

# Invitation to participate in research study

Project title: *Understanding the effects and usability of specific gamification elements in a VR exergame platform*

Dear Invitee,

My name is Nikolai Åkerholt. I am a Master in Applied Computer Science student and I am currently doing research work related to my master thesis. I am looking to do some practical experiments with a VR minigame platform.



- The study will last over a 2-week period.
- 4 obligatory + 2 optional tasks to do. (~10-15 min to do each task)
- The study can be done remotely from your home if you have access to VR.

4 gift cards (500 NOK each) will be given away in a random raffle to participants in the study (Amazon or GoGift card).

If you do not have personal access to VR, but wish to participate; contact me and it might be possible to conduct experiments at NTNU if you are located in Gjøvik.

If you would like to participate in this study, please read the consent letter below and answer this request here or by sending an email to [nikolaaa@stud.ntnu.no](mailto:nikolaaa@stud.ntnu.no) saying “Yes, I would like to participate in the study”. I kindly ask you to also indicate whether, and what type of VR equipment, you have access to.

Sincerely,  
Nikolai Åkerholt, MSc Student, NTNU Gjøvik

# Informed Consent

## Background and purpose of the study:

This study serves as a part of a master thesis project in regards to the effects and usability of specific software and gamification elements in a VR exergame platform.

The study complies with Norwegian data protection laws, and after the master thesis study is complete, all data collected will be deleted.

My supervisor is Mariusz Nowostawski and you can find his contact information on <https://www.ntnu.edu/employees/mariusz.nowostawski> if you have any specific questions to him regarding the study.

## Procedures:

If you agree to participate in this study, you will be asked to:

- Fill out a demographic questionnaire that will take about 2 minutes to complete
- Complete a total of 4 obligatory tasks (~15 minutes to complete each task)
- Complete certain tasks in a VR game platform, and also some on your computer
- Some tasks will involve a few survey questions to be answered
- You will be given the option to perform 2 extra tasks you may or may not choose to do (~15 minutes to complete each)

## Voluntary participation:

Participation in this study questionnaire is fully voluntary. You may choose to withdraw at any point during the study or after the study is completed.

Withdrawing from the study does not require any explanation or reasoning. If you choose to withdraw, all of your data from your participation will be deleted.

If you have any questions or wish to withdraw, you can contact me by e-mail:

[nikolaaa@stud.ntnu.no](mailto:nikolaaa@stud.ntnu.no)

## Risks of participating in the study:

Participation in this study involves some of the minor discomforts which you can encounter in daily life situations, such as stress or fatigue. Some tasks will require some level of physical exertion, but this will be up to the participant to decide how much they want to exert when performing activities in the VR platform.

Some users feel uncomfortable using a VR headset, as it may induce dizziness, nausea, disorientation, or headaches. If you feel there is too much discomfort, you may choose to withdraw from the study at any time.

## Benefits of participating in the study:

The benefit of participating in this study is that you will be providing new insights into how certain software and gamification elements can be used in this type of software. Additionally, giving insights on what type of effects they can impose on users of the software.

For you personally, this may be an opportunity to test out work-in-progress software as well as getting a personal understanding of how certain elements in video games can affect you.

## Compensation:

Participation is completely voluntary, and there is no guaranteed payment for your time participating in the study. However, by participating and completing the study, you are included in a raffle where you have a chance to win a gift card (from Amazon or GoGift) worth 500 NOK. A total of 4 gift cards will be given out.

## Privacy:

Any information you provide will be kept fully anonymous. The research data provided will be used only for this specific research project's purposes, and after the study is completed, all data will be deleted. Through participation, you will receive a 3-character long ID that is unique and personal to you. This will be used to anonymously identify yourself through different experiment tasks, and you will be asked to never share this with the researcher or anyone else. The VR application itself will also collect some data about application usage, this is only linked to your 3-character ID and no other personal data. The results and data of this study will be used in my master thesis, but will only be displayed as non-identifiable data.

## Contact information:

If you have any questions regarding the study now or at a later time, you may contact me, Nikolai Åkerholt, via [nikolaaa@stud.ntnu.no](mailto:nikolaaa@stud.ntnu.no).

Please print or save this consent form for your records.

## Statement of Consent:

I have read the above information. I feel I understand enough about the study to make a decision about my involvement. By sending an email to the researcher regarding participating in the study, I understand and agree to the terms described above. Please indicate your consent by answering this request with *"Yes, I would like to participate in the study"* either here or by e-mail to [nikolaaa@stud.ntnu.no](mailto:nikolaaa@stud.ntnu.no).