

RESEARCH PROTOCOL

1. **Project Title:** Prototype Usability Study of University Students with a Desire to Exercise Regularly

2. **Investigators:** Ryan Oakley (ryan.oakley@mail.utoronto.ca), Neil Mehta (neil.mehta@mail.utoronto.ca)

3. **Purpose:** We have designed a high-fidelity prototype of an app/digital solution that assists students in exercising more regularly by providing scheduling tools as well as a motivator in terms of a gamified “pet” system.

The purpose of our research is to understand any difficulties when navigating and using our prototype, which helps us derive requirements for the final design that are intended to be useful to university students. A brief description of our overall design problem is: **University students encounter various obstacles in maintaining consistent physical activity, including time constraints, lack of external motivation, mental and physical fatigue, and limited access to exercise resources. These challenges contribute to an overall decline in physical well-being among this demographic.**

4. **Process to be followed:** We will brief the participants about the purpose of the study, explain the consent form to them, and ensure that they sign the consent form. We will then engage the participants in a usability test. We will also, with their permission, make observations as follows: video and screen recording of the participant completing their given task using the high-fidelity prototype. While the participant completes the tasks, the investigator may also take notes based on the participant’s movements and choices and voiced thoughts and emotions.

5. **Participant selection:** Participants will be chosen a set of university students. They will be identified via in-person recruitment and selected according to our persona specifications. In general, they will be characterized by a student in their 20s with a desire to exercise regularly.

6. **Relationships:** Our relationship to the participants may be described as follows: classmates and friends.

7. **Risk and benefit:** There will be minimal risk to the participants. The benefit will be to contribute to the study of the investigators. Participants are free to withdraw before or at any time during the study without the need to give any explanation.

8. **Consent details:** We will brief the participants about the purpose of the study, explain the **attached consent form** to them, and ensure that they consent to participate and sign the consent form.

9. **Compensation:** Participants will receive no compensation.

10. **Information sought:** The information to be sought is described in the attached usability testing script.

11. **Confidentiality:** Information will be kept confidential by the investigators. Names or other identifying or identified information will not be kept with the data. The only other use will be to include excerpts or copies in the assignment submitted, but names and other identifying or identified information will not be submitted.

CONSENT FORM

Consent Form: Usability test observations observations of university students with a desire to exercise regularly

I hereby consent to participate in a research study conducted by Ryan Oakley and Neil Mehta for an assignment in University of Toronto Computer Science 318, *Design of Interactive Computational Media*.

I agree to participate in this study, the purpose of which is to understand any difficulties when navigating and using the prototype.

I understand that

- The procedures to be used are a usability study and experience survey.
- I will receive no compensation for my participation.
- I am free to withdraw before or any time during the study without the need to give any explanation.
- All materials and results will be kept confidential, and, in particular, that my name and any identifying or identified information will not be associated with the data.

PARTICIPANT

Name (please print) _____

Signature _____

Date _____

INVESTIGATOR(s)

Name _____ Signature _____