University 

of Wisconsin

Psychology Department

*Mobile Health Study*

1202 West Johnson Street

Brogden Psychology Building

Madison, WI 53706

If you have any questions, please contact us at

608-890-4796.



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Study Calendar

Initial Check-in call: \_\_\_\_\_\_\_\_\_\_

Follow Up 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Follow Up 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Final Visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_



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**FollowMee**

-You will not need to complete any tasks in the app, you can just let it collect data passively in the background.

-When asked whether you give the app permission to track location and fitness activity, click allow

-Make sure that GPS location is allowed for the app, that Background App refresh is on (iPhone), and that battery saving mode is not enabled, as it can interfere with data collection. Contact us if you experience any issues.

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**Text Message Surveys**

-Click on the link included in the text message to complete the survey.

-1 survey will come at your earliest reported wake time.

-1 survey will come 1 hour before your earliest reported bed time.

-2 surveys will be sent at random times in the middle of the day.

-Please complete the surveys as soon as possible after receiving the survey links.

-The first question of the survey will always be “Have you drank any alcohol you have not yet reported?” If you forget to report drinking you can report use at any time on any of the surveys as soon as you remember.

-If you accidentally hit yes or no on the first question you can use the back button to correct your answer before you submit the survey.

-Let us know if you have any issues or are not receiving the survey text messages.

**Surveys**

-You will receive 5 total text messages a day.

-4 of them will link you to a survey to fill out and 1 will be a reminder to complete the audio survey.

**Audio Survey**

-You will receive the reminder to do your audio survey 5 minutes after your morning survey.

-You can complete the audio survey when you get the reminder OR at any other time the day the reminder is sent – it is counted as complete as long as it is completed by 11:59 pm the day it is sent.

-You do not need to click on the survey link connected to the reminder text.

-Audio surveys should be 15-30 seconds long

-Refer to the handout given at your 2nd office visit for further instructions or contact us with any issues or questions.