Dr Geoff Skinner
Chief Investigator
School of Design, Communication and IT
Callaghan, NSW 2308, Australia
Ph.: +61 2 4985 4512
Geoff.Skinner@Newcastle.edu.au

Information Statement for the Research Project:
Evaluation of the Impact of On-Screen Entertainment with Off-Screen Physical Activity on Active Living

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You are invited to participate in the research project identified above which is being conducted by Dr. Geoff Skinner, Dr. Keith Nesbitt and Dr. Karen Blackmore from the School of Design, Communication, and Information Technology at the University of Newcastle. The research is part of Reem Altamimi's PhD studies at the University of Newcastle, supervised by Dr. Skinner, Dr. Nesbitt and Dr. Blackmore.

Why is the research being done?

Encouraging physical activity in younger generations is becoming an increasingly relevant issue in modern society. Studies have shown that being involved in physical activity is essential for individuals' physical, mental and social development. With technology playing an increasingly important role in reducing physical work it is becoming more critical to incorporate adequate physical activities into our lives. One way to overcome this problem is to harness technology so that it promotes physical activities.

Active living is a way of life that promotes health and active behaviour. Adding technology to the term 'active living' permits its inclusion in promoting and facilitating habitual physical activity. Technology in modern life can either act as a barrier for active living or facilitate this lifestyle, depending on which technology people choose to use in their everyday lives. Finding a technology that facilitates an individuals' physical workout while also motivating them and promoting physical activity levels, first requires investigation of the current technologies available. Physical Activity Monitoring Technologies (PAMTs) are a popular example of such technologies. New wearable activity monitoring technologies, such as pedometers and fitness bracelets that track everyday activity, provide a technological solution for promoting active lifestyles.

This research adopted the idea of integrating individuals' free living physical activity with digital entertaining play. The purpose of this research is to investigate whether linking on-screen entertainment with physical activity monitoring technologies (i.e. Fitbit devices) increases the engagement of young adults in these technologies. While research has shown that using physical monitors improves active lifestyles, increasing engagement with these devices is therefore important to improve health outcomes. This research contributes to this by developing and evaluating a framework and associated applications to improve engagement and overall usage of these health technologies. It promises innovation for active life style and provides the opportunity for people to engage in their favourite leisure activity and exercising at the same time.

Who can participate in the research?

We are seeking participants (students/staff of the University of Newcastle or members of the general public) over the age of 18 and below the age of 40, with an interest in active living technologies, to participate in this research. To participate, you will need to be in normal health

and not suffer from any visual or auditory perception problems. If you are unaffected by any of these, we invite you to participate in our research to increase your engagement in technologies that promote physical activity and facilitate healthy lifestyle.

What would you be asked to do?

If you agree to participate in this study, you will be required to be present on Callaghan campus at the University of Newcastle for one hour. In this time you will be randomly assigned to either control or experiment group, and will be required to sign the consent form, complete an introductory survey, attend a description session and given the Fitbit Charge band. In the description session, participants will receive information and details regarding their involvement in the experiment. Participants will use a Fitbit monitoring device and access to an online application in order to manage their physical activity and sedentary behaviour.

Throughout a period of two weeks, participants are asked to wear the Fitbit tracker up from the morning until the sleep time. Every day on these two weeks, they are strongly recommended to login into the online web application in order to sync their physical data and also enter their screen time amount. The experiment group will be given a further chance to play a game through this online application. The play of this game will depend on the number of steps taken throughout the day. After two weeks, participants will be required to be present at campus in order to return the Fitbit monitoring device and fill in the post experiment survey.

What choice do you have?

Participation in this research is entirely up to you and your choice. You will not be included in the project unless you have given your informed consent. Whether or not you decide to participate, your decision will not disadvantage you or your studies. Additionally, if you choose to participate in this project, you may withdraw at any time, without reason, up until the point when the research thesis is submitted for examination. You may also withdraw any data which identifies you. Please inform Reem Altamimi at Reem.Altamimi@uon.edu.au if you wish to withdraw from the project and in this case, you also be required to return the tracking device to her.

Will I be reimbursed for my participation?

SONA participants will receive 4 points credit for their time and efforts.

How much time will it take?

In the first one-hour meeting, the pre experiment questionnaire will take approximately 5 minutes to complete. The rest of the hour will be spent on the experiment explanation, hand out of the devices and time for questions. Participants will have the access to the online application and be given the Fitbit Charge tracker for two consecutive weeks. At the end of this period, participants are required to return the trackers and complete the post experiment survey, which should take about 5 to 10 minutes.

What are the risks and benefits of participating?

By participating in this research, you will experience being a subject of an information technology research project and will be helping further the understanding of the impact of linking on-screen entertainment with off-screen physical activity on the engagement of active living technologies. This information is valuable to many active gaming and technology programmers and designers that will apply to many fields and industries. In addition, students who are enrolled

in the courses INFT3950 and SENG3300/6300 will receive 4 SONA credit points for participating in this research and completing surveys. Additionally, your responses will be used to evaluate the proposed active living solution and used for future enhancements. There are no known risks in participating in this research.

How will your privacy be protected?

Any and all information collected from you, which might in any way identify you, will be stored securely. Any hard copies of information will be kept locked in the School of Design, Communication and Information Technology. Any research data will be stored, similarly, on password protected computers in the same location. This data will only be accessible by the chief investigator and student researcher, and will be stored for a minimum of five years. Your feedback will be protected and will not be identified under any circumstances. All data will be labelled with a random code so throughout this time you will not be identifiable by your responses.

How will the information collected be used?

All required data will be collated and reported in Reem Altamimi's PhD thesis, and possibly used in research papers submitted to appropriate journals and/or conferences. You can expect a summary of results and collected data to be written to maximize understanding. You can indicate in the consent form if you wish to receive a summary of the project results. Non-identifiable data may also be shared with other parties to encourage scientific scrutiny, and to contribute to further research and public knowledge, or as required by law.

What do you need to do to participate?

Please make sure you have read and understood the contents of this Information Statement before you consent to participate. If you do not understand anything that appears in this document, or have further questions, please contact the researcher. If you agree to participate, please email Reem Altamimi (reem.altamimi@uon.edu.au) to organize a day and time.

Further information

If you would like further information please contact Dr Skinner, whose contact details are provided at the head of this information statement or Ms. Reem Altamimi (Reem.Altammimi@uon.edu.au)

Thank you for considering this invitation.

Dr. Geoff Skinner
Chief Investigator
School of Design, Communication and IT
Faculty of Science and IT
The University of Newcastle

Dr. Keith Nesbitt
Co-Investigator
School of Design, Communication and IT
Faculty of Science and IT
The University of Newcastle

Dr. Karen Blackmore
Co-Investigator
School of Design, Communication and IT
Faculty of Science and IT
The University of Newcastle

Reem Altamimi
RHD Candidate
School of Design, Communication and IT
Faculty of Science and IT
The University of Newcastle, Australia

Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2016-0105. Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research Office, The Chancellery, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 49216333, email Human-Ethics@newcastle.edu.au.