

CAB210 User Experience Fundamentals

QUT Ethics Approval Number 1900000684

Research team

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Why is the study being conducted?

This research project is being undertaken as part of an undergraduate project for Benjamin, Adele and Brayden for unit CAB210 User Experience Fundamentals.

The purpose of this research project is to better understand the experience of University Students with digital technologies to promote mood tracking, and to evaluate and improve related websites or apps. Mood tracking is a technique for improving mental health where a person records their mood, usually at set time intervals, to help identify patterns in how their mood varies. We are particularly interested in how digital technologies might be used for mood-tracking in an organisational context, e.g., by sharing moods with colleagues and supervisors to provide mutual support.

The research team requests your assistance because you are a current university student.

What does participation involve?

Your participation will involve the following activities:

Two audio recorded **interviews** at a comfortable location of your choice that will take approximately 30 minutes of your time each. Questions will include: Your Background, History with Mood Tracking, Perception of Interrupted Sleep Schedule, and Personal Views on Organisational Mood Tracking.

One interview will include a **card sorting activity** that will take approximately 5 minutes of your time. You will be asked to rank 8 features in order of perceived impact, as well as ranking UI designs for each respective feature.

A **diary** over 5 days that will take approximately 5 minutes of your time each day. The focus of the diary will primarily be to track your daily mood, activities and sleep activity. The diary will be transcribed and discussed during the second interview.

Your participation in this research project is entirely voluntary. If you do agree to participate you can withdraw from the research project without comment or penalty. You can withdraw anytime during the interview. If you withdraw with 2 weeks after your interview, on request any information already

obtained that can be linked to you will be destroyed. Your decision to participate or not participate will in no way impact upon your current or future relationship with QUT (for example your grades).

What are the possible benefits for me if I take part?

It is expected that this research project will not benefit you directly. However, it may benefit CAB210 students to see how the needs and the way people use technology are different from their personal experience, and to learn user experience methods which will enhance their employability. Your feedback will also benefit QUT researchers to study how digital technologies can support wellbeing as well as the QUT Wellbeing Strategy Team and the company Mettlesome to improve their services.

What are the possible risks for me if I take part?

There are no risks beyond normal day-to-day living associated with your participation in this research project.

What about privacy and confidentiality?

All comments and responses are coded i.e. it will be possible to re-identify you. A re-identifying code stored separately to personal information (e.g. name, address), will only be accessible to the research team, and the code plus identifying information will be destroyed at the end of the semester.

Any personal information that could potentially identify you will be removed or changed before files are shared with other researchers or results are made public. The information that will be removed may include names, place of work/study, occupation, and education.

Any data collected as part of this research project will be stored securely as per QUT's Management of research data policy. Data will be stored for a minimum of 5 years, and can be disclosed if it is to protect you or others from harm, if specifically required by law, or if a regulatory or monitoring body such as the ethics committee requests it.

As the research project involves an audio or video recording:

- You will not have the opportunity to verify your comments and responses prior to final inclusion.
- The recording will be destroyed 5 years after the last publication.
- The recording may be used for teaching purposes and to improve the services of QUT Student Services and Wellbeing.
- Only the named researchers will have access to the recording.
- It is not possible to participate in the research project without being recorded.

Every effort will be made to ensure that the data you provide cannot be traced back to you in reports, publications and other forms of presentation. For example, we will only include the relevant part of a quote, we will not use any names, or names will be changed, and/or details such as dates and specific circumstances will be excluded. Nevertheless, while unlikely, it is possible that if you are quoted directly your identity may become known.

How do I give my consent to participate?

We would like to ask you to sign a written consent form (enclosed) to confirm your agreement to participate.

What if I have questions about the research project?

Please contact the researchers (details above) to have any questions answered or if you require

further information about the project.

What if I have a concern or complaint regarding the conduct of the research project?

QUT is committed to research integrity and the ethical conduct of research projects. If you wish to discuss the study with someone not directly involved, particularly in relation to matters concerning policies, information or complaints about the conduct of the study or your rights as a participant, you may contact the QUT Research Ethics Advisory Team on 07 3138 5123 or email humanethics@qut.edu.au.

Thank you for helping with this research project. Please keep this sheet for your information.