**PARTICIPANT INFORMATION**

# **REC reference number, date and version of information sheet**

# **Title of study**

Metabolic – Fitness Mobile Application

# **Name of principal investigator/researcher**

Kacper Zoltowski

# **Invitation paragraph**

You have been invited to take part in a feedback survey.

This is part of my final year project – I have developed a mobile application which allow users to track their fitness. The project offers lots of features which user have access to, I will require, you the user, to test out the project and provide valuable feedback. Please make sure to read the rest of this documentation fully if you wish to take part in this survey and continue supporting this project. If you require further clarification please contact me or the supervisor. Please ensure you save a copy of this document for future reference.

# **What is the purpose of the study?**

The app is a “Metabolic – Fitness Mobile Application”. The application will allow users to track their workout sessions in a fun and interactive way. If you have used applications like Fitbit, Garmin and MyFitnessPal, it should be very intuitive for you to use this application as well. For further details on this application please contact the researcher.

# **Why have I been invited to take part?**

You have been identified as one of the potential target demographic based on the objective set by the researcher. You and a group of other testers will be given special access to the application throughout all its development cycles – and your opinion matters so please take the time to be as critical as needed.

# **Do I have to take part?**

Participation in the project is voluntary, you have the right to not to participate in partd or all the project. You can withdraw at any stage of the project without being penalised or disadvantaged in any way. It is up to you to decide whether or not to take part. If you do decide to take part you will be asked to sign a consent form. If you decide to take part you are still free to withdraw at any time and without giving a reason.

At any point if you wish to withdraw, please let either the researcher or the supervisor knows and will be immediately taken off the research group along with any information you have submitted.

**What will happen if I take part?**

* How long will the participant be expected to be involved?

Participants will be asked to use the app throughout the testing process (or as long as possible.

* How often will the participants meet the researcher/s if more than once?

Participants will be asked complete a survey after the completion of every sprint, barring spring 1. There are currently 5 sprints planned.

* What exactly will happen?

You will be given access to download the application. After downloading the application you will be asked to use and test all the features – testing for experience and potential bugs. Please note any bugs, potential improvements and features you found exciting. Once tested you will be asked to fill out a survey.

* What is the research method used?

The survey can be submitted online, emailed to the research or a paper copy can be given to the researcher.

* Where is the research taking place?

The research will be taking place in campus of City, University of London

* How long will the research study last?

The final stage of testing will take place from March 25 – April 6th.

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

The use of the participants phone is required. This means potentially having code that is not fully development and extensively tested. The researcher will run lots of test before the next update is released to the testers to ensure no damages are caused to the users appliances. However, in the rare case of long term or severe crashes/damages please contact the research and/or the supervisor as soon as possible.

Other cautionary warnings are suggested, please practice safe online behavior and be mindful of actions may affect the people and the environment around you when using your phone and this application.

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

There are no direct benefits to the participants however you will have the opportunity to support the development of an exciting new application.

**What should I do if I want to take part?**If you would like to take part in the research, please contact the researcher either directly in person or through email: kacper.zoltowski@City.ac.uk, stating your interest.

# **Data privacy statement**

City, University of London is the sponsor and the data controller of this study based in the United Kingdom. This means that we areresponsible for looking after your information and using it properly. The legal basis under which your data will be processed is City’s public task.

Your right to access, change or move your information are limited, as we need to manage your information in a specific way in order for the research to be reliable and accurate. To safeguard your rights, we will use the minimum personal-identifiable information possible (for further information please see [https://ico.org.uk/for-organisations/guide-to-data-protection/guide-to-the-general-data-protection-regulation-gdpr/lawful-basis-for-processing/public-task/](https://ico.org.uk/for-organisations/guide-to-data-protection/guide-to-the-general-data-protection-regulation-gdpr/lawful-basis-for-processing/public-task/?q=privacy+notice)).

City will use your name and contact details to contact you about the research study as necessary. If you wish to receive the results of the study, your contact details will also be kept for this purpose. The only people at City who will have access to your identifiable information will be marker and examiners. City will keep identifiable information about you from this study for xxx years after the study has finished.

You can find out more about how City handles data by visiting <https://www.city.ac.uk/about/governance/legal>. If you are concerned about how we have processed your personal data, you can contact the Information Commissioner’s Office (IOC) <https://ico.org.uk/>.

# **What will happen to the results?**

The results will be studied by the researcher to help improve the application. It may be used in future publications as well as the current thesis/report. Anonymity will always be maintained. Participants will not receive the results from the study, however if you wish to request it please contact the researcher.

# **Who has reviewed the study?**

This study has been approved by City, University of London *Computer Science* Research Ethics Committee.

# **What if there is a problem?**

Projects taking place in countries where it is possible that the participants will not be able to go through the standard complaints procedure (e.g. if participants may feel inhibited or unable to complain to City, University of London, for reasons of cost, language, literacy and culture) a local contact needs to be identified. This should be someone who is not directly involved in the research. The name of this person should be provided to the research ethics committee approving the application. The local contact needs to be made aware that they have to pass all written and verbal complaints/issues on to the Secretary to Senate Research Ethics Committee as soon as possible.

If you have any problems, concerns or questions about this study, you should ask to speak to a member of the research team. If you remain unhappy and wish to complain formally, you can do this through City’s complaints procedure. To complain about the study, you need to phone 020 7040 3040. You can then ask to speak to the Secretary to Senate Research Ethics Committee and inform them that the name of the project is Smart Scheduling Application with NFC Technology and Machine Learning Integration.

You can also write to the Secretary at:

Anna Ramberg  
Research Integrity Manager

City, University of London, Northampton Square  
London, EC1V 0HB

Email: [Anna.Ramberg.1@city.ac.uk](mailto:Anna.Ramberg.1@city.ac.uk)

# **Further information and contact details**

Researcher contact info: kacper.zoltowski@City.ac.uk

Supervisor contact info: [c.smart@city.ac.uk](mailto:c.smart@city.ac.uk)

**Thank you for taking the time to read this information sheet.**