

PARTICIPANT INFORMATION SHEET

Investigating the usefulness of sleep and activity insight generation system

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We are Simone Balloccu and Allmin Pradhap Singh Susaiyah, PhD students in the Department of Computing Science. We would like to invite you to consider participating in the research project Investigating the usefulness of sleep and activity insight generation system. Below is some information about the project, to help you decide whether you would like to take part.

Participation in the research project is completely voluntary. You can withdraw from the project at any time, without having to give a reason.

AIMS

The aim of the project is to collect personal health data from participants, generate insights and gather the participant's feedback on these insights. We will be collecting information in the categories of:

- sleep time
- sleep stage
- heart rate
- calory burn
- high intensity heart activity periods

We will use this data to generate insights that will be accessible to you via a Telegram chat bot. You can ask this chatbot questions about your personal health under one of the above categories and it will respond with insights. You will then be asked to provide your feedback on whether these insights are useful. The feedback you provide helps us to understand the effectiveness of our systems. The findings will be published to benefit the research community.

WHAT YOU WILL BE ASKED TO DO

You will be asked to wear a fitness band (MI band 5/6) and login into two mobile applications on your mobile device using anonymous credentials that we provide you with. You can carry on with your daily routines as usual. Then, you will be asked to interact with a Telegram chatbot every day for a few minutes. This will involve querying the bot to show insights about your sleep, activity and other categories listed above. For example, you may ask the bot "Show me insights about my sleep". The bot then shows you one or more patterns from your sleep data. For example:

- "You sleep less on Mondays than other days"
- "You sleep adequately when the activity increasing heart rate during the day was more than 50min."

Additionally, the chatbot also sends you 'right-on-time' insights. These insights inform you about your behaviour at the time so that you may correct it. For example: During Tuesday evening, it might send you: "You sleep less on Tuesday nights than other days". This helps you be aware of your behaviour such that you can take corrective action if you feel it to be necessary.

Both on-demand and the right-on-time insights will be followed up with two or more feedback buttons, for example: "useful", "not-useful", "correct", "incorrect", etc. which you can click to express your opinion on the feedback.

You will be provided with a guide that will help your interaction with the chatbot. Additionally, you may also request help from the chatbot itself by typing 'help'.

Token of gratitude:

If you continue to participate in our experiment, you will be rewarded with tokens of gratitude in the form of:

1. The MI band itself which you can keep if you participate in our experiment for a period of 28 days and in this period, you should have logged at least 21 days of data and provided 15 days of feedback. By 'logging', we mean that you wear a band that is operational.
2. If you participate for another 28 days or longer, an Amazon voucher in the amount of £15. Within this period, we also require you to log at least 21 days of data and provide 15 days of feedback
3. If you are not keeping the watch for any reason, you may return it to Allmin or Simone seated at Meston 209 when you are finished.

If you wish to keep the watch at the end of the experiment, you may decouple it from the user account created for the experiment and use it with your personal account.

RISKS

We do not foresee any risks with this experiment. Your data is anonymised and cannot be tracked. All the data resides in UK in UoA servers. Sensitive information such as user location is not logged. At any time, and for any reason, a participant can leave the experiment without having to give a reason. The only side effect of ceasing to participate will be receiving the token of gratitude upto the point you have earned.

DATA MANAGEMENT AND STORAGE

Your data will be anonymized in respect of your privacy at the end of the experiment. The data will be stored and processed indefinitely within the secured storage of the University of Aberdeen.

CONFIDENTIALITY AND ANONYMITY

The University's Privacy Notice for Research Participants is available [here](#)

Raw data and the identity of participants will not be released to anyone outside the research team. The data you provide will be analysed and may be used in publications, dissertations, reports or presentations derived from the research project, but this will be done in such a way that your identity is not disclosed.

CONSENT

If you agree to take part in the research, you will need to fill a screening form and if eligible to participate, you will be asked to indicate your consent by signing a Consent Form within a week from now.

SPONSORS

This experiment is supported and funded by the University of Aberdeen and the PhilHumans consortium.

Thank you for considering taking part in this research.

If you have any questions about this research please contact us:

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For any queries regarding ethical concerns you may contact the Convener of the Physical Sciences & Engineering Ethics Board at the University of Aberdeen:

Email: copsethics@abdn.ac.uk

This research project was approved by the Physical Sciences & Engineering Ethics Board on [date].