PART I: Information Sheet

Introduction

I am ███████████████████████████████, 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 ████████████████
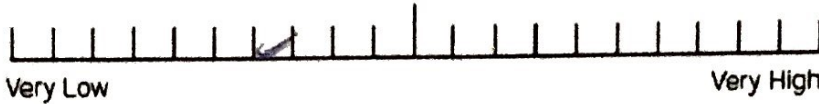
Date ██████████████████
        Day/month/year

Please indicate your experience in the following scales.
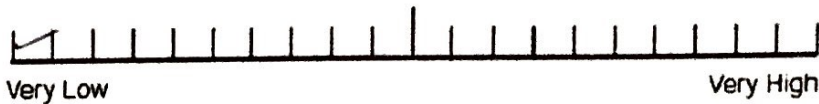
Mental Demand — How mentally demanding was the task?

Very Low |_____| Very High

Physical Demand — How physically demanding was the task?

Very Low |_____| Very High
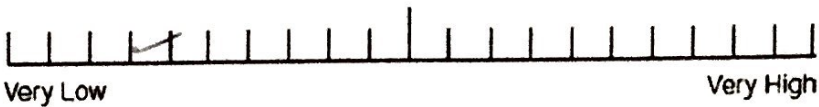
Temporal Demand — How hurried or rushed was the pace of the task?

Very Low |_____| Very High

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

Perfect |_____| Failure
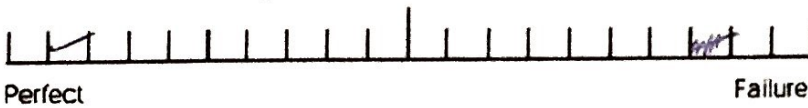
Effort — How hard did you have to work to accomplish your level of performance?

Very Low |_____| Very High
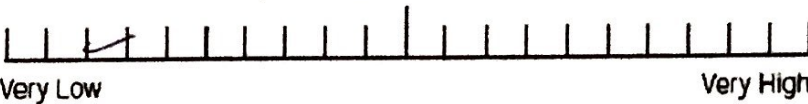
Frustration — How insecure, discouraged, irritated, stressed, and annoyed wereyou?

Very Low |_____| Very High

3
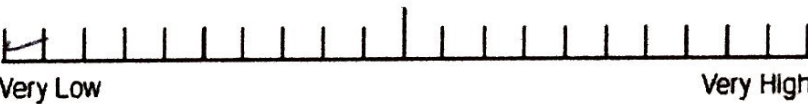
Questionnaire

Name: ███████████████████

Age: 24

Gender:
- ✗ Male
- o Female
- o Other ~~ever~~

Have you ever any fitness related app ever?
- o Yes
- ✗ No

Answer the Following Questions:

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

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 easy to use, very helpful, but need a better design of screens

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

Very good. I could easily navigate around it & know the instruction especially from videos

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

Maybe getting to know your progress & how it's calculated

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

With good progress metrics, people could compete with each other & sharing their progress

5. How can this application be more improved?

I think with a more attractive design & user interface

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

Didn't face any, it's very user-friendly

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

No issues

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

I enjoyed the videos & how they can easily describe the exercises

9. What functionality should have been added?

Maybe more information about the calories burned by doing each exercise

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

Very good, I would recommend it of course to anyone