

Ethics information: Participant Consent Form

The aim of this experiment is to investigate the usability and functionality of my developed smartwatch application that helps users track their Heart Rate Recovery and more generally their overall Heart Fitness.

The experiment will take around an hour to complete across the span of four days.

You will be provided with the watch with the application pre-installed in “fresh installation” state. Across the four days, you will be required to do a 10-minute run split into two 5-minute stints with a 2-minute break between them. This should be recorded as one workout in the application.

You will then also be tasked with doing a regular exercise or sport that still involves a lot of arm movement for example football, badminton, etc.

After completing both tasks, you will be tasked to complete a short survey through Google Forms asking basic questions. These questions include intuition questions on how easy the application is to navigate, task-based questions that will ask you to complete a task and how easy completing this task was, and practicality questions on what you more generally liked and what could see improvements.

All results will be held in strict confidence, ensuring the privacy of all participants. No personal participant information will be stored with the data. Online data will be stored in a password protected computer account. After results analysis, you will be emailed a summary of the data gathered. Your participation in this experiment will have no effect on your marks for any subject at this, or any other university.

Please note that it is the application being evaluated and your performance will not be tracked. You are welcome to withdraw from the experiment at any time and any recorded data will be discarded. If you do so, then it will not be possible for you to be debriefed about the purposes of the experiment.

If you have any questions or concerns regarding this experiment, please contact:

Investigator: Nathan Hutchison

School of Computing Science

2556961H@student.gla.ac.uk

By signing this consent form, you:

- Don't have any underlying health conditions that could be provoked by this experiment.
- Can comfortably run for the stated duration.

I have read this information sheet, and agree to voluntarily take part in this experiment:

Name: _____ Email: _____

Signature: _____ Date: _____

This study adheres to the BPS ethical guidelines, and has been approved by the SoCS ethics committee of The University of Glasgow.. Whilst you are free to discuss your participation in this study with the investigator or supervisor, if you would like to speak to someone not involved in the study, you may contact the chair of the School of Computing Science Ethics Committee: Prof Matthew Chalmers.