Participant information sheet

You will need to give participants this information sheet to help them decide if they would like to take part.

It should provide clear information on the essential elements of your specific project including:
- the topic of your project
- that taking part is voluntary
- what will happen during and after the research
- what the project involves for the participant
- how data will be stored
- any potential risks or inconvenience for the participant balanced against any possible benefits for the participant or the wider community, including the advancement of knowledge and understanding.

It should provide participants with contact details in case they would like to discuss the project further.

Modify the below template with your project details.

Participant Information Sheet

Project title
Training Tracker : Enhancing Workout Progress Monitoring through Visual Analytics

Invitation paragraph
I/We would like to invite you to take part in my/our research project. Before you decide whether to participate, I/we would like you to understand why the research is being conducted and what it would involve for you. Talk to others about the study if you wish. Please ask me/us questions if anything is unclear.

What is the purpose of the project?
It is a software development project focusing on developing a user-friendly app that enables fitness enthusiasts to visually track their workout progress and muscle recovery, thereby enhancing motivation and adherence to fitness goals. This project is a part of a dissertation for a BSc degree.

Why have I been invited to participate?
People downloaded the app during the project period and agree with participation will be able to take part

Do I have to take part?
It is up to you to decide whether you wish to participate in the project. I/We will describe the study and go through this information sheet with you before you participate and answer any questions you might have. If you agree to take part, I/we will then ask you to sign a consent form. You are free to withdraw at any time, without giving a reason.

If data is to be anonymised, or if you will use the data for an assignment that needs to be submitted on a certain date, you will need to explain in this paragraph that there is a cut-off date for withdrawal and specify exactly when this is. It might cause problems for your research if a participant withdrew very close to the submission date for your assessed work, so set a cut-off date for withdrawal that will minimise such problems.

What will happen to me if I take part and what will I have to do?

- You will be required to enter your data into the application for its use
- You will need to use the app to track your workout progress
- You will need to provide feedback for the app

What are the possible disadvantages and risks involved in taking part in the project?
The information about your muscle status provided in the app might not be entirely accurate, as it can depend on factors beyond those you enter. Instead of placing full trust and reliance on the app, you will need to monitor your condition yourself. Consider using the app as a supplementary tool.

What are the possible benefits of taking part?
As the app enables fitness enthusiasts to visually track their workout progress and muscle recovery, participants might be able to enhance motivation and adherence to fitness goals.

Will my participation in this project be kept confidential?
- All information which is collected about you during the course of the research will be kept strictly confidential, and any information about you will have your name and address removed so that you cannot be recognised. Data will be stored securely on my University of Bristol file store. Data will be destroyed after I have graduated.
- The data you enter will be utilised for calculating your muscle status, including the recovery rate
- The feedback you give will be used to update the application
- Any information you provide while participating can be confidentially shown when stating the software development process

- whether you will anonymise data, both in terms of how you will store data and how you will use data in any submitted work or publications. If it will be possible to identify individual participants from the data, you should explain who will have access to this data. For some projects, it might be neither necessary nor desirable to keep participants anonymous e.g. if you are interviewing public figures, you might explain to them that you plan to use their comments in association with their names in your work.

What will happen to the results of the research project?
Results will be made available to participants, for example, by sending them a copy of the dissertation.

Who is organising and funding the research?
University of Bristol - BSc computer science (Faculty of Engineering)

Who has reviewed the study?
Give the name and department of your supervisor, or the Faculty Research Ethics Committee if your project has been submitted for full ethical review via the online tool.

Further information and contact details
Participants may want further information in relation to the study and may have questions about what they are being asked to do. Your contact details should be included here.

If participants have any concerns related to your participation in this study, please direct them to the Research Governance Team: research-governance@bristol.ac.uk