

Study Information Sheet

Study Title: *Exercise Engagement with a Robotic Instructor*

PLEASE READ THIS SHEET IN ITS ENTIRETY

You are invited to take part in research taking place at the University of the West of England, Bristol. It is carried out as assignment for module UFMFHP-15-M Human-Robot Interaction. Before you decide whether to take part, it is important for you to understand why the study is being done and what it will involve. Please read the following information carefully and if you have any queries or would like more information please contact James Reddaway, Faculty of Environment and Technology, Bristol Robotics Laboratory, University of the West of England, Bristol, james2.reddaway@live.uwe.ac.uk.

Who is organising the research?

The project is led by James Reddaway, University of the West of England. Manuel Giuliani is the supervisor for this research. Please find their details at the end of this document.

What is the aim of the research?

The overall aim of the research is to *study the level of engagement between using a mobile application and a robotic instructor when completing a short exercise routine.*

The purpose of this study is to *identify whether participants of regular casual exercise would benefit from having a robotic instructor instead of using a mobile application to complete an exercise routine.*

Why have I been invited to take part?

We are recruiting participants who are already working at the University of the West of England and are aware of the current risk and safety procedures due to COVID-19 restrictions.

Do I have to take part?

You do not have to take part in this research. It is up to you to decide whether or not you want to be involved. If you do decide to take part, you will be given a copy of this information sheet to keep and will be asked to sign a consent form. If you do decide to take part, you are free to stop and withdraw from the study at any time without giving a reason.

What will happen to me if I take part and what do I have to do?

You will first be asked to sign a consent form, read a privacy notice, and provide some basic demographic information. You will then *be asked to complete two short exercise routines,*

one with the use of a mobile application and the other led by a robot instructor. The study will take approximately up to 10 minutes.

Data will be gathered using the following methods:

Questionnaires

- *A short questionnaire will be provided at the end of the study allow for feedback on each method of instruction.*

Task Performance

- *The number of exercises completed for each section of the study- this will be used to measure engagement with each method used.*
- *Whether the full set of each exercise is completed- this will again contribute to finding overall engagement.*
- *Heart rate throughout the exercise routines- this will be used as a metric to study general performance between instructional methods.*

What are the possible risks of taking part?

There is a low risk of minor injuries when completing the physical exercises detailed in the study.

What will happen to your information?

All the information we receive from you will be treated in the strictest confidence.

All the information that you give will be kept confidential and anonymised. You will be assigned a participant ID that you can use to request the removal of your data from the study up to 7 days after completion of the experiment. After this point, the anonymised data will be analysed, and we will ensure that there is no possibility of identification or re-identification from this point.

Hard copy material (the consent form) will be kept in a locked and secure setting to which only the researchers will have access in accordance with the University's and the Data Protection Act 2018 and General Data Protection Regulation (GDPR) requirements.

Where will the results of the research study be published?

The results of this usability study will be reported in the coursework report for UWE module UFMFHP-15-M Human-Robot Interaction.

Who has ethically approved this research?

The project has been reviewed and approved by University of the West of England University Research Ethics Committee. Any comments, questions or complaints about the ethical conduct of this study can be addressed to the Research Ethics Committee at the University of the West of England at: Researchethics@uwe.ac.uk

What if something goes wrong?

If you have any questions about the ethical conduct of this research, have any complaints or concerns, or are uncertain about any aspect of your participation please contact the project supervisors or the University's research ethics committee.

Project Supervisor:

Professor Manuel Giuliani manuel.giuliani@uwe.ac.uk

What if I have more questions or do not understand something?

If you would like any further information about the research please contact in the first instance:

James Reddaway- james2.reddaway@live.uwe.ac.uk

Hari Lakshnan- hari2.lakshanan@live.uwe.ac.uk

Kit Rigler- kit2.rigler@live.uwe.ac.uk

Harvey Rutland- harvey2.rutland@live.uwe.ac.uk

Sripad Sahu- sripad2.sahu@live.uwe.ac.uk

Thank you for agreeing to take part in this study.

You will be given a copy of this Participant Information Sheet and your signed Consent Form to keep.