

Task 1 - Day 1 (**Obligatory** Task)

15th April 2021

Dear participant, thank you for deciding to take your time to participate in this study, I appreciate it a lot!

These next two weeks will be including different games to play and tasks for you to do in a VR application. Although the tasks themselves are expected to take roughly 15 minutes on average to do, you are never restricted to only do the task given to you. If you feel like exploring the VR application more or playing some of the minigames, feel free to do so.

There will be a total of 4 obligatory tasks to do, and 2 optional tasks for high achievers or extra motivated participants that just want to get the full value out of participating in the study.

Today counts as the first obligatory task. It will require a bit of setup and getting your VR application up and running correctly, so today's task might require some more time from you than the upcoming tasks the other days.

Please always do the tasks in the described order, as some later tasks may require you to have done something prior to it.

If you at any time have any questions, do not hesitate to contact me on my e-mail nikolaaa@stud.ntnu.no.

Study timeline:

Day 1:	15th April 2021:	Task 1 (<i>Obligatory</i>)
Day 2:	16th April 2021:	Task 2 (<i>Obligatory</i>)
Day 5:	19th April 2021:	Task 3 (<i>Optional</i>)
Day 8:	22nd April 2021:	Task 4 (<i>Obligatory</i>)
Day 9:	23rd April 2021:	Task 5 (<i>Optional</i>)
Day 11:	26th April 2021:	Task 6 (<i>Obligatory</i>)

From the next page, you will see the description of today's task in as good detail as possible.

Best of luck!

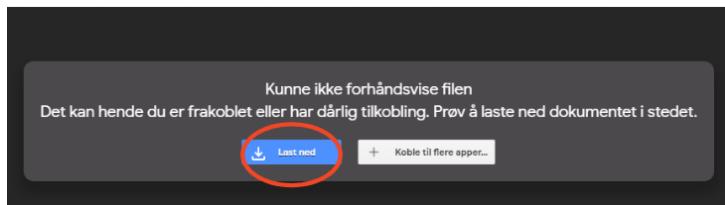
Regards,
Nikolai Åkerholt, MSc Student, NTNU Gjøvik

Part 1: VR Application Setup

Step 1:

Download the zip file containing the “Exergame Island” application from this link:

https://drive.google.com/file/d/1WyDbx4yaJ9kNQIA0S0_Asg4aFsXefZg2/view?usp=sharing



Google Disk kan ikke gjennomsøke denne filen etter virus.

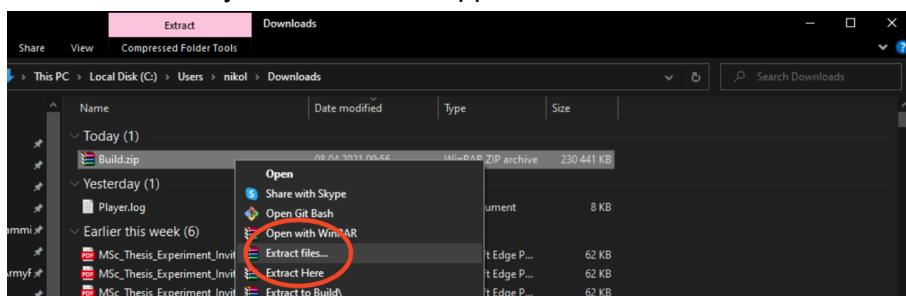
Build.zip (225M) er for stor til at Google kan skanne den for virus. Vil du likevel laste ned denne filen?

Last ned likevel

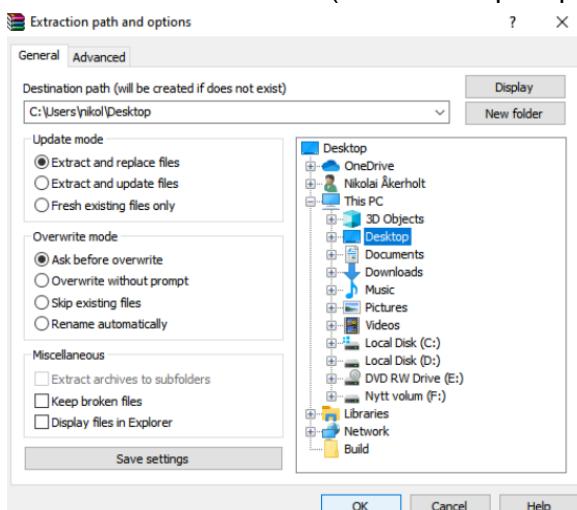
Step 2:

Extract the zip file at the location you wish to have the “Exergame Island” application installed at.

Extract files with your installed unzipper.



Choose where to extract (in this example I put it on the Desktop)



Step 3:

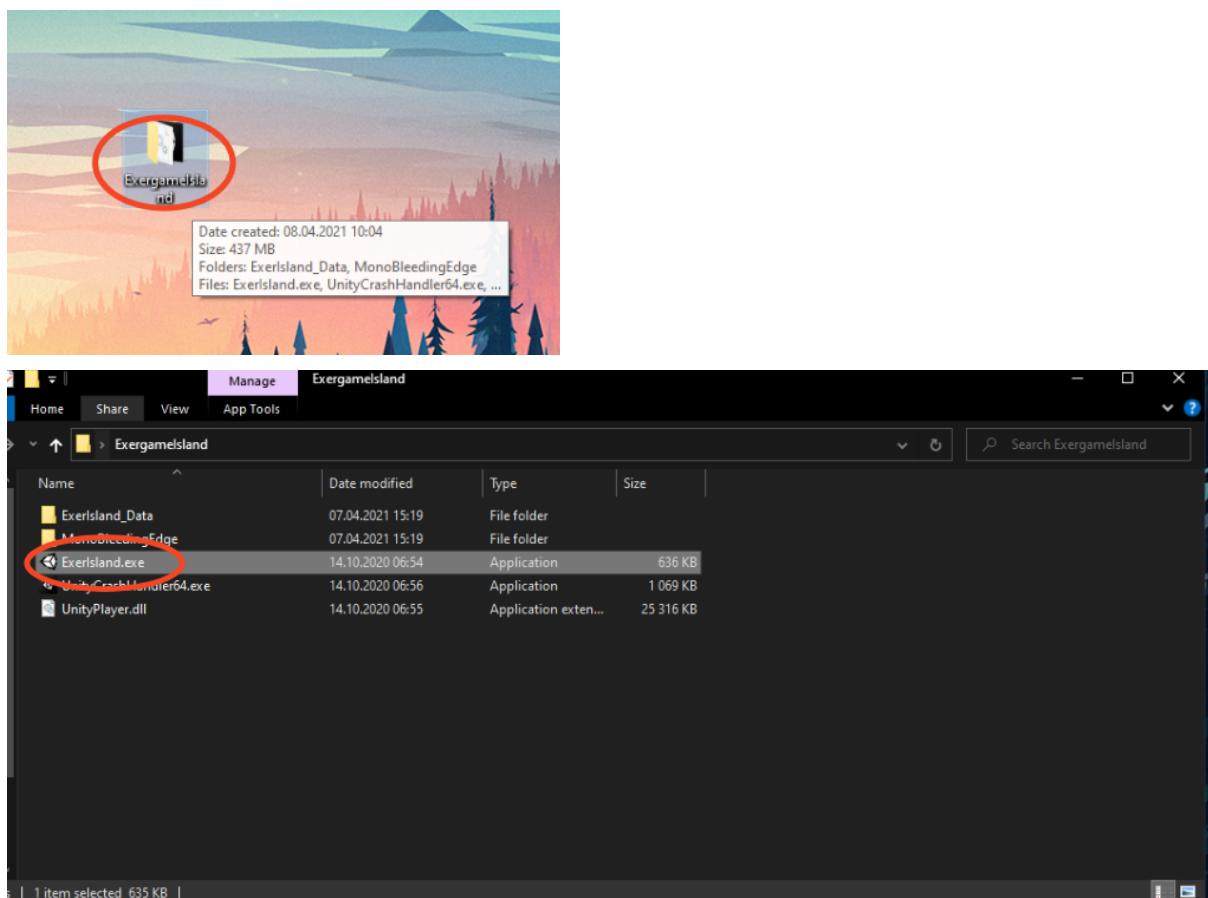
Make sure VR equipment is set up and connected to your computer. The application also requires SteamVR installed and running on your computer.

SteamVR running:



Step 4:

Start the VR application by double-clicking on the "ExergameIsland.exe" file, located where you extracted the zip folder from Step 2.



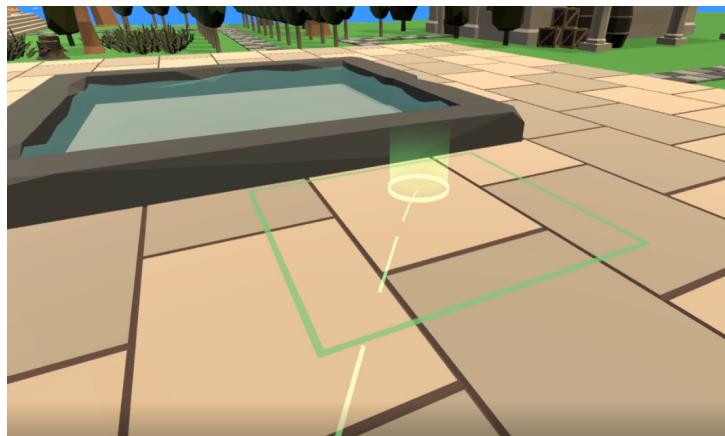
Step 5:

If the application seemed to start up correctly within VR, proceed to the next page (Part 2: VR Application "Exergame Island" tutorial).

Part 2: VR Application “Exergame Island” tutorial

Step 1:

Get familiar with navigation. This application uses SteamVR’s standard teleportation functionality often seen in other VR games. You can teleport by pointing in a direction and pressing on the trackpad in HTC Vive controllers and thumbsticks on Oculus controllers.



Step 2:

Get familiar with the main menu. Open up the main menu by pressing:

HTC Vive controllers: “Menu” button above the trackpad

Index Controllers: “A” button

Oculus controllers: “X” button

The main menu will open up and float above your left hand.



To click buttons in the menu, aim at buttons with the laser pointer and press the trigger button on the right-hand controller.

Step 3:

Find your personal and unique participant ID. This is a 3-character long ID and will be used by you when answering survey questions throughout the study.

The ID can be found in a table in the main square in the Exergame Island:



If this table in the main square does not display a 3-character long ID, please try to check your internet connection and restart the VR application. If the error persists, contact me and I will sort it out for you.

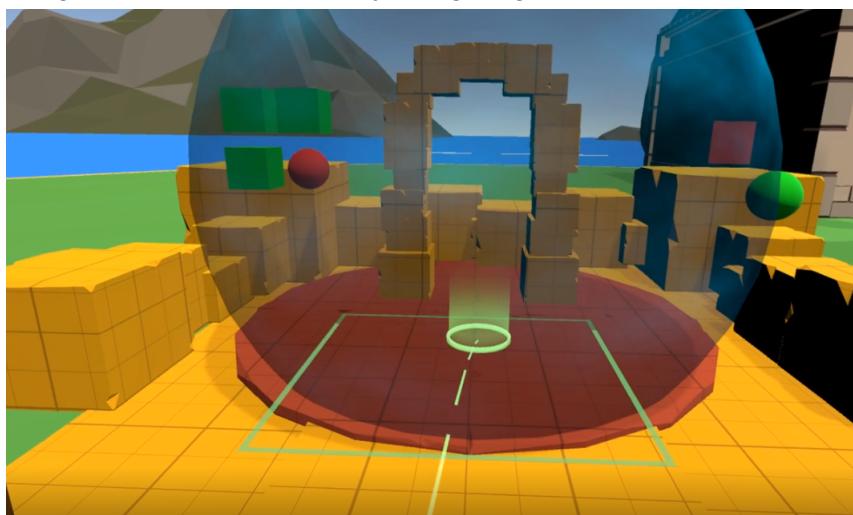
Make sure to **write this ID down** somewhere else outside the VR application so you can quickly access and remember it when needing it. This is your anonymous identification method throughout the study, keep it to yourself and do not tell the researcher or anyone else this ID. It will only be used by yourself when answering survey questions.

Step 4:

Locate the minigame area. There is a sign in the main square of the application describing where to find the minigames.



Minigames can be entered by navigating inside their connected “portal”



This is the end of the VR tasks for today. However, if you wish to try out and play any of the minigames today you may choose to do so.

The next and last part on the next page is a small demographics survey you are asked to complete.

Part 3: Study participation confirmation and demographics

Step 1:

Make sure you have written down your **participant ID** from the VR application already as you need this for filling out this survey.

Step 2:

Go to this link and fill out these survey questions to confirm your participation in the study:
<https://nettskjema.no/a/task1-exerisland>

Thank you for your time and effort in your participation today.

You will receive the next task to do tomorrow, Friday 16th April, this will be an *obligatory* task to perform.