



Dublin City University  
School of Computing  
ETHICS COMMITTEE (SEC)

NOTIFICATION FORM FOR LOW-RISK  
PROJECTS AT UNDERGRADUATE OR  
TAUGHT MASTERS LEVELS

**Please read the following information carefully before completing your application. Failure to adhere to these guidelines will make your submission ineligible for review.**

1. Download this form, complete the appropriate fields, attach additional pages (e.g. plain language statement) as appropriate and save as a PDF file
2. Completed applications must be uploaded to your School of Computing GitLab repo, and must be located in "docs/ethics.pdf".
3. Your SUPERVISOR will then be notified automatically and must approve your approach initially.
4. Your application should consist of **one electronic file (PDF) only**. The completed application must include this form and also must incorporate all supplementary documentation, especially that being given to the proposed participants e.g consent forms, plain English language statement. It must be proofread and spell-checked before submission.
5. All sections of the application form must be answered as instructed and within the word limits given.
6. Your ethics approval submission will be circulated to the School's Research Ethics Committee and you will be notified if/when it is approved
7. All projects must have either a derogation from an ethics approval requirement (as determined by your supervisor) OR must have an approved ethics submission (this form), before work with human subjects commences.

Applications which do not adhere to these requirements will not be accepted for review and will require resubmission

Applications must be completed on this form; answers in the form of attachments will not be accepted, except where indicated. No hard copy applications will be accepted. **The project must not commence work with human subjects until written approval has been received from the School of Computing Ethics Committee (SEC).**

PROJECT TITLE	Gym Vision
PROJECT SUPERVISOR(S)	Alistair Sutherland
START AND END DATE	01/11/2019 – 31/05/2020

Please ensure that **all** supplementary information is included in your application (in one electronic copy). If questionnaire or interview questions are submitted in draft form, please indicate this by putting (draft) after YES. A copy of the final documentation must be submitted for final approval when available.

<b>My application has been collated as one electronic file which includes the following documentation:</b>	<b>INCLUDED (mark as YES)</b>	<b>NOT APPLICABLE (mark as N/A)</b>
Bibliography		N/A
Recruitment advertisement (How are you getting volunteers?)		N/A
Plain language statement/Information statement	<b>YES</b>	
Informed consent form	<b>YES</b>	
Personal Data Security Schedule <a href="https://www.dcu.ie/sites/default/files/info/3_blank_data_security_schedule.xls">https://www.dcu.ie/sites/default/files/info/3_blank_data_security_schedule.xls</a>		N/A
Evidence of external approvals related to the research		N/A
Questionnaire/Survey	<b>YES</b>	
Interview/Focus Group Questions	<b>YES</b>	
Debriefing material		N/A
Other (e.g. local government approval )		N/A

Please note:

- Any amendments to the original approved proposal must receive prior SCEC approval.
- As a condition of approval investigators are required to document and report immediately to SCEC any adverse events, any issues which might negatively impact on the conduct of the research and/or any complaint from a participant relating to their participation in the study

## 1. ADMINISTRATIVE DETAILS

Project Type (select one): Undergraduate Project – Final Year

Final Year

Undergraduate Project – non-final Year

Taught Masters (Practicum)

(projects at other levels, e.g. PhD or research Masters, should be approved by the University's REC if necessary)

### 1.1 INVESTIGATOR CONTACT DETAILS

**SUPERVISOR(S):**

NAME	SCHOOL/UNIT	EMAIL
Alistair Sutherland	DCU School of Computing	alistair.sutherland@dcu.ie

**STUDENT(S):**

NAME	SCHOOL/UNIT	EMAIL
Fawaz Alsafadi	DCU School of Computing	fawaz.alsafadi2@mail.dcu.ie
Ayman El Gendy	DCU School of Computing	ayman.elgendy2@mail.dcu.ie

## DECLARATION BY SUPERVISOR(S)

*The information contained herein is, to the best of my knowledge and belief, accurate. I have read the University's current research ethics guidelines, and accept responsibility for the conduct of the procedures set out in the attached application in accordance with the form guidelines, the SCEC guidelines (<https://www.dcu.ie/researchsupport/researchethics.shtml>), the University's policy on Conflict of Interest, Code of Good Research Practice and any other condition laid down by the Dublin City University Research Ethics Committee. I have attempted to identify all risks related to the research that may arise in conducting this research and acknowledge my obligations and the rights of the participants.*

*If there exists any affiliation or financial interest for researcher(s) in this research or its outcomes or any other circumstances which might represent a perceived, potential or actual conflict of interest this should be declared in accordance with Dublin City University policy on Conflicts of Interest.*

*I and my co-investigators or supporting staff have the appropriate qualifications, experience and facilities to conduct the research set out in the attached application and to deal with any emergencies and contingencies related to the research that may arise.*

### Electronic Signature(s):

Supervisor(s): Alistair Sutherland

Print Name(s) here Alistair Sutherland

Date: 27 Feb 2020

## 2. PROJECT OUTLINE

### 2.1 SIMPLE DESCRIPTION (Max. 300 words)

*Please outline, in terms that any non-expert would understand, what your research project is about, including what participants will be required to do. Please explain any technical terms or discipline-specific phrases.*

The project will involve the development of software with computer vision capabilities. It will use Computer vision to assess/analyze the form of someone performing an exercise such as a squat or deadlift and provide useful feedback to help the user improve their form.

## 2.2 AIMS OF AND JUSTIFICATION FOR THE RESEARCH (Max. 400 words)

*State the aims and significance of the project. Where relevant, state the specific hypothesis to be tested. Please provide a brief description of background research, a justification as to why this research project should proceed in that context and an explanation of any expected benefits to the community. NB – all references cited should be listed in an attached bibliography.*

We believe this project is very relevant as every year there are beginners in the gym who struggle to perform exercises correctly. This often leads to injuries and hindered progress. Our goal is to provide a platform for people to safely learn how to exercise and reach their fitness goals. We believe that personal trainers are useful for this, but they are also a luxury some people cannot afford, or simply don't want to buy. In some ways our application can be a supplement for personal training, a more convenient alternative.

## 2.3 DESCRIBE THE METHODOLOGY BEING USED TO ACHIEVE YOUR STATED AIMS

*Provide an outline of the proposed method and state who is doing which task – include details of data collection techniques, the tasks participants will be asked to do, the estimated time commitment involved, and how data will be analysed. If the project includes any procedure which is beyond already established and accepted techniques please include a description of it. There should be enough detail provided to facilitate ethical review, but applicants are encouraged to keep it as succinct as possible.*

To achieve our aims we will require users to perform exercises while letting the software analyze their form. We will need a decently large sample size if we are to adequately assess the performance of our application, as many perform exercises slightly different. This differences may or may not contribute to bad form. Ayman El Gendy will be recruiting testers for the testing phase, while Fawaz Alsafadi will work with the users to record and analyze the results of the tests.

## 2.4 PARTICIPANT PROFILE

*Provide the number, age range and source of participants. Please provide a justification of your proposed sample size. Please provide a justification for selecting a specific gender, age, or any other group if this is done in your project.*

Candidates for testing will be anybody over the age of 18. As long as they are above this age they should be considered useful test subjects. This is because people of all ages join the gym every year and so it makes sense to test on the complete range of people who may use the application. We will recruit candidates from our peer groups, families and fellow students who hold an active DCU gym membership as they are likely to be already performing the exercises that our application will seek to improve.

### 2.4(a) PARTICIPANT VULNERABILITY

*Are some or all of participants vulnerable in any way? (e.g by virtue of the group they belong to, people who have undergone traumatic or adverse emotional events, people with diminished cognitive ability, power relations between researchers and participants etc.)? If they are, state what this vulnerability (or vulnerabilities) is and justify why this research is being done*

with such participants.

NO

**2.4(b) CHILD PARTICIPANTS (anyone under 18 years old)**

If your participants include children, you **must** confirm that you are in compliance with the research specific guidelines as detailed in "Keeping Children Safe - Policies and Procedures supporting Child Protection at DCU" - available at:

<https://www4.dcu.ie/sites/default/files/policy/157%20->

[%20child\\_protection\\_handbook\\_rev1%282%29%281%29.pdf](#)

<b>Please indicate your compliance with the following guidelines:</b>	<b>Mark here</b>
We confirm that we have read and agree to act in accordance with the DCU Child Protection policy and procedures	<b>N/A</b>
We confirm that we have put in place safeguards for the children participating in the research	<b>N/A</b>
We confirm that we have supports in place for children who may disclose current or historical abuse (whether or not this is the focus of the research)	<b>N/A</b>

**2.5 EXPLAIN HOW PARTICIPANTS ARE TO BE RECRUITED**

Please provide specific details as to how you will be recruiting participants. How will people be informed that you are doing this research? How will they be approached and asked if they are willing to participate? If you are mailing or phoning people, please explain how you have obtained their names and contact details. If a recruitment advertisement is to be used, please ensure you attach a copy to this application.

We will first ask our fellow DCU students to assist in testing our app by using it and filling out our questionnaire. We will then ask our family and friends to also use and critique our application.

**2.6 PLEASE EXPLAIN WHEN, HOW, WHERE, AND TO WHOM RESULTS WILL BE DISSEMINATED, INCLUDING WHETHER PARTICIPANTS WILL BE PROVIDED WITH ANY INFORMATION AS TO THE FINDINGS OR OUTCOMES OF THE PROJECT ?**

The data from our tests will be reviewed by our project team to determine the accuracy of our findings/analysis. We will give the results and findings to those who were participated in the testing of our application so they can be aware of the accuracy of the assessment and feedback our software has given them in the trial runs. However testers will not be informed of the project outcome.

**2.7 ARE OTHER APPROVALS REQUIRED TO GAIN ACCESS TO ANOTHER LOCATION, ORGANISATION ETC.? (e.g. a School or company)**

YES or NO
NO

*(If YES, please specify from whom and attach a copy of the approval documentation. If this is not yet available, please explain when this will be obtained.)*


### 3. RISK AND RISK MANAGEMENT

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#### 3.1 JUSTIFICATION OF STATED LEVEL OF RISK TO RESEARCH PARTICIPANTS

*You must provide a justification for the stated level of risk, as indicated on the cover page of your application. Note that the level of risk may be influenced by the vulnerability of the research group, the methods employed and the nature of the research itself. For further information on risk levels, please refer to the Levels of Review information on the website: <https://www.dcu.ie/researchsupport/researchethics.shtml>*

We believe that the risk management procedures we carried out will minimize the level of risk enough to justify the research group study. The benefits of our software could lead to a decreased level of risk of injury in the gym.

#### 3.2 DOES THE RESEARCH INVOLVE:

	YES or NO
● use of a questionnaire? (attach copy)?	YES
● interviews (attach interview questions)?	YES
● observation of participants without their knowledge?	NO
● participant observation (provide details in section 2)?	NO
● audio- or video-taping interviewees or events?	YES
● access to personal and/or confidential data (including student, patient or client data) without the participant's specific consent?	NO
● administration of any stimuli, tasks, investigations or procedures which may be experienced by participants as physically or mentally painful, stressful or unpleasant during or after the research process?	NO
● performance of any acts which might diminish the self-esteem of participants or cause them to experience embarrassment, regret or depression?	NO
● investigation of participants involved in illegal activities?	NO
● procedures that involve deception of participants?	NO
● administration of any substance or agent?	NO
● use of non-treatment of placebo control conditions?	NO
● collection of body tissues or fluid samples?	NO
● collection and/or testing of DNA samples?	NO
● participation in a clinical trial?	NO
● administration of ionising radiation to participants?	NO

#### 3.3 POTENTIAL RISKS TO PARTICIPANTS AND RISK MANAGEMENT PROCEDURES

*Identify, as far as possible, all potential risks to participants (physical, psychological, social, legal, economic, etc.), associated with the proposed research. Please explain what risk management procedures will be put in place to minimise these risks.*

The exercises will be performed without weights or if necessary, extremely light objects that can supplement weights such as a snooker stick to act in place of real weights. This will allow us to test the features of the app accurately while avoiding the potential injuries that would occur from vulnerable participants using proper weights. However, as testing the full functionality of our

application will require some light physical exercise from the participants it could be considered as a risk to their health.

To mitigate these risks, we will insure that the testing of the form correcting functionality of our application will only occur during a supervised interview. Here we will be present with the participants while they are testing this function. The testing will be carried out in a pre-booked room on the DCU campus where we will be within a short distance to the DCU clinic should an injury occur. Furthermore, we will also have a person with first aid training during the interview so that they may be there for immediate response should an injury occur. The person with first aid training is a fellow classmate also in 4<sup>th</sup> year of Computer applications in DCU and has provided their consent to support the testing of this application their details are as follows.

Name: Phoebe Cooney

E-mail: [phoebe.cooney8@mail.dcu.ie](mailto:phoebe.cooney8@mail.dcu.ie)

Phone number: 00353 87 905 4717

**3.4 ARE THERE LIKELY TO BE ANY BENEFITS (DIRECT OR INDIRECT) TO PARTICIPANTS FROM THIS RESEARCH?**

**YES or NO**

Yes

*(If YES, provide details.)*

The goal will be that the software is accurate enough to be able to provide useful feedback for the participants to adjust their form and improve their form accordingly.

**3.5 ARE THERE ANY SPECIFIC RISKS TO RESEARCHERS?**

*Examples include use of dangerous materials, asking certain types of questions, research being undertaken in certain locations, researchers working alone in isolated areas, etc.*

**YES or NO**

NO

*(If YES, please describe and explain what risk management procedures will be put in place to minimise these risks.)*

**3.6 DEALING WITH ADVERSE/UNEXPECTED OUTCOMES**

*Please describe what measures/protocols you have put in place in the event that there are any unexpected outcomes or adverse effects to participants arising from involvement in the project.*

Should an injury occur during the supervised testing of our application, the person with first aid training present during the testing (details in section 3.3) will attempt to deliver first aid to alleviate and pain or diagnose the injury. If severe or necessary the injured participant will be taken to the DCU clinic.



The following are the numbers we will have on hand and these numbers will also be on the plain language statement and the consent form.

DCU Glasnevin campus clinic  
Phone: 00 353 1 700 5143 / 5766  
Emergency: 0035387 6794552 (Office hours only)  
DCU emergency: 01 700 5999 (24/7)  
D-Doc phone - 1850 22 44 77

If necessary emergency services will be called on 112/999

### 3.7 HOW WILL THE CONDUCT OF THE PROJECT BE MONITORED?

*Please explain how the supervisor will monitor the conduct of the project (especially where several people are involved in recruiting or interviewing, administering procedures, etc.) to ensure that it conforms with the procedures set out in this application*

*We will organize meetings regularly with our project supervisor and discuss the outcomes of our tests. We will share the results of the survey with our supervisor and then discuss possible issues that may have occurred in the testing phase.*

### 3.8 SUPPORT FOR PARTICIPANTS

*Depending on risks to participants you may need to consider having additional support for participants during/after the study. Consider whether your project would require additional support, e.g., external counselling available to participants. Please advise what support will be available.*

Should an injury or adverse outcome occur, the participants will be provided with the contact details of all team members in the PLS and urged to reach out for support. However during the entire process the participant will be reminded that their participation is voluntary and that they do so at their own risk however little that may be.

### 3.9 DO YOU PROPOSE TO OFFER PAYMENTS OR INCENTIVES TO PARTICIPANTS?

YES or NO

NO

*(If YES, please provide further details.)*


- 3.10 DO ANY OF THE RESEARCHERS ON THIS PROJECT HAVE A PERSONAL, PHILOSOPHICAL, FINANCIAL OR COMMERCIAL INTEREST IN ITS OUTCOME THAT MIGHT INFLUENCE THE INTEGRITY OF THE RESEARCH, OR BIAS THE CONDUCT OR REPORTING OF THE RESEARCH, OR UNDULY DELAY OR OTHERWISE AFFECT THEIR PUBLICATION?

YES or NO

NO

(If YES, please specify how this conflict of interest will be addressed.)

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#### 4. CONFIDENTIALITY/ANONYMITY

- 4.1 WILL THE IDENTITY OF THE PARTICIPANTS BE PROTECTED?

YES or NO

YES

(If NO, please explain why.)

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IF YOU ANSWERED YES TO 4.1, PLEASE ANSWER THE FOLLOWING QUESTIONS:

- 4.2 HOW WILL THE ANONYMITY OF THE PARTICIPANTS BE RESPECTED?

Please bear in mind that where the sample size is very small, it may be impossible to guarantee anonymity/confidentiality of participant identity. Participants involved in such projects need to be advised of this limitation in the Plain Language Statement/Information Sheet. If you intend to fully anonymize the data, please provide details

*The test results for individuals will only be known by the researchers. Interviews and surveys will be kept anonymous.*

- 4.3 LEGAL LIMITATIONS TO DATA CONFIDENTIALITY

Participants need to be made aware that confidentiality of information provided cannot always be guaranteed by researchers and can only be protected within the limitations of the law - i.e., it is possible for data to be subject to subpoena, freedom of information claim or mandated reporting by some professions. This information should be included in your Plain Language Statement and Informed Consent Form. Depending on the research proposal and academic discipline, you may need to state additional specific limitations.

State how and where participants will be informed of these limitations

**In the plain language form.**

## 5. PERSONAL DATA - COMPLIANCE WITH THE GENERAL DATA PROTECTION REGULATION

Personal data is data relating to a living individual (i.e. the 'Data Subject') who is, or can be, identified either from the data itself or from the data in conjunction with other information that is in, or is likely to come into, the possession of the 'Data Controller' (i.e. DCU and its constituent units e.g. research teams etc.). **Further information on personal data is available from the DCU Data Protection Unit at <https://www.dcu.ie/ocoo/dp/guides.shtml>**

### 5.1 IS PERSONAL DATA BEING PROCESSED AS PART OF THIS PROJECT?

YES or NO

NO

If YES, Please indicate your compliance with the following guidelines:	Mark here
We confirm that we have read and agree to act in accordance with DCU Data Protection Unit guidance and procedures regarding personal data	
We confirm that we have put in place a Personal Data Security Schedule (PDSS) for the project and have attached it to this application	

**Please see the GDPR and the Research Ethics Process section of the [SCEC main webpage](#) for guidance**

IF YOU ANSWERED YES TO 5.1, PLEASE ANSWER THE FOLLOWING QUESTIONS:

### 5.2 WHAT KIND OF PERSONAL DATA IS BEING PROCESSED?

*Note special categories of personal data include health data, genetic data and/or data relating to ethnicity/race of participants, their sex lives and/or sexual orientation*

### 5.3 WILL ANONYMISATION/PSEUDONYMISATION OF THE PERSONAL DATA BE UNDERTAKEN?

YES or NO

Yes

*(If NO, please explain why.)*

## 6. DATA/SAMPLE STORAGE, SECURITY AND DISPOSAL

For the purpose of this section, "Data" includes that in a raw or processed state (e.g. interview audiotape, transcript or analysis). "Samples" include body fluids or tissue samples.

**6.1 HOW AND WHERE WILL THE DATA/SAMPLES BE STORED?**

Note that the SCEC recommends that all data be stored on campus – please justify any off-site storage.

**DCU Gitlab repo and we will use google forms to create the questionnaires, we will only use our DCU gmail accounts to create the questionnaires. All data will be kept private.**

**6.2 WHO WILL HAVE ACCESS TO DATA/SAMPLES?**

If people other than the main researchers have access, please name who they are and explain for what purpose.

The project team and our supervisor.

**6.3 HOW LONG IS THE DATA TO BE HELD/RETAINED FOR?**

Note that with very few exceptions **personal data** may not be retained indefinitely. It is up to the unit or research team to establish an upper retention limit for each category of personal data under its control.

30/05/2020

**6.4 IF DATA/SAMPLES ARE TO BE DISPOSED OF, PLEASE EXPLAIN HOW, WHEN AND BY WHOM THIS WILL BE DONE?**

Note that simply deleting files is not sufficiently secure. The additional steps to be taken to maintain data security should be given. **Personal data** must be disposed of in a safe and secure manner at the end of its retention period. If the data is stored in a: a) paper based format then shredding or disposal via a secure bin is recommended; or b) if it is stored in an electronic based format then deletion of the record or full anonymization of the data is recommended. If data/samples are NOT being disposed of, please justify this decision.

All user samples will be deleted on the repo. Electronic samples will also be anonymized for extra security. We will confirm with our supervisor that our deletion of data was carried out in a proper manner.

The data will be destroyed on 30/05/2020

**7. PLAIN LANGUAGE STATEMENT** (Attach to this document. Approx. 400 words)

A Plain Language Statement (PLS) should be used in all cases. This is written information in plain language that you will be providing to participants, outlining the nature of their involvement in the project and inviting their participation. The PLS should specifically describe what will be expected of participants, the risks and inconveniences for them, and other information relevant to their involvement. Please note that the language used must reflect the participant age group and corresponding comprehension level – if your participants have different comprehension levels (e.g. both adults and children) then separate forms should be prepared for each group. The PLS can be embedded in an email to which an online survey is attached, or handed/sent to individuals in advance of their consent being sought. See link to sample templates on the website: <https://www.dcu.ie/researchsupport/ethicsapproval.shtml>

**PLEASE CONFIRM WHETHER THE FOLLOWING ISSUES HAVE BEEN ADDRESSED IN YOUR PLAIN LANGUAGE STATEMENT/ INFORMATION SHEET FOR PARTICIPANTS:**

	YES or NO
Introductory Statement (Supervisor and student names, school, title of the research)	YES
What is this research about?	YES
Why is this research being conducted?	YES
What will happen if the person decides to participate in the research study?	YES
How will their privacy be protected?	YES
How will the data be used and subsequently disposed of?	YES
What are the legal limitations to data confidentiality?	YES
What are the benefits of taking part in the research study (if any)?	YES
What are the risks of taking part in the research study?	YES
Confirmation that participants can change their mind at any stage and withdraw from the study	YES
How will participants find out what happens with the project?	NO
Contact details for further information (including SCEC contact details)	YES
Details relating to GDPR Compliance if Personal Data is being sought	NO

*If any of these issues are marked NO, please justify their exclusion:*

**Details relating to GDPR Compliance if Personal Data is being sought** – No personal data will be sought

**How will participants find out what happens with the project?** – The user will not be informed of the outcome of the project.

## DUBLIN CITY UNIVERSITY



### I. Introduction to research

The title of the project is GymVision, it is carried out in the DCU school of computing under supervision from a DCU member of staff. Anonymous opinion remarks will be collected through questionnaires/surveys to allow us to enhance and refine our application.

The project will involve the development of software with computer vision capabilities. It will use Computer vision to assess/analyze the form of someone performing an exercise such as a squat or deadlift and provide useful feedback to help the user improve their form. A common issue that new gym goers face is the lack of knowledge on the correct form required to perform various gym exercises this can lead to injury and/or not achieving the desired results. Our application seeks to aid users overcome these issues by advising them on their form and helping correct it.

This project is being carried out for our 4<sup>th</sup> year project as part of the Computer Applications and Software Engineering degree rain in the School of Computing.

**Project team:** Ayman El Gendy (Email – ayman.elgendy2@mail.dcu.ie ) and Fawaz Alsafadi (Email - fawaz.alsafadi2@mail.dcu.ie)

**Supervisor:** Alistair Sutherland

## **II. Details of what participant involvement in the Research Study will require**

- Completion of questionnaire based on the design and user interface of the application, its ease of use, functionality and accessibility.
- Completion of a questionnaire based on use of the app where the user will perform exercises to be analysed by the application, in order to prevent injury and insure the safety of the participant this will be done during an interview where the participant will be required to test the application with the supervision of the project team.

## **III. Potential risks to participants from involvement in the Research Study (if greater than that encountered in everyday life)**

In order to gain extensive feedback on the application we will need the user to perform basic exercises such as squatting. While performing these excises there is an increased possibility of injury the user will need to be aware of as is natural with any exercise.

However, in the unlikely even of an injury there will be a person with first aid training during the interview to carry out first aid if necessary the contact details are below. Furthermore, the contact details for addition emergency services and the DCU clinic are below.

### **First aid**

Name: Phoebe Cooney

E-mail: phoebe.cooney8@mail.dcu.ie

Phone number: 00353 87 905 4717

### **Clinic and emergency contact numbers**

DCU Glasnevin campus clinic

Phone: 00 353 1 700 5143 / 5766

Emergency: 0035387 6794552 (Office hours only)

DCU emergency: 01 700 5999 (24/7)

D-Doc phone - 1850 22 44 77

## **IV. Any benefits (direct or indirect) to participants from involvement in the Research Study**

None

**V. Advice as to arrangements to be made to protect confidentiality of data, including that confidentiality of information provided is subject to legal limitations**

Any and all recorded data will only be accessible by the project team Fawaz Alsafadi and Ayman El Gendy and project supervisor Alistair Sutherland.

This confidentiality requirement for the research is only subject to the confines of the law.

**VI. Advice as to whether or not data is to be destroyed after a minimum period**

All gathered data will be destroyed on 30<sup>th</sup> of May 2020.

**VII. Statement that involvement in the Research Study is voluntary**

Involvement in the research is completely voluntary and the participants may withdraw from the research study at any point.

***If participants have concerns about this study and wish to contact an independent person, please contact:***

**The Secretary, Dublin City University Research Ethics Committee, c/o Research and Innovation Support, Dublin City University, Dublin 9. Tel 01-7008000, e-mail [rec@dcu.ie](mailto:rec@dcu.ie)**

**8. INFORMED CONSENT FORM** *(Attach to this document. Approx. 300 words)*

*In most cases where interviews or focus groups are taking place, an Informed Consent Form is required. This is an important document requiring participants to indicate their consent to participate in the study, and give their signature. If your participants are minors (under 18), it is best practice to provide them with an assent form, while their parents/guardians will be given the Informed Consent Form. In cases where an anonymous questionnaire is being used, it is enough to include a tick box in the questionnaire (underneath the information section for participant), where participants can indicate their consent.*

See link to sample templates on the website: <https://www.dcu.ie/researchsupport/ethicsapproval.shtml>

**.NB – IF AN INFORMED CONSENT FORM IS NOT BEING USED, THE REASON FOR THIS MUST BE JUSTIFIED HERE**

# DUBLIN CITY UNIVERSITY



## INFORMED CONSENT FORM

### Participant Informed Consent Form

#### **I. Research Study Title**

The title of the project is GymVision, it is carried out in the DCU school of computing under supervision from a DCU member of staff. Anonymous opinion remarks will be collected through questionnaires/surveys to allow us to enhance and refine our application.

#### **II. Purpose of the research**

The project will involve the development of software with computer vision capabilities. It will use Computer vision to assess/analyze the form of someone performing an exercise such as a squat or deadlift and provide useful feedback to help the user improve their form. A common issue that new gym goers face is the lack of knowledge on the correct form required to perform various gym exercises this can lead to injury and/or not achieving the desired results. Our application seeks to aid users overcome these issues by advising them on their form and helping correct it.

This project is being carried out for our 4<sup>th</sup> year project as part of the Computer Applications and Software Engineering degree rain in the School of Computing.

#### **III. Confirmation of particular requirements as highlighted in the Plain Language Statement**

As stated in the Plain Language Statement, participants in this research will be requested to participate in at least one face-to-face interview, which the researcher will request to record (audio only).

Participant – please complete the following (Circle Yes or No for each question)

Have you read or had read to you the Plain Language Statement	Yes/No
Do you understand the information provided?	Yes/No
Have you had an opportunity to ask questions and discuss this study?	Yes/No
Have you received satisfactory answers to all your questions?	Yes/No Do
you agree to have your interview audiotaped?	Yes/No

Participants' involvement in this study is totally voluntary. As a participant you may withdraw from the Research Study at any point. There will be no penalty for withdrawing before all stages of the Research Study have been completed.



## **VI. Arrangements to protect confidentiality of data**

Every effort will be made to respect participants' anonymity. The data collected will be analysed by the principal researchers alone. Participants' actual names will be protected and fake names will be used if direct references are required. Interview notes and/or transcripts will be held by the principal researcher and stored in a secure location.

## **VII. Signature**

I have read and understood the information in this form. My questions and concerns have been answered by the researchers, and I have a copy of this consent form. Therefore, I consent to take part in this research project

**Participants Signature:**

\_\_\_\_\_

**Name in Block Capitals:**

\_\_\_\_\_

**Date:**

## **Link to questionnaire on google forms**

<https://forms.gle/QcncrCBMGMfKyTV5UA>

## **Link to interview questions**

<https://forms.gle/Tjf6DqPFgaupdYNe6>