

# CALL FOR PARTICIPATION



Do you want to be more active?

Would you like to share your experience and ideas for supporting physical activity?

If so, you are very welcome to participate in our research project! We want to hear your voices!

The Accessible Computing Technology Research Group of the McGill School of Information Studies is seeking research participants in a study *Supporting Physical Activity in Later Life: Perspectives from Older Adults*, which aims at investigating how to support older adults to be more physically active. Specifically, we are looking for participants who:

- Are aged 65 or over and living alone
- Are less physically active (i.e., partake in no more than 2.5 hours of physical activity each week)
- Want to improve their activity levels
- Can communicate in English.

We want to hear a diversity of views and especially encourage those who consider themselves less familiar with or interested in digital technology (e.g., smartphones, tablets, computers) to participate.

## Research Plan

This research will consist of three parts. We are currently recruiting for **Part 1**, which will involve completing questionnaires, exercise notes, and an interview on your physical activity needs and experience.

**Part 2** will involve participating in a two-day design workshop (with each day consisting of one session of no more than 2.5 hours), where participants and researchers will work together to discuss and sketch design ideas, before filling in questionnaires about the workshop activities.

**Part 3** will involve providing feedback on our designed technology prototype via interviews.

Participants for Part 2 will be recruited from those who complete Part 1. Participants will be invited to participate in Part 2 based on their responses in Part 1 to ensure that the workshop participants represent a range of experiences and perspectives for how technology should be used and designed. All the Part 2 participants will be invited to Part 3. Participation in these parts is entirely optional.

We anticipate that the design workshop (Part 2) will be scheduled in January 2023, with the exact scheduling depending on participant availability. Part 1 activities must be completed before the design workshop but can otherwise be flexibly scheduled for a time that is convenient for the participant. All research activities will be conducted in person in Montreal.

Participants will receive \$15 for participating in Part 1 (i.e., questionnaire, exercise notes, and interview), \$15 for participating in each workshop session (two sessions in total) of Part 2, and an additional \$10 for providing feedback in Part 3.

## Contact

If you would like to participate or have any questions or would like more information, please contact the principal investigator, Ph.D. student **Muhe Yang** at [muhe.yang@mail.mcgill.ca](mailto:muhe.yang@mail.mcgill.ca) or 514-222-1812, or the faculty supervisor, Prof. Karyn Moffatt at [karyn.moffatt@mcgill.ca](mailto:karyn.moffatt@mcgill.ca).