

**CSC318** Research Study - Interview  
January, 15, 2018  
Reece Martin

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Name:

Age:

Occupation:

1. Hi there, are you able to answer a few questions for a study I am doing on exercise motivation and tracking? May I audio record our conversation?  
a)
2. Can I confirm with you that you have signed the consent form? You should be aware that you may withdraw your consent at any time and are not required to answer any questions.  
a)
3. What are some active activities you participate in during a typical week?  
a)
4. Can you tell me what got you into (answer) from Q2?  
a)
5. Would motivates you to participate in active activities?  
a)
6. Have you ever used an app or electronic device to monitor your activity? If you chose to start using this yourself what was the reason you chose it?  
a)
7. What features of (application or device) motivated you?  
a)
8. What features of (application or device) made you less likely to stay active?  
a)
9. What generally prevents you participating in active activities?  
a)

10. Do you typically do these activities with a partner or group? IF not do you think this would further motivate you? IF yes do you think this is helpful?

a)

11. Do you get any professional guidance when working out? IF yes what kind of guidance do you get? How long have you been getting this guidance for? Do you think this is helpful? IF not would you like to in the future? What prevents you from getting professional guidance right now?

a)

12. Do you find it hard to find someone to do these activities with you? IF yes why? IF not who do you usually do these activities with? How did you meet them?

a)

13. If you prefer to do these activities with a partner or group, what kind of people do you like to work with? Do you prefer having someone with similar skill levels, or someone with drastically different skill levels? Why?

a)

14. Where do you usually work out/exercise? IF gym do you need to pay to access it?

a)

15. Do you find it hard to find a place to exercise, either for a fee or for free?

a)

16. Are you aware of any free gym/exercise options available to you? IF yes do you take advantage of these options?

a)

17. What is the main goal you want to achieve by doing these active activities? How much progress do you think you have made?

a)

18. If you monitor your exercise activity with some app or device, do you also monitor other things, such as sleep, weight, water intake, your diet or something else? IF yes what are the greatest benefits you feel from this monitoring? IF no why don't you?

a)

19. Do you find the process of monitoring non-exercise activities difficult? IF so why?

a)

20. Would you rather monitor your active activity with a phone or with a wearable device like a smart watch?

a)

21. What about general health monitoring, would you prefer monitoring this with a phone or with a wearable device like a smart watch?

a)

Thanks for your time today and for your answers, do you have any questions for us?

## **CSC318** Research Study - Research Protocol

January, 15, 2018

Reece Martin

1. Project Title: e.g., “Interviews and Observations of Non-Athletes and Casual Athletes”.

2. Investigators: Names and email addresses of all members of the team

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3. Purpose: The purpose of our research is to understand Non-Athletes and Casual Athletes to help us derive requirements for the design of novel interactive computational media that are intended to be useful to these aforementioned potential user groups. A brief description of our design concept is: application which allows a wide range of people to connect through exercise, stay motivated, track their health, and reach their personal fitness goals.

4. Process to be followed: We will brief the participants about the purpose of the study, explain the consent form to them, and ensure that they sign the consent form. We will then engage the participants in a short 15 to 20 minute semi structured interview. We will also with their permission make an audio recording of the interview as well as written notes.

5. Participant selection: Participants will be chosen from the general public. They will be identified via random selection from a pool and selected according to their non-participation in high level organized athletics. In general, they will be characterized by a desire to become or stay active at a casual level as well as improve their physical performance and health over time.

6. Relationships: Our relationship to the participants may be described as follows: no relationship.

7. Risk and benefit: There will be minimal risk to the participants, for example that they feel that they have wasted their time. The only benefit will be to contribute to the education of the investigators. Participants are free to withdraw before or at any time during the study without the need to give any explanation.

8. Consent details: We will brief the participants about the purpose of the study, and explain the attached consent form to them, and ensure that they consent to participate and sign the consent form.

9. Compensation: Participants will receive no compensation.

10. Information sought: The information to be sought is described in the attached interview protocol sheet.

11. Confidentiality: Information will be kept confidential by the investigators. Names or other identifying or identified information will not be kept with the data. The only other use will be to include excerpts or copies in the assignment submitted, but names and other identifying or identified information will not be submitted.

**CSC318 Research Study - Consent Form**

January, 15, 2018

Reece Martin

Consent Form: \_\_\_\_\_

Group Identifier: \_\_\_\_\_

I hereby consent to participate in a research study conducted by Reece Martin, Ellen Chen, Yi Liu, Manuel Velarde, Kyle Haas, and Louise Xia, for an assignment in University of Toronto Computer Science course CSC318: The Design of Interactive Computational Media.

I agree to participate in this study the purpose of which is to

\_\_\_\_\_.

I understand that the procedures to be used are a face to face interview with recording. I will receive no compensation for my participation. I am free to withdraw before or any time during the study without the need to give any explanation.

All materials and results will be kept confidential, and, in particular, that my name and any identifying or identified information will not be associated with the data.

**PARTICIPANT**

Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

**INVESTIGATOR(s)**

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_