

**School of Computing Science Ethics Committee  
University of Glasgow**

**Request for Ethical Approval**

This form is to be used by 3<sup>rd</sup> year, 4<sup>th</sup> year, MSci, and taught MSc students in the School of Computing Science whose projects entail human participation and which do not conform to any one of the criteria on the project ethics checklist form (<http://www.dcs.gla.ac.uk/~hcp/ethics/projects-form.pdf>).

Students enrolled for an MSc by Research or a PhD, and members of academic or research staff should submit their request for ethics approval to the Faculty Ethics Committee (see <https://frontdoor.spa.gla.ac.uk/researchethics/>)

The form should be completed and returned by email to Professor Matthew Chalmers ([matthew.chalmers@glasgow.ac.uk](mailto:matthew.chalmers@glasgow.ac.uk)) to whom all enquires or requests for advice should be directed.

All sections of this form must be completed.

Before completing this form, please read the British Psychological Society's Code of Conduct (available on <http://www.dcs.gla.ac.uk/~hcp/ethics/>). The relevant sections of the code are noted against questions in this form.

Copies of the participant information form and consent form should be submitted together with this form.

---

**Project title: Collaborative Activity Tracker**

1. Describe the basic purposes of the proposed research:

I am researching the effectiveness of collaborative activity trackers in motivating users to exercise.

2. Describe the design of your experiment (e.g. conditions, number of participants, procedure, equipment):

Users are invited to participate in my study. They are required to sign a consent sheet, which requires that the user understands and consents to how the study is run, how their data is collected, how to withdraw, and that they are over 18. Once they have signed the consent sheet and created an account, they can join a team and start logging exercises and workouts in order to help fight their teams enemy with their friends . After 2-3 weeks, users are invited to participate in an interview/survey, where I will try to understand whether they were more motivated to exercise given that it helped their team. Users can exercise at home and if feasible, at a gym. The number of directly contacted participants will be around 10-15, and will depend on how many friends each person invites.

3. Describe how the procedures affect the participants:

As a result of my app, users will be in contact with others, and exercise. Depending on how motivating the app is, users might be driven to make big changes to their exercise habits. Users will see their teams activity, and their activity will be visible to other members. This includes personal bests and completed workouts.

4. State what in your opinion are the ethical issues involved in the proposal:

Although exercise is generally a good thing, it can be harmful if done in excess or with poor technique. I should encourage exercise, whilst trying to prevent users from doing it in an unhealthy way. I encourage

users to research or consult medical professionals before making big changes in their exercise habits. I also recommend technique videos to users that are progressing faster than some upper threshold.

Another issue is data collection. I log detailed analytics, and store data such as chat messages and workouts. I get informed consent of this through my consent form, and give users the option to withdraw at any time.

Workouts and personal bests are shared with your team. This is an important part of the game, as this allows users to see what their team is doing, I try to communicate this in my ethics sheet and in-game tutorial.

5. Specify whether the research will involve children or those with mental disability or handicap:  
The research will not involve research with children or those those with mental disability or handicap

6. State if payment will be made to participants:  
There are no financial incentives in my study.

7. Describe procedures for advertising, for recruiting participants, and for obtaining consent from participants:  
I will simply recruit friends and encourage them to invite their friends, as it is a group based app. The app opens a browser to my app with the consent form if the user has not signed it. This must be signed for the sign up to proceed.

8. State whether the proposal is in accord with the BPS Code of Conduct or the ESRC Frame of Research Ethics.  
After reading the BPS code of conduct, I verified that my proposal is in accord with it. My proposal is also in accord with the Department of Computing's ethics guidelines and Apples App Store guidelines

9. Describe how the participants' anonymity and confidentiality will be maintained:  
Users sign up with usernames that are not associated with any identifiable information (real names, emails, etc.). Usernames, however are associated with what the user does with the app, for example, log data, messages, what team they join, which could make the user identifiable. I will store the data until I have interviewed all users who want to participate, as these interviews could have more insight if accompanied by usage data (assuming an interviewee is willing to provide their username). This will hopefully be until 18<sup>th</sup> of March, or a bit later depending on interview scheduling. In the cases of surveys/interviews, I will store identifiable information such as demographic information and prior exercise habits securely.

10. Date on which the project will begin and end:  
18 February 2021 – 11<sup>th</sup> March 2021

11. Location at which the project will be carried out:  
Participants can be anywhere. Interviews will also be held over video call.

12. Describe how participants will be debriefed at the end of the experiment. This must include the opportunity to contact the experimenter (or supervisor) for feedback on the general outcome of the experiment.

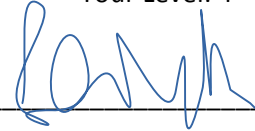
My email is visible in the initial screen when the app is opened, where I encourage anyone to contact me for any reason. Users can fill a survey or participate in a semi-structured interview at the end of the study

---

Student's Name Eerik Saksi

Your Level: 4<sup>th</sup> Year

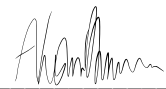
Student's Signature



Date 15.02.21

Supervisor's Name Alistair Morrison

Supervisor's Signature



Date 16/02/21

SOCS Ethics Committee Signature



Date 18th Feb 2021