to use the app for one month or more before being interviewed. You may use the app as much or as little as you choose during this time – you do not have to use it every day or every week if you do not want to.

What will happen if I decide to take part?

If you decide to take part, we will ask you to install the app and to use it for one month or more. After this time, a researcher will interview you about what you like or dislike about the app. The interview will last approximately 30-45 minutes, and can take place face-to-face or via telephone.

If I take part in the study, can I withdraw?

If you take part, you are still free to withdraw at any time. You do not have to give a reason. If you withdraw, we will delete any data we have collected from you.

What are the possible advantages and disadvantages of taking part?

There will be no direct benefit to you in taking part. Rather, this research will contribute to our work making new technologies that are easy to use. If you decide you like the app or the data it provides, you may keep using it after the study.

As an interview participant in this study, you will receive compensation of £20. You will receive this in the form of an Amazon voucher if you attend the interview.

What data will you collect from the app?

We will have access to data about you from the app. This includes: a unique identifier; device information (including device type, and operating system version); physical activity information (step count, goals and other related information); your mental wellbeing (your answers to the questions); engagement (times when the app is opened, what screens are visited, taps and selections). The data is anonymous.

What data will you collect from the interview?

We will audio record and transcribe the interview. The audio recording will be destroyed, and the transcript anonymised. The anonymized transcript will be retained and may be used in other research.

What will happen to the data?

The data will be used for our research study, meaning we store and analyse the anonymized data and use excerpts and summaries in research publications. Anonymous data from the study will also be published on a research repository such as Enlighten, and in accordance with Northumbria University best practices, will be retained for 10 years or more.

Will the data be open access?

We would like to make the anonymized transcripts and app data available in a research repository for use by other researchers and in teaching. You do not have to agree to open publication of the full transcript and data if you do not want this to happen.

Will my participation in this study be kept private and confidential?

Yes. We will not reveal your identity when publishing the results or data from this study.

What will happen to the results of the research study?

The results will be published and discussed in academic venues. If you would like to be informed of the results, please inform the researchers.

Who is funding the research?

This research is funded by The Get A Move On Network+, which is in turn funded by EPSRC – The UK Engineering and Physical Sciences Research Council.

Contact

Dr John Rooksby (Lecturer, Computing and Information Science, Northumbria University)
John.Rooksby@northumbria.ac.uk

Dr Marta Cecchinato (Lecturer, Computing and Information Science, Northumbria University)
Marta.Cecchinato@northumbria.ac.uk

Appendix 1: Data collected

Mental wellbeing questions asked in the app

You will be asked to answer the following on a scale of 1 to 5.

- I've been feeling optimistic about the future
- I've been feeling useful
- I've been feeling relaxed
- I've been feeling interested in other people
- I've had energy to spare
- I've been dealing with problems well
- I've been thinking clearly
- I've been feeling good about myself
- I've been feeling close to other people
- I've been feeling confident
- I've been able to make up my own mind about things
- I've been feeling loved
- I've been interested in new things
- I've been feeling cheerful

Physical activity data collected

- Steps
- Time spent walking
- Time spent running
- Time spent cycling
- Time spent in a vehicle

Appendix 2: Information About Mental Health and Wellbeing

The Warwick Edinburgh Mental Wellbeing Scale

In this study we ask questions about your mental wellbeing. These questions are based upon the Warwick Edinburgh Mental Wellbeing Scale. These questions are not diagnostic, and your scores are not indicative of any mental health and wellbeing problems. More information about the scale can be found here:

<https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/>

Information for current students at Northumbria University

If, during your time as a student here, you feel you might want or need some support with a personal, emotional or mental health issue, you can access support from Counselling and Mental Health Support. The University has also worked with the Northumberland, Tyne and Wear NHS Foundation Trust to develop a series of self-help guides. Information about getting support or accessing self-help guides can be found here:

<https://www.northumbria.ac.uk/study-at-northumbria/support-for-students/counselling-and-mental-health-support/>

You may also contact the following for information and support:

- City Campus - Ask4Help point, Student Central, City Campus Library, Ground Floor
- Coach Lane Campus - Ask4Help point, Student Central, Coach Lane Library, Ground Floor
- Tel: 0191 227 4576
as.counsellingandmentalhealth@northumbria.ac.uk
- Your student portal

Other sources of information about mental health

Your doctor: If you are experiencing severe low moods or anxiety, a good first step to take would be to make an appointment with your GP. It is important to let your doctor know how you are feeling, as they may recommend treatment or counselling. If your mood has been affecting your academic performance, you will also need a note from your doctor in order to fill out a Special Circumstances form.

The NHS Website: The NHS have a great deal of information and advice online, including links to relevant charities. <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>



Consent Form

Walking on Sunshine App

Once you have read the participant information sheet and discussed this with the researcher, please check the following:

- I have read the participant information sheet and had the opportunity to ask questions
- I am an adult (18 years old or above)
- I understand that I can withdraw from this study without needing to give a reason and without my rights being affected
- I have considered the privacy risks in this study and have had the opportunity to discuss these with the researchers
- I agree to the publication of data from this study on an open research repository (optional)
- I agree to take part in this study

Name: _____

Signature: _____

Date: _____