

APPENDIX C: Fitbit Consent Form for Study Participation

RTI International Investigators

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RTI International

RTI International, is a not for profit research company based in Research Triangle Park, North Carolina.

What is the purpose of obtaining my Fitbit data?

This is an exploratory study to demonstrate the feasibility and processes for physical activity data collection using the Fitbit (a consumer wearable technology). This tracking approach offers the benefit of collecting data, on devices that people typically purchase for their own use, to achieve long-term data on physical activity levels, an important contributor to health and well-being.

What will happen if I take part in the study?

After completion of the online survey, you will be asked to log into your Fitbit account online to authorize RTI to receive your Fitbit data from the past 30 days. We will only receive measures of physical activity, sedentary behaviors, sleep time, and heart rate. We will only receive this data from Fitbit one time. Findings from the study will be used to understand how wearable technology may be integrated into the survey research process in the future.

How much time is required to participate?

Authorizing RTI to obtain your Fitbit data should take approximately 2-3 minutes.

What are the possible benefits of donating my Fitbit data?

You will not benefit personally from donating your Fitbit data to RTI. Your Fitbit data will help us design future studies that use wearable technology. The study will provide important insights into wearable technology usage and health tracking in the general population.

Do I have to donate my Fitbit data?

No, participation in this study is voluntary. You can stop at any time.
You will not lose any rights you would normally have if you choose not to do this survey.

What are the possible risks involved with donating my Fitbit data?

There is minimal risk that a data breach could reveal your MTurk user ID, survey responses, or Fitbit data.

How will my privacy be protected?

Only research staff from RTI International will analyze your Fitbit data. RTI will not have a link to your identity and you will not be identified in any report or publication of this study or its results.

How will I be compensated for my time?

You will receive \$1 for completion of the online survey and \$10 for donating your Fitbit data to this study.

Will it cost me anything to be in this study?

No

Questions

If you have any questions about this study, you may call Robert Furberg at (919)-316-3726. If you have any questions about your rights as a study participant, you may contact RTI's Office of Research Protection at 1(866)-214-2043. This is a toll-free number.

By selecting "Yes" below, you are giving permission for RTI to collect your Fitbit data. Select this answer only if:

- ✓ You read the information about the research described in this consent form,
- ✓ You are ready to participate.

Do you consent to participate?

1 = Yes

2 = No