

## A Mobile Application that applies a Self-Managing Approach to Reducing Sedentary Behaviour

Nowadays, with the rapid advance of technology people spend a lot of their time in a static position.

This project will develop a smartphone application that will help inactive people reduce sedentary behaviour by monitoring their inactivity during the day, notifying the user when extensive inactivity times are detected. What is more, the application will give feedback upon goal achievements when the user has accomplished the previously set goals in order to motivate and encourage activity.

By signing this form, you consent to be a participant in the research project.


Your responses will be kept strictly confidential. If at any time during the session you feel unable or unwilling to continue, you are free to leave - participation is voluntary. If you not wish to answer any particular question or questions, you are free to decline. Your name will not be linked with the research materials, and will not be made public in any report produced by the researcher.

**If you have any questions about this research, these will be answered as best as possible.  
After todays study, if you require further information, please contact**

Georgi Koemdzhiev  
g.koemdzhiev@rgu.ac.uk

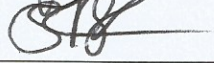
RL	I confirm that I have read and understand this form. I have had the opportunity to consider the information, ask questions, and have had these answered satisfactorily
RL	I understand that my participation is voluntary and that I am free to withdraw from the study at any time without giving any reason and without penalty.
RL	I understand that data collected during the study may be looked at by individuals from the research team where it is relevant to my taking part in this research. I give permission for these individuals to have access to my data.
RL	I understand that in the event of a publication no data will be identifiable as my own
RL	I agree that an audio/video recording of this session can be created for research purposes
RL	I agree to take part in this study

DARY LENG  
Participant Name

  
Participant Signature

16.02.2017  
Date

Georgi Koemdzhiev  
Researcher Name

  
Researcher Signature

16.02.2017  
Date



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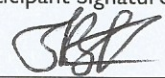
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Corrie Robb  
Participant Name

  
Participant Signature

16/2/2017  
Date

Georgi Koemdzhiev  
Researcher Name

  
Researcher Signature

16.02.2017  
Date



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R. Clarke  
Participant Name

R. Clarke  
Participant Signature

16/02/17  
Date

Georgi Koemdzhiev  
Researcher Name

SK  
Researcher Signature

16.02.2017  
Date