Up to Me User's Manual

The **C**yber **I**dentity and **Be**havior **R**esearch (CIBeR) Lab
`coeng-ciber@usf.edu`

September 1, 2022

1 Getting Started

1.1 What You'll Need

You will need to download the following applications on your mobile device. Click the link that corresponds with the operating system of your device (i.e., iOS (Apple) or Android).

1. Sensor Logger App

    (a) iOS Sensor Logger App
    (b) Android Sensor Logger App

2. Slack

    (a) iOS Slack App
    (b) Android Slack App

2 Configuring the Sensor Tracking App

For the purpose of this research project, the Sensor Logger app requires a specific configuration. Please set the settings of the Sensor Logging app as detailed below.

1. Open the app and set the following sensors to ON

    (a) Accelerometer
    (b) Gravity
    (c) Gyroscope
    (d) Orientation
    (e) Magnometer
    (f) Barometer
    (g) Location
    (h) Microphone
    (i) Light (available on Android devices only)

2. Select the settings icon

3. Set `Confirm Before Ending` to ON

(a) Screen capture with all sensors on
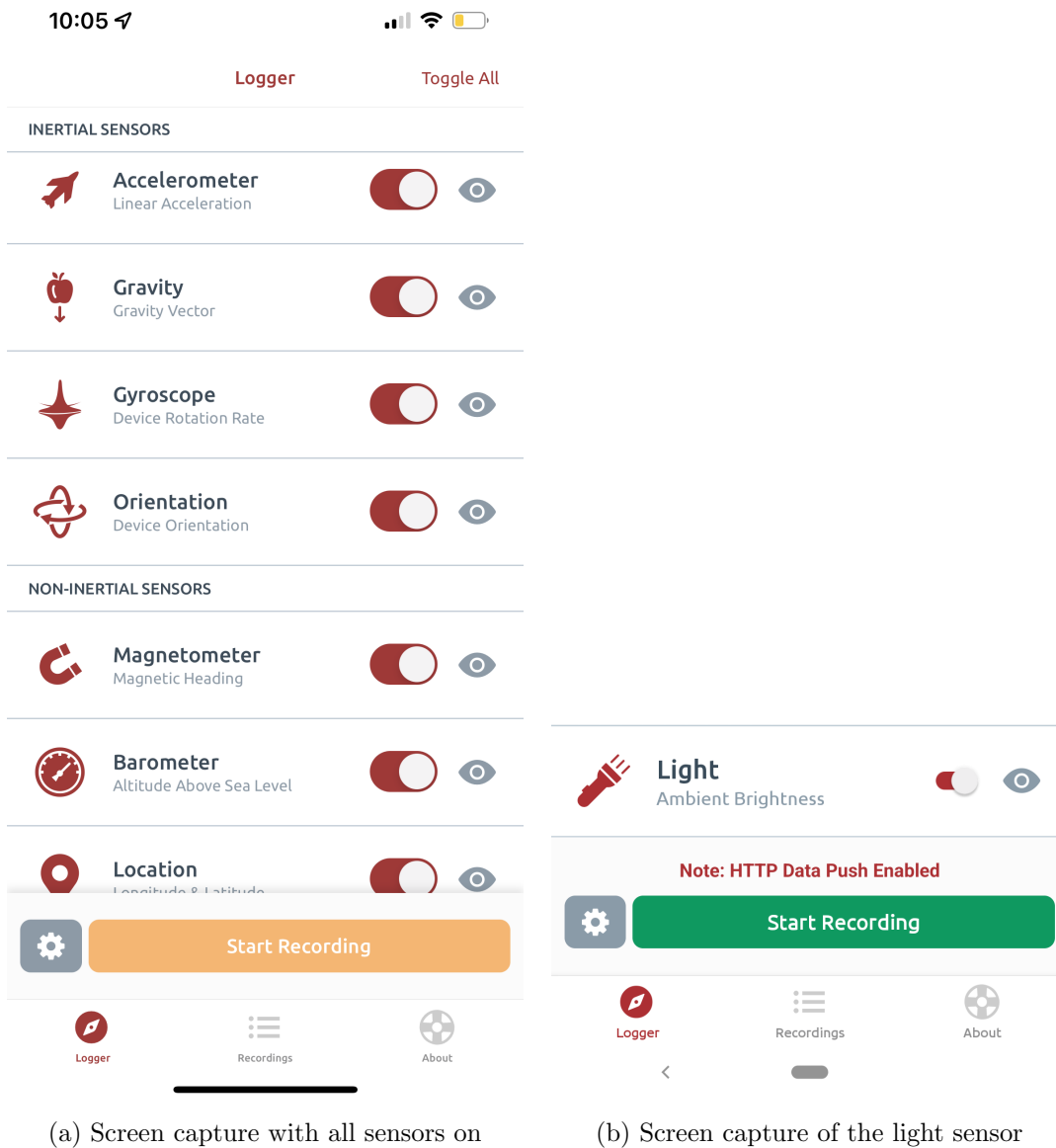

(b) Screen capture of the light sensor

Figure 1: Sensors set to ON

Figure 2: Settings icon

4. Set `Uncalibrated Data` to ON

5. Scroll to the `Adjust Sampling Frequency` section

    (a) For `Accelerometer, Gravity, Gyroscope, Orientation and Magnetometer` select `Sample up to 100Hz`

    (b) For `Barometer` select `Sample once every 15 minutes`

    (c) For `Location` select `Sample once every 15 minutes`

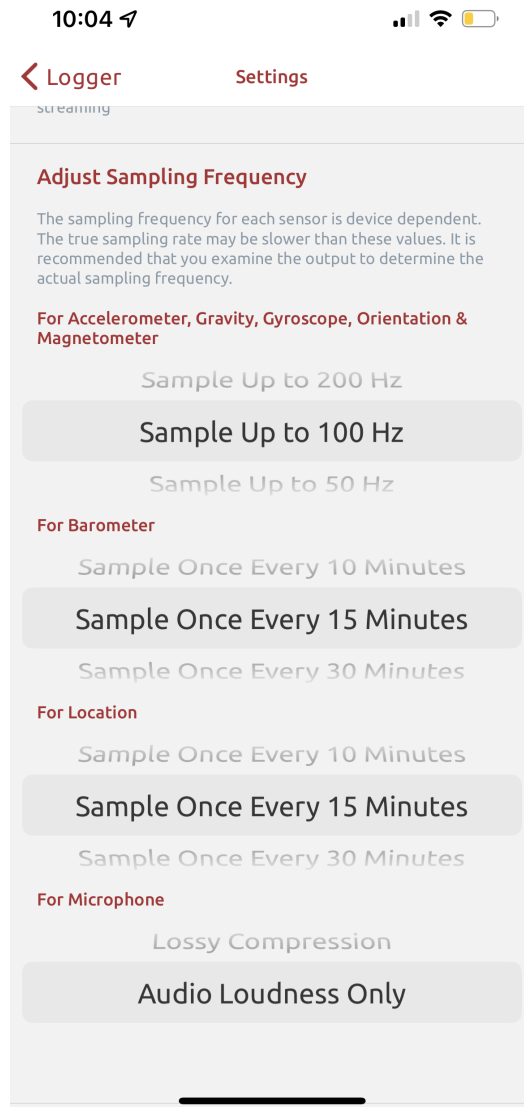   (d) For `Microphone` select `Audio Loudness Only`

Figure 3: Application configuration

Be sure to accept the necessary permissions to allow microphone/sound and location tracking.

6. See Section 3 to begin recording

7. Once finished, see Section 4 for how to upload your data

If you wish to end your recording prematurely, you can do so at any time by manually closing the app as you would any other app.

3   Recording with the Sensor Tracking App

To record a sample,

1. Open the Sensor Logger app, press `Start Recording`

2. Feel free to navigate to other apps, the Sensor Logger app will collect in the background

3. Upon receiving your reminder text to complete the annotation survey and data upload, return to the Sensor Logger app and press `Stop Recording`

   If you wish to end your recording prematurely, you can do so at any time by manually closing the app as you would any other app.

4. See Section 4 for uploading your new recording.

4 Uploading Your Data

We ask that you to upload your data in 2hr increments as prompted by our reminder text messages described in Section 5. The text messages provide a link to access the our folder in a secure cloud storage, Box, which is accessible only to Up To Me participants who only have permission to `WRITE` to the folder. Only the Up To Me study team will have `READ` access to the data and the ability to download materials. **We STRONGLY SUGGEST uploading data over a secure WiFi Connection to minimize use of cellular data and for faster upload times.**

To upload a recording,

1. Navigate to "Recordings" using the options at the bottom of the screen

2. Click on your latest recording

3. Click on rename and name your recording using the following convention `netid-MonthDayYear-Hour-AMorPM`, e.g., if your USF e-mail address is `abcdefg@usf.edu`, then you should name your file `abcdefg-021122-4-PM` if uploading on February 11, 2022 around 4:00PM

   It is extremely important that you rename your files in this manner.

4. Press "Export" and select Zipped CSV. This may take 1-2 minutes.

5. Once the file is compressed, your phone's share options will appear on the screen.

6. If you have an iPhone, select save to files and save your recording locally to your smartphone. If you have an Android, select a location to save your file directly to your smartphone.

7. Then refer to your SMS reminder to access the link to upload your data

8. Select "Select Files", navigate to the location of your saved recording, select your recording and press "Upload". (This may take up to a minute).

9. After uploading, navigate to where you have stored the recording on your smartphone and delete the recording

10. Return to the Sensor Logger app, navigate to recordings, select the recording that you uploaded, and press "Delete"

    DO NOT PERFORM THIS STEP UNTIL THE DATA HAS BEEN UPLOADED TO THE BOX LINK.

11. Congratulations! You have successfully uploaded your data! Thank you!

5 Text Messaging

We will send you text message reminders to submit reports in the morning, evening, and throughout the day. To subscribe to these text messages, text "enroll" to (866) 984-3128. Be sure to save this number, you'll receive all reminder text messages from this number so feel free to save it in your contacts as Up To Me Reminders. Please be mindful that standard text messaging rates as priced by your mobile carrier apply to all messages received from us.

5.1 Start-of-Day Message

You will receive the start of day message at 8:00 AM EST. This message will prompt you to complete a survey that asks you about your plans for the day and the restfulness of your sleep. We encourage you to complete this survey at the natural start of your day, even if this comes after 8:00AM.

5.2 End-of-Day Message

You will receive the end of day message at 8:00PM EST. This message will prompt you to complete a survey that asks about how your day went. We encourage you to complete this survey at the natural end of your day, perhaps while winding down, even if this comes after 8:00PM.

5.3 Periodic Messages

You will also receive messages at several time points throughout the day (i.e., 2-hr increments from 12AM to 10PM). These messages will prompt you to complete a survey that asks you about how you've spent most of your time since the last survey time point. This data will be used to supplement the data collected with the Sensor Logger app. The messages will also prompt you to upload your data to our secure cloud storage using a link provided in the text.

5.4 How to Withdraw Message Consent

You are free to unsubscribe from these messages at any point in time. Simply send "stop" to (866) 984-3128 and you will automatically be removed from our sending list.

6 Troubleshooting

We will use the Slack App for all troubleshooting purposes. We have created a workspace that you will join so that you can have access to discuss issues that arise with the CIBeR Up To Me team in real-time.

To access the workspace, follow this link Up To Me Slack Workspace https://join.slack.com/t/uptomeciber/shared_invite/zt-1ew04lszb-k_PKGzmDq76TBPKicyNLmQ

You will be asked to select an email account that will be used as your Slack login information. Please follow the prompts to complete sign up.

The Workspace has two channels *generalcomments* and *troubleshooting*. Please leave comments, reactions, and suggestions in the *generalcomments* channel. If you are experiencing any problems or facing difficulty with the Sensor Logger app, please visit the *troubleshooting* channel and an Up To Me study team member will assist you ASAP.

7 Privacy

Please visit Sensor Logger App Privacy Policy, https://www.tszheichoi.com/sensor-logger-privacy-policy for the privacy information concerning the Sensor Logger application.