

## **PART I: Information Sheet**

### **Introduction**

I am [REDACTED], a student at Saarland University. We are doing research on mobile touch interfaces as part of the Human Computer Interaction lecture. I am going to give you information and invite you to be part of this research. Before you decide, you can talk to anyone you feel comfortable with about the research.

There may be some words that you do not understand. Please ask me to stop as we go through the information and I will take time to explain. If you have questions later, you can ask them of me or the principal investigator of the project, Hassan Soliman.

### **Purpose of the research and type of manipulation**

Purpose of the study is to evaluate the first iteration of the design process of a fitness trail application. It will help users navigate through the fitness trail and guide them to how to do the exercises through a smart phone touch interface mobile app.

### **Participant selection**

You have been invited to this study because you are representative of a group of users that we would like to be able to use our interface.

### **Voluntary Participation**

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. You may change your mind later and stop participating even if you agreed earlier.

### **Procedures and Protocol**

First, you will be given instructions to do a specific task using our proposed prototype. It's a smart phone touch interface mobile app.

Second, after doing it, you will be given a questionnaire on 5-step scale, from strongly disagree to strongly agree. It should be filled based on your experience with the prototype.

Third, you will be given a semi-structured interview of about 10 questions to be solved based on your experience with prototype.

### **Duration**

The research takes place over about 1 hour.

### **Risks and Benefits**

We anticipate no risks from participating in the experiment. If you participate in the experiment, you will help us, the researchers conducting the study, to advance our understanding of whether the interface may be useful.

### **Reimbursements**

You will not be given any money or gifts to take part in this research. We do thank you, however, for your valuable time.

### **Confidentiality**

The data we collect from you will be made anonymous; your name will be replaced with a number known only to the person facilitating the experiment and the principal investigator.

**Sharing the Results**

We will publish the results in order that other interested people may learn from our research. No confidential information will be shared.

**Right to Refuse or Withdraw**

You do not have to take part in this research if you do not wish to do so. You may also stop participating in the research at any time you choose. It is your choice and all of your rights will still be respected.

**Who to Contact?**

If you have any questions about the study at a later stage, please contact the principal investigator.

NAME: Hassan Soliman.

ADDRESS: 9 Tilsiter Strasse.

E-MAIL: s8hasoli@stud.uni-saarland.de

You can ask me any more questions about any part of the research study, if you wish to. Do you have any questions?

**PART II: Certificate of Consent**

I have read the foregoing information. I have had the opportunity to ask questions about it and any questions that I have asked have been answered to my satisfaction. I consent voluntarily to participate as a participant in this research.

**Print Name of Participant:**

**Signature of Participant:**

**Date:**

**Day/month/year**

**Statement by the researcher/person taking consent**

I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.

A copy of this ICF has been provided to the participant.

**Print Name of person taking the consent**


**Signature of person taking the consent**

**Date**

**Day/month/year**

Mental Demand

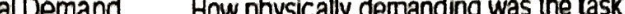
How mentally demanding was the task?



Very Low


Very High

Physical Demand      How physically demanding was the task?



Very Low      Very High

Temporal Demand      How hurried or rushed was the pace of the task?



Very Low      Very High

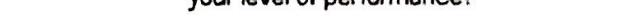
Performance

How successful were you in accomplishing what you were asked to do?

Perfect Failure

Effort

How hard did you have to work to accomplish your level of performance?



Very Low

Very High

Frustration

How insecure, discouraged, irritated, stressed, and annoyed were you?

Very Low

Very High

## Questionnaire

Name: [REDACTED]

Age: 21

Gender:

- ☒ Male  
☐ Female  
☐ Other ever

Have you ever any fitness related app ever?

- ☐ Yes  
☒ No

Answer the Following Questions:

SL	Questions	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1.	Interface is friendly to use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2.	Easy to learn the operation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
3.	Necessary Information is available	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	Easy to find the required Information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5.	Designing of the Screens are good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6.	Interface is not eye fatigue	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	Interface is not mentally demanding	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	Physically Easy	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	Not annoying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
10.	More effort is not required	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.	I recommend this app to other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

**Note:** Strongly Disagree=1; Disagree=2; Neither Agree nor Disagree=3; Agree=4; Strongly Agree=5



## Interviews

1. What do you think about this application?

It's quite useful, very good overall

2. What is your experience in terms of finding the fitness trail location and instructions by this application?

Not that hard, although I needed some guidance

3. What is/are the most complex functionality of this application?

To know your progress

4. How this application motivate people to use fitness trail?

By sharing their progress among each other

5. How can this application be more improved?

By adding well-structured programs, e.g. For losing weight

6. What are struggle that you face to use this application?

No struggles

7. Do you have any other thoughts about the struggled issues?

Not generally

8. Describe the things that you enjoyed when you were using this application?

Videos are really helpful to know how to do exercises

9. What functionality should have been added?

As I already mentioned, adding fitness programs

10. What is your overall impression about this application? Do you recommend this app to other? If not, why?

Extremely good, I would recommend it