

APPENDIX A

Assessing whether notifications affect the user experience of a quantified self application

Participant Information Sheet

You are being invited to take part in a research study as part of a final year student project for a Computer Science degree. The research is investigating whether notifications from our personal devices such as mobile phones have an impact on the quality of the user experience of 'quantified self' applications. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please ask if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for taking the time to read this.

Who will conduct the research?

Aidan Doherty, final year undergraduate student

Caroline Jay, Senior Lecturer in Computer Science (supervisor)

School of Computer Science, University of Manchester, Oxford Road, M13 9PL

What is the purpose of the research?

This research is investigating whether the use of notifications has an affect on the user experience of a mood tracking application, where the user self-reports their mood on a daily basis, and can view the data back as a graph. The research seeks to find out the effect that prompting the user with a notification has on the user experience of the application, and the quality of data obtained.

Why have I been chosen?

Anyone who uses a mobile device and is interested in tracking their moods is able to take part. Around 15 people will be taking part altogether.

What would I be asked to do if I took part?

For a two-week period you will be asked to use a web application on your mobile phone. The application allows you, the user, to log your current mood and view graphs of how your mood has changed over time. For one of the weeks you will receive push notifications twice a day in the form of text messages asking you to log your mood into the application. For the other week you will receive no notifications. In either case it is your choice whether you wish to use the app and log your mood. At the end of the two weeks you will be asked to complete a survey on your experience.

To use the application you will be required to create an account, providing a username in the form of an alias, a password, and your mobile phone number.

What happens to the data collected?

The data will be used to determine the effect that prompting the user with a notification has on the user experience of the application, and the quality of data obtained, in terms of the number and frequency of entries.



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How is confidentiality maintained?

You will personally log all mood entries under an alias chosen by you. While you will be required to enter a mobile phone number, this will not be associated with your user profile or logged data, and will only be used by an automated texting service to send notifications during the course of the research. Phone numbers will be stored in accordance with the Data Protection Act, and deleted at the end of the study.

All survey and logged data will be stored anonymously and securely in a private database on University servers. The data will be kept for a minimum of five years, in accordance with University regulations. The anonymous dataset will be openly available in a University of Manchester repository, in accordance with a commitment to open research.

What happens if I do not want to take part or if I change my mind?

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and be asked to complete an online consent form. If you decide to take part you are still free to withdraw at any time without giving a reason and without detriment to yourself. Once the trial begins, due to the automatic logging of some of the data, it will not be possible to remove recorded data, as this is stored anonymously, but you remain free to cease participation at any point.

Will I be paid for participating in the research?

No.

What is the duration of the research?

The main body of the study will be a two-week period where you will be expected to use an application for a short period each day. This will be followed by an online survey that is expected to take 20 minutes to complete.

Where will the research be conducted?

The research will be conducted entirely online.

Will the outcomes of the research be published?

Findings will be used as part of an assessed piece of undergraduate university work and potentially used in a published article.

Who has reviewed the research project?

The project has been reviewed by the University of Manchester Research Ethics Committee.

What if something goes wrong?

In need for any assistance with the application you can contact me on my email – aidan.doherty@student.manchester.ac.uk.

If you are experiencing persistent low mood, or are concerned about your mental health, there are a number of organisations that can help:

The University of Manchester Counselling Service <https://www.counsellingservice.manchester.ac.uk>
The Samaritans <http://www.samaritans.org>



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What if I want to make a complaint?

Minor complaints

If you have a minor complaint, please contact the research supervisor in the first instance:

CAROLINE JAY - caroline.jay@manchester.ac.uk 0161 275 0677

Formal Complaints

If you wish to make a formal complaint or if you are not satisfied with the response you have gained from the researchers in the first instance then please contact the Research Governance and Integrity Manager, Research Office, Christie Building, University of Manchester, Oxford Road, Manchester, M13 9PL, by emailing: research.complaints@manchester.ac.uk or by telephoning 0161 275 2674 or 275 2046.

What Do I Do Now?

If you have any queries about the study or if you are interested in taking part then please contact the researcher(s)

Aidan Doherty

aidan.doherty@student.manchester.ac.uk

This Project Has Been Approved by the University of Manchester's Research Ethics Committee [UREC reference number]