

## MetricWire – Participant Instructions

### What should I expect each day?

- \* A notification will prompt you at **6:45am**, **4pm**, and **9pm** for **2 weeks** to ask about emotions and significant events you've experienced as well as any social interactions. At **6:45am** you will receive just 2 additional questions asking how you slept last night.
- \* Read carefully the time frame for which you should be answering the question (e.g., “**last night**”, “**since the last prompt**”, “**right now**”)

### What do you mean by significant events?

- \* The event doesn't need to be a major event in order to be significant - it can be a day-to-day event that impacted you in any way, even if just a little bit. It can range from positive to negative events. For instance, an event that is positive and still might be stressful is a sports game that you played and won.

### Is there a time limit to complete the surveys at each time point?

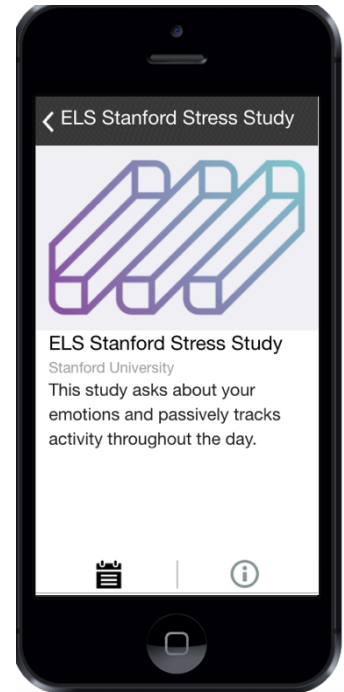
- \* **2-3 hours.** After 3 hours from the initial 6:45am prompt, the survey will become inactive (e.g., the surveys for the 6:45am time point will become inactive at 9:45am). The 4pm and 9pm surveys have a **2 hour** window, becoming inactive at 6pm and 10pm respectively. However, you will be sent a reminder prompt **one hour** after the initial notification (e.g., the reminder prompt for the 6:45am time point will occur at 7:45am).

### What do I need to do for the passive sensor data component?

- \* Once installed, in Settings under the MetricWire App, please allow MetricWire to access Motion & Fitness. You can just let it run in the background for the 2-week period.

### Other pointers:

- \* Always try to have an internet connection available if possible. It is okay if this is not possible.
- \* **Please ensure that the app is always running in the background and not force closed for the two-week time period.**
- \* Please ensure that “do not disturb mode” is turned **off**, notifications are enabled for MetricWire, and the phone is not on silent or in battery saver mode (which disables sending background notifications).



**\*\* If you have any questions or problems while using MetricWire, please contact Rachel at [snaplab@stanford.edu](mailto:snaplab@stanford.edu), 650-725-4601\*\***