**Appendix I: Student/Teenage Assent Form for   
ActiviTeen Study Participation**

**RTI International Investigators**

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**RTI International**

RTI International, is a nonprofit research company based in Research Triangle Park, North Carolina.

**About ActiviTeen**

ActiviTeen is an investigative research study. The purpose of this study is to demonstrate the ability to collect data about physical activity through consumer wearable devices (e.g. Fitbit). This approach offers the benefit of collecting data on devices that people typically purchase for their own use. Doing this allows us to achieve long-term data on physical activity levels that are an important contributor to health and well-being. You are one of up to 45 teenage students between the ages of 13 to 17 that RTI will recruit for a four week (28 day) data collection period. After four weeks of data collection you may be asked if willing to voluntarily continue data collection for an additional three month period.

**Participation**

Students participating in ActiviTeen will not receive extra credit and participation will not impact their academic standing.

If participating, you will be provided a Fitbit Zip to wear during the study’s four week period. As a result, each participant will need to use their personal smart phone with internet access to sync their Fitbit to their de-identified Fitbit account once every 3-4 days. The Fitbit, when worn, will passively monitor your daily activity. We will request that you wear the device on the right side of your hip, attached to their belt or pocket, every day throughout the study. At beginning and at the end of the four week period, you will be asked to participate in a 10-minute self-administered survey. The surveys will ask your grade, your gender, how long you expect to wear the Fitbit Zip, how frequently you might have forgotten to wear the Zip, and difficulties you had wearing the Zip.

**Voluntary Participation**

You may choose whether or not you would like to participate. Participation in this study is voluntary and can be stopped or refused at any time by either you or your parent/guardian. Furthermore, no survey questions are mandatory. Any questions that you do not wish to answer is okay. If you decide not to complete the survey part-way through, that is okay too.

**Data Collection**

Each Fitbit Zip will be connected to an individual RTI assigned study ID and email account. Your name will not be associated with this email account. You will not be responsible for checking the RTI assigned email account and the RTI email account will not be a method of communication with project staff at RTI. This email account allows RTI staff to collect your de-identified movement data from your de-identified online Fitbit account. This will require you to download Fitbit’s free app onto your smart phone at the start of the data collection period. RTI staff will assist in getting the account set up on your mobile device.

RTI will be responsible for purchasing and configuring the Fitbit devices, monitoring the online account for four weeks, as well as any additional data collection period. To initially calibrate the Fitbit Zips and create your online Fitbit account, upon receiving your Fitbit Zip you will be asked to enter your gender, height, and weight. Birth year will also be collected by Fitbit, but you will not be asked to enter your actual birthdate.

You will have access to your data via the Fitbit app. However, the Fitbit app is not secure and it is not encrypted. Anyone who has access to your phone may also have access to your collected data. During the study, do not enter any additional information (such as food intake or water consumption) beyond what the Fitbit Zip will automatically collect (activity level and step count). RTI will collect step count and activity level (i.e. mildly active, moderately active, intensely active, etc.) based upon your steps per minute. All data collected throughout the study will be de-identified, meaning no names will be associated with your data.

All participants will be permitted to keep their Fitbit Zip devices as a thank you for their participation. A decision to leave the study at any time does not impact your ability to keep the device. Once you leave the study, the distributed Fitbit Zip will no longer be connected to an RTI assigned ID or email account.

**Risks**

Within the Fitbit Product manual (obtainable at: <http://help.fitbit.com/resource/manual_zip_en_US>), Fitbit lists the following risks

* Heed all warnings
* Follow all instructions
* Do not attempt to open the tracker. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
* Do not tamper with your Zip.
* Do not use abrasive cleaners to clean your Zip.
* Do not place your Zip in a Dishwasher, Washing Machine or Dryer.
* Do not expose your Zip to extremely high or low temperatures.
* Do not use your Zip in a sauna or steam room.
* Do not leave your Zip in direct sunlight for an extended period of time.
* Do not leave your Zip near open flames.
* Do not dispose of your Zip in a fire. The battery could explode.
* Do not attempt to disassemble your Zip, it does not contain serviceable components.
* Never allow children to play with the Zip; the small components may be a choking hazard!

**Benefits**

There are no direct benefits to you; however, by participating you will help us develop a better understanding of the feasibility and processes for passive data collection using wearable devices.

**Confidentiality**

All collected data will be kept confidential. We will not connect your name to the survey completed before or after the four week data collection period or any activity-based information. RTI International will not retain your name or email address.

**Questions**

If you have any questions about this study, you may contact Alexa Ortiz at [amortiz@rti.org](mailto:amortiz@rti.org). 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.

An overview of ActiviTeen was distributed to your parent/guardian by Research Triangle High School and they have been provided with the same contact information if study concerns arise.

Do you have any questions that might help you decide whether or not you would like to participate in the study?

By signing below, you are giving assent for your participation in the research described above. Please sign only if:

* You read the information about the research described in this assent form, and
* You have had all of your questions answered fully.

**You will be given a copy of this form to keep.**

*By signing below, I agree to participate in this research study:*

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Print your name here)

Signature: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Sign your name here)