

Just in Time Adaptive mHealth Intervention -Trial Consent Form

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INTRODUCTION The purposes of this form are to provide you (as a prospective research study participant) information that may affect your decision as to whether or not to participate in this research and to record the consent of those who agree to be involved in the study. **RESEARCHERS** Drs. Hekler, Adams, and Buman, are Professors in the School of Nutrition and Health Promotion, and Dr. Rivera is a Professor in the Ira A. Fulton School of Engineering at Arizona State University, and have invited you to participate in a research study at this institution.

DESCRIPTION OF RESEARCH STUDY We are conducting this study to gather data to allow us to create a model that can guide a smartphone app to provide the best possible help to the user at the most appropriate time and place. We expect up to 100 people will participate in this research study. If you decide to participate in this study, you will be asked to download and use the 'Just Walk' smartphone application for 12 weeks. You can enroll in this study if you are 40 years or older, and own an Android smartphone. If you say YES, then your participation will last for up to 12 weeks.

Initial Activity: After you have signed the consent form we will ask you to complete a 35-45 minute questionnaire that asks demographic, health behavior, and questions about



Just Walk Study Timeline



your technology use. You will receive a \$5 Amazon Gift Card as compensation for your time. After completion of the online questionnaire: You will then be loaned an activity

monitor (Fitbit Zip) that you will wear as a clip on your clothes. This device will record your movement (steps) throughout the day. You will be asked to wear this device throughout the 12 week study period. You will also be provided with instructions on how to download the 'Just Walk' application on your smartphone. This application will help you to keep track of your physical activity (steps) and sedentary (inactive) behavior. You will be provided instructions on the use of the device and the 'Just Walk' application. During the first two weeks: Your physical activity and other optional data described in greater detail below (e.g., location, social interactions, and other smartphone apps usage) will be tracked passively. In addition, you will be asked to fill out a brief daily 3 minutes morning survey as well as a second 3 minute evening survey on your phone. The total amount of time you will be asked to engage with the research study should be less than 10 minutes per day during the first two weeks. After the second week: All of the above mentioned data will continue to be gathered. In addition, you will start to receive daily step goals to strive for, along with daily possible reward points if you achieve the goal. When you accrue enough points, you will automatically receive an Amazon gift card in \$5 increments. You will be asked to continue to fill out the self-report surveys on your phone that will take no more than 10 minutes per day. It is anticipated that these along with any other interactions with the app will take a total commitment of up to 15 minutes per day required for full participation in the research study. After participating in the study for up to 12 weeks: You will be sent a link to complete an online follow-up survey similar to that sent at baseline, and also asking you questions about your experience while participating in the study. In addition, you will also be interviewed about your experience using the 'Just Walk' application on your smartphone. The final survey will take approximately 60 minutes. You will receive a \$5 Amazon Gift Card as compensation for your time. You will then be asked to return your activity tracker. In addition to that, if you complete at least 85% of all the daily self-report questions during the course of the study, you will be able to retain your Fitbit Zip at the end of the study.

RISKS There are no foreseeable risks or inconvenience to participating in this study.

BENEFITS The potential benefit to participating in the study is you may learn more about your current active, and sedentary behaviors. As a result of using the app, you may be able to develop strategies to reduce sedentary behavior and improve physical activity participation.

NEW INFORMATION If the researchers find new information during the study that would reasonably change your decision about participating, then they will provide this information to you.

CONFIDENTIALITY All information obtained in this study is strictly confidential unless disclosure is required by law. Your name or identity will not be revealed. In order to maintain confidentiality of your records, Dr. Hekler will code all the data and blood samples so that they do not contain any information that could identify you. All confidential information will be kept in a locked filing cabinet in Dr. Hekler's office or in a password-protected computer, and will only be available to members of the research team. All samples and study materials will be destroyed 10 years after the study has been completed or upon your withdrawal from the study. At this point, blood samples will be discarded and study-related documents will be shredded.

WITHDRAWAL PRIVILEGE Taking part in this research study is totally your choice. It is okay for you to say no. Even if you say yes now, you are free to say no later, and withdraw from the study at any time. You can decide to stop taking part in this study at any time for any reason.

COSTS AND COMPENSATION The researchers want your decision about participating in the study to be absolutely voluntary. You will be

compensated up to \$80.00 in Amazon gift cards and possibly receive a Fitbit Zip device valued at \$60.00 for your participation.

Q1 VOLUNTARY CONSENT Any questions you have concerning the research study or your participation in the study, before or after your consent, will be answered by Dr. Hekler, 500 N 3rd ST, Phoenix, AZ 85004; (602) 827-2271. If you have questions about your rights as a subject/participant in this research, or if you feel you have been placed at risk, you can contact the Chair of the Humans Subjects Institutional Review Board, through the ASU Office of Research Integrity and Assurance, at (480) 965-6788. This form explains the nature, demands, benefits and any risks of the project. By signing this form you agree knowingly to assume any risks involved. Remember, your participation is voluntary. You may choose not to participate or withdraw your consent and discontinue participation at any time without penalty or loss of benefit. In signing this consent form, you are not waiving any legal claims, rights, or remedies. A copy of this consent form will be given (offered) to you. Clicking on "Yes" below this indicates that you consent to participate in the above study.

- ☐ Yes, I agree to participate in the Just Walk Research Study
- ☐ No, I do not agree to participate in the Just Walk Research Study

Q2 Are you sure you do not want to participate in the study? If you selected "No" in the previous question by mistake, then please click on "Previous page" and to go back and change your answer.

- ☐ Yes

Q3 Fantastic! We just need to check and get a bit more information from you. First, can you provide us with your name:

First:

Last:

Q4 VOLUNTARY CONSENT We are collecting location data because a core goal of our research is to determine the best intervention exactly when and where it is most appropriate. For us to determine how best to help in different locations, we need to collect location data. You have the right to refuse to allow the collection of location data from the GPS. We will use the highest level of data encryption to protect your location data. In addition, you will also have the right to have your location data deleted at a later date, if you so choose. To have your location data deleted, contact the PI of this study, Dr. Eric Hekler at (602) 827-2271. Please check the box below to acknowledge that you are willing to allow us to collect location data.

- ☐ Yes, I agree to allow collection of my location data
- ☐ No, I do not agree to allow collection of my location data

Q5 VOLUNTARY CONSENT We are collecting data about your calendar usage (measuring only if you are busy or not, not actual content about your meetings such as the title or location of meetings). We are gathering this data because it is feasible that your busyness, as measured by your calendar, will impact your walking and thus impact our model for determining when, where and how best to intervene. You have the right to refuse to allow the collection of this data. Example: Again, we will use the highest level of data encryption to protect your calendar usage data. In addition, you will also have the right to have these data deleted at a later date, if you so choose. To have these

data deleted, contact the PI of this study, Dr. Eric Hekler at (602)-827-2271. Please check here to acknowledge that you are willing to allow us to collect information about calendar usage.

- ☐ Yes, I agree to allow collection of information about my calendar usage.
- ☐ No, I do not agree to allow collection of information about my calendar usage.

Q5 VOLUNTARY CONSENT We are collecting data about your use of other smartphone applications, including logging information about the usage of other health apps such as the Fitbit as well as information about when you make phone calls or text messages. We are gathering the data because it is plausible that these social interactions and interactions with health-related apps may impact your physical activity. You have the right to refuse to allow the collection of this data. Again, we will use the highest level of data encryption to protect your calendar usage data. In addition, you will also have the right to have these data deleted at a later date, if you so choose. To have these data deleted, contact the PI of this study, Dr. Eric Hekler at (602)-827-2271. Please check here to acknowledge that you are willing to allow us to collect information about calendar usage.

- ☐ Yes, I agree to allow collection of information about my smartphone app usage.
- ☐ No, I do not agree to allow collection of information a my smartphone app usage.

Q6 VOLUNTARY CONSENT Related to data protection, if your phone is rooted, there is an increased risk that others can access data gathered from the phone. Rooting an Android smartphone involves allowing the user of the smartphone added privileges to the “root” of the phone. Note, rooting a phone is a fairly lengthy process and thus, if you purchased your phone from a normal channel, such as from a cell phone company, and did not actively root your phone, then it is highly unlikely that your phone is rooted. Have you rooted your Android phone?

- ☐ Yes, I have rooted my Android phone
- ☐ No, I have not rooted my Android phone

Q7 Sorry, but because you have rooted your phone, we cannot protect the data on it. You can still participate in the study but we ask that you acknowledge that we cannot protect your data on the phone if your phone is rooted.

- ☐ Because my phone is rooted, I acknowledge that you cannot protect the data on my phone but I am still willing to participate in the study.

FINAL TEXT AFTER CONSENT: We thank you for agreeing to participate in our study. Instructions for downloading a copy of your consent can be found on the next page. Please don't forget to fill out the baseline questionnaire that we sent in the same email. You can also click here for the link. After you complete both forms, one of the Just Walk Research Team members will be contacting you within 48 hours to provide you with further details on the shipping of your Fitbit Zip, along with the Just Walk App and User Guide. In the meantime, please call us at (415) 857-5484 if you have any questions.