



## Participation Reference Guide For Cabin Crew

SIA-NUS Digital Aviation Corp Lab  
Employee Wellness Study  
NUS-IRB-2020-255



# About the Study

## Introduction

The goal of this study is to develop for SIA a novel fatigue modelling and prediction model with consideration of individual heterogeneity and complex interactions that exist among fatigue factors to provide more accurate fatigue predictions and to enhance pilot and cabin crew safety and well-being while upholding levels of performance.

# About the Study

## Reimbursement

Reimbursement includes redemption of (a) Fitbit Sense 2 (worth S\$428) and (b) KrisPay Miles (Worth up to S\$100 worth of KrisPay Miles).

(a) To keep your Fitbit Sense 2:

- Complete **at least 70% of the minimum questionnaire-based tasks**  
(per rostered flight)
- Wear tracker for **at least 70% of the time**

(b) To earn the KrisPay Miles:

- Complete **additional Fatigue Questionnaire and Psychomotor Vigilance Task (PVT)** during rostered flights

# Minimum Tasks Requirements

Tasks to Complete	Short Haul Flights (Duration less than 3 hours)
<b>(i) Pre-Flight</b>	
Fatigue Questionnaire (Mobile App) x 01	✓
PVT Task (Mobile App) x 01	✓
<b>(ii) Before Service</b>	
Fatigue Questionnaire (Watch App) x 01	
PVT Task (Watch App) x 01	
<b>(iii) After Service</b>	
Fatigue Questionnaire (Watch App) x 01	
PVT Task (Watch App) x 01	
<b>(iv) Post-Flight</b>	
Fatigue Questionnaire (Mobile App) x 01	✓
PVT Task (Mobile App) x 01	✓
NASA Task Load Index (Mobile App) x 01	✓

Watch App: Submit Task via the Wellness Buddy Watch App

# Minimum Tasks Requirements

Tasks to Complete	Long Haul Flights (Duration 3 hours and longer)
<b>(i) Pre-Flight</b>	
Fatigue Questionnaire (Mobile App) x 01	✓
PVT Task (Mobile App) x 01	✓
<b>(ii) Before Service</b>	
Fatigue Questionnaire (Watch App) x 01	✓
PVT Task (Watch App) x 01	✓
<b>(iii) After Service</b>	
Fatigue Questionnaire (Watch App) x 01	✓
PVT Task (Watch App) x 01	✓
<b>(iv) Post-Flight</b>	
Fatigue Questionnaire (Mobile App) x 01	✓
PVT Task (Mobile App) x 01	✓
<b>NASA Task Load Index</b> (Mobile App) x 01	✓

Watch App: Submit Task via the Wellness Buddy Watch App

# Frequently Asked Questions

## What is the Duration of This Study?

6 months

## Can Tasks be Completed Offline During Flight?

Yes, records of completed tasks are stored in your devices.

## Can I Exceed the Minimum Tasks During Flight?

Yes. This includes the **Positive Affect & Wellbeing Questionnaire** and additional questionnaire attempts (up to a cap per task and flight); you will receive additional KrisPay Miles. Refer to your **Participant Information Sheet – Summary Sheet** for details.

## Frequency of Wearing Tracker

24/7, including sleep time

## Frequency of Synchronizing Tracker

Once a day at minimum, as often as possible

# Frequently Asked Questions

## How long is each Psychomotor Vigilance Task (PVT) test?

3 minutes per attempt (Both Mobile App & Watch App)<sup>1</sup>

## How Much KrisPay Miles do I Earn per Task?

Fatigue Questionnaire	2 KrisPay Miles
Psychomotor Vigilance Task (PVT)	10 KrisPay Miles
NASA Task Load Index	4 KrisPay Miles
Positive Affect & Wellbeing Questionnaire	10 KrisPay Miles
Wearing Tracker Daily	10 KrisPay Miles
Wearing Tracker to Sleep Daily	10 KrisPay Miles

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<sup>1</sup> 3 minutes is the minimum scientifically proven duration for the accurate capture of attention span

Thank You for  
Your Participation!

