

## Frequently Asked Questions

### **1. What questions do I need to answer online to determine eligibility?**

We will ask you about your age, English language fluency, and ownership of a compatible iPhone or Apple Watch model. Access to cellular data or wifi, affiliation with Western University, and willingness to follow the study instructions. Answers to these questions will help us determine if you are eligible to participate in this study at this time.

### **2. Is this study available in languages other than English?**

The study is currently only available in English.

### **3. I don't currently live in London, Ontario. Can I still be in the study?**

Participants who are current Western University Students are eligible to participate in the study. The custom-coded iOS application will conduct research assessment remotely. Participants must reside in Canada for the study duration.

### **4. Can I travel while I am enrolled in the study?**

You can only travel inside Canada while enrolled in the study. However, you are still required to complete daily assessments and use the devices daily to receive compensation, including having access to Wi-Fi and meeting the charging requirements.

If you are travelling in a location that does not have Wi-Fi or enable you to meet daily charging requirements, this may affect your adherence to the study instructions.

### **5. Can I enroll in other Research app studies?**

There is no restriction against enrolling in other studies available, so long as it does not affect your participation in this study and you complete the required assessments as part of this study.

### **6. Can I participate if I know someone, live with someone, or am related to someone enrolled in this study?**

We have no restrictions against that now, but both individuals must be eligible to participate in the study. Eligibility is determined by completing our screening and eligibility questions online.

## **7. What information will be collected using my phone?**

Once you have signed the study consent form and enrolled in the study, we will help you install an app on your iPhone (Mindful Moves), which uses sensors embedded on your iPhone to record information about:

Personal data related to your general health and physical activity will also be collected (via Apple Health App, which gathers health data from the iPhone, Apple Watch, and apps). Additionally, The study application will obtain sleep information if they are recorded in the Health app.

Device and application data include the number of steps taken, distance walked, phone usage, survey data, and other biosensors (accelerometer and gyroscope).

The Apple Watch paired with the iPhone will record health metrics such as minutes spent exercising and heart rate, which will be stored in the Apple Health app.

All collected information will remain stored in the application and be sent to the lab storage drive upon completion. The Principal Investigator and Co-Investigator will be the only individuals authorized to access the confidential information.

Again, the study application will only collect the data described above if you sign the study consent form. If you are uncomfortable sharing this information, you can choose not to participate. If you change your mind about participating in the study at a later time, you can withdraw from this study at any time until the results are finalized for publication.

If you have completed the study and wish to remove your data, that may not be possible, as all data is unidentifiable.

## **8. How do I withdraw from this study?**

Your decision to participate in the study is voluntary. You may choose not to participate or stop participating in the study at any time, for any reason, without penalty or loss of benefits to which you are otherwise entitled.

You can withdraw from this study using the “Mindful Moves” app on your iPhone. Withdrawal will mean that study staff will not have access to your research data, and The study application will send no data before study completion.

If you have completed the study and wish to remove your data, that may not be possible, as all data is unidentifiable. If you wish to leave the study part way through, you may do so, but any data collected up to that point will remain part of the study data as we cannot identify which data is specifically yours, but no more data about you will be collected.

## **9. Do I have to have my own iPhone/Watch to participate in the study?**

All participants must own an iPhone 8 or later with iOS 16 or later. Also, an Apple Watch SE (1st Gen) or Series 4 or later with WatchOS 8 or later.

## **10. Can I use a friend's or family member's iPhone/Watch to participate?**

You can only use your iPhone with your iCloud account to ensure data integrity and confidentiality.

## **11. Can I participate if I share an iCloud account with others?**

If you share an iCloud account with others, you should sign out of the iCloud account on devices not used exclusively by you. Or, you can create your iCloud account to use on the devices that are used exclusively by you.

## **12. Can I participate in the study if I have a family-sharing setup for my iCloud account?**

You can still participate in the study if you have a family-sharing setup for your iCloud account.

## **13. Can I upgrade or downgrade my iPhone during the study?**

Yes. If you change your iPhone during the study, we ask that you perform an iCloud backup before switching and restoring from the iCloud backup on the new phone to maintain enrollment in the study. There are additional steps to ensure the transfer of the Research app and study enrollment, so please contact the study team before changing iPhones during the study.

## **14. Do I need an Apple Watch to participate in this study?**

Yes, an Apple Watch is required to participate in this study, and will be used throughout the study.

## **15. Do I have to wear the Apple Watch on a specific wrist?**

You can choose which wrist to wear the device on, but it is vital to wear the Apple Watch on the wrist chosen during set-up. If you change position after set-up, please update in the Apple Watch app.

## **16. Can I use a different Apple Watch band than the one provided by the study?**

Yes, you can use a different band so long as it continues to be worn snugly on your wrist. If you find sleeping with the provided Apple Watch Sport Band uncomfortable, we encourage you to purchase an alternative watch band.

## **17. What is the Apple Watch wear requirements?**

You will be asked to wear your Apple Watch for at least 20 hours each day, which includes during the day and overnight while sleeping. You may need to charge your Apple Watch twice (at least partially) daily to meet the 20-hour requirement.

## **18. What are the daily charging requirements?**

To support data collection, you will be asked to meet daily charging requirements, which include charging your Apple Watch and iPhone together for at least two hours each day while the devices are connected via Bluetooth and are connected to the same Wi-Fi. You can charge for the same two hours each day.

## **19. What do I need to do to prepare for downloading the app?**

The following steps are required before your scheduled intake assessment:

- Confirm you are on the latest iOS version
- Confirm that you can download apps to your iPhone, which may require having your Apple ID username and password available if needed
- Confirm your Apple Watch is on the latest watchOS version and is paired to your iPhone.
  - If an update is needed, this requires that Apple Watch be placed on the charger and may take at least an hour to complete
- You must have access to a stable Wi-Fi connection throughout the study and during scheduled assessments.

If you still need to complete these tasks, the App Store may prevent you from downloading the app, or the app may need to be fixed on your device.

## **20. How is my study data kept confidential?**

Before the Principal Investigator (PI) and EHPL Study Staff receive data from the study application, your name and personal identifiers will be removed, and a random, unique code, known as the Universal Unique Identification Number, will be assigned to the data. In addition, all data will remain securely stored locally on your device until the completion of the study. All the relevant data will be aggregated and sent to the lab's secured storage server on campus with additional security measures to ensure data safety.

The Researchers will hold the Coded Study Data in the Research App in a secure database. The researchers will limit access to those who need access to conduct analysis.

All Coded Study Data will be treated per this consent form and its privacy policy (<https://www.apple.com/legal/privacy/apple-health-studies/en-ww/>).

## **21. Who can I contact if I have questions or concerns about the study?**

You may contact Jason Tsang, Study Co-Investigator, at (416) 520-6089 or [jtsang83@uwo.ca](mailto:jtsang83@uwo.ca).

In addition, the principal investigator Dr. Harry Prapavessis Ph.D. ([hprapave@uwo.ca](mailto:hprapave@uwo.ca)), may also be contacted if the options mentioned above are inadequate.

You may also contact the Privacy Office at Western University at (519)-661-2111 extension 84543 or [privacy.office@uwo.ca](mailto:privacy.office@uwo.ca) if you have questions about protecting your data.

You may also contact the Office of Research Ethics at Western University at (519)-661-3036, [ethics@uwo.ca](mailto:ethics@uwo.ca) if you:

- Have questions regarding your rights as a person in a research study.
- Have concerns, complaints, or general questions about the research.
- You may also call this number if you cannot reach any of the research team or wish to offer input or talk to someone else about any concerns related to the research.