

## Participant Information Sheet

**Research Title: Digital Human as Physical Activity Coach:** Designing A Digital Human that Supports Physical Activities and Exercises

**Researcher(s):**

**Lead Investigator:**

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**Thesis Student:**

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Thank you for your interest in participating in this research project. Please read the following information about the project to help you decide whether you would like to take part in this research. Please feel free to ask any questions that you might have about your involvement in the project.

If you decide to participate in this research, please keep in mind that your participation is entirely voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to stop at any point in time, and you will not need to give any explanation for your decision to stop participating. If you choose to stop participating, your data will not be used in the research and deleted.

Should you wish to continue, you will be given the Participant Information and Consent Form to sign, and you will be given a copy to keep. Your decision whether you choose to take part, or not to take part, or to take part and then withdraw, will not affect your relationship with the University of Queensland.

### **What is this research about?**

A digital human is a realistic, often high-fidelity, human-form virtual human with whom user can interact/communicate. Studies show that digital human-human communications can often result in similar effects to human-human communications. Therefore, digital humans have the potential to effectively assist people in maintaining exercise habits. This is beneficial to human health yet, adherence to physical activity programs is known to be challenging to maintain. Existing fitness applications offer various interaction methods to help motivate the user to stick with their fitness plan, but none of these include digital humans technology as part of the solution. This study will investigate the application of digital humans technology in habit-forming for exercise and build testbed prototypes to evaluate the effectiveness of this technology.

### **What will I need to do?**

If you agree to participate, you will be asked to record and report your exercises via either **a)** an app created by the researcher, or **b)** a third-party application Strava. In addition, you may be provided a digital human prototype and asked to interact with it regularly. As a token of our appreciation for your participation in this study you will receive a \$20 gift card when the study concludes.

### **What are the possible benefits of taking part?**

The main benefits of participating in this project include:

- experiencing high-fidelity digital human prototypes
- helping with developing a testbed prototype that may be helpful to form habits of exercising regularly
- acquiring knowledge related to the topic of digital humans, their effectiveness in physical exercises, and habit-forming

There will be no reimbursement to you from your participation in this research.

### **What are the possible risks and disadvantages of taking part?**

The project will involve participants who have an exercise plan provided by a physical fitness professional and have completed this but are maintaining a post exercise-plan habit of physical activity. Additionally, participants will be asked to record their exercise activities on the social media platform Strava, if they don't already do so. They will not be asked to carry out any additional or new exercise activities. Participants will be advised to exercise carefully and responsibly in line with their prescribed activity plan.

### **What will happen to the information about me?**

You will be asked to share your exercise activity with the researcher via a third-party platform Strava. You will need to agree to the terms and conditions of using Strava. The data collected from Strava will be de-identified before being used in the research, but your Strava account will still have your data until you delete this. Your de-identified information will be securely stored on UQ RDM for the

duration of the research. This stored information will include the participant's age, gender, exercise history reported on Strava, their interactions with the prototype, and feedbacks.

All information collected about you will remain confidential. All participants will be de-identified in any datasets and publications.

It is anticipated that the results of this research project will be published and/or presented in a variety of forms. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your expressed permission.

#### **What will happen if I decide to withdraw?**

Your participation in this research is voluntary and you are free to withdraw from the research anytime without needing to provide any explanation, and you would not receive any penalty or bias as a result of your withdrawal. Should you decide to withdraw, all the information collected from/about you will be destroyed and will not be used in the research. Your data can be withdrawn **before data have been de-identified.**

#### **Can I hear about the results of this research?**

The results of this project might be disseminated through academic journals and conferences. Information about the project or its results may be disseminated by the media or university social media sites. Researchers may use this data in discussions with students, staff, other academics, media, vlogging, blogging, and other social media sites, industry and other stakeholders not listed here.

#### **Who can I contact if I have any concerns about the project?**

This study adheres to the Guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with the researcher contactable on [jingbo.ma@uq.net.au](mailto:jingbo.ma@uq.net.au), if you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinator on +617 3365 3924 / +617 3443 1656 or email [humanethics@research.uq.edu.au](mailto:humanethics@research.uq.edu.au)

This research Ethics ID number: 2023/HE002102