



## Participation Reference Guide For Cabin Crew

SIA-NUS Digital Aviation Corp Lab  
Employee Wellness Study – Intervention Study (Phase 2)  
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\$288).

(a) To keep your Fitbit Sense 2:

- Complete **at least 70% of the minimum questionnaire-based tasks** (per rostered flight)
  - Fatigue Questionnaire
  - PVT
  - NASA Workload Index
- Wear tracker for **at least 70% of the time**
- Complete the **Weekly Well-being Questionnaire** once a Week

# About the Study

## Reimbursement

(b) To earn the KrisPay Miles (Worth up to S\$288):

The S\$288 KrisPay Miles include

- A maximum of S\$100 worth for completing routine tasks such as submitting questionnaires and wearing of Fitbit watch
- A bonus reward of S\$188 worth for fulfilling the following at the end of the study period:
  - 80% completion rate for wearing of Fitbit watch
  - 80% completion rate for the Weekly Well-being Questionnaire once a week
  - 80% completion rate for the minimum questionnaire-based tasks

# Minimum Tasks Requirements

Tasks to Complete	Every Flight (Short & Long Haul included)
<b>(i) Pre-Flight (Within 4 hours before departure time)</b>	
Fatigue Questionnaire Watch or Mobile App x 01	✓
PVT Task Watch or Mobile App x 01	✓
<b>(ii) Post-Flight (Within 3 hours after landing)</b>	
Fatigue Questionnaire Watch or Mobile App x 01	✓
PVT Task Watch or Mobile App x 01	✓
NASA Task Load Index Mobile App x 01	✓
<b>(iii) Once a Week (Between Monday - Sunday)</b>	
Positive Affect & Wellbeing Questionnaire Mobile App x 01	✓

\*Turnaround flights are considered as two separate flights.

Watch App: Submit Task via the Wellness Buddy Watch App

# Frequently Asked Questions

## What is the duration of this study?

6 months for Data Collection Study, 3 months for Intervention Study. Up to 9 months if you are involved in both studies.

## Can I exceed the minimum tasks during flight?

Yes. This includes additional questionnaire attempts (up to a cap per task and flight); you can receive KrisPay Miles (up to S\$100 equivalent).

## Frequency of wearing tracker

24/7, including sleep time

## Frequency of Positive Affect & Wellbeing Questionnaire

Once a week

# Frequently Asked Questions

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

3 minutes per attempt (Available on both Mobile App & Watch App)<sup>1</sup>

## How much KrisPay Miles do I earn per task?

Fatigue Questionnaire	4 KrisPay Miles
Psychomotor Vigilance Task (PVT)	20 KrisPay Miles
NASA Task Load Index	8 KrisPay Miles
Positive Affect & Wellbeing Questionnaire	20 KrisPay Miles
Wearing the Fitbit Sense 2 Daily (When awake)	20 KrisPay Miles
Wearing the Fitbit Sense 2 to Sleep Daily	20 KrisPay Miles

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

# Frequently Asked Questions

Where can I check my task submission records & accumulated rewards?

Wellness Buddy mobile app → “Rewards”

How often should I sync my Fitbit (Sense 2) to the Fitbit app on my device?

Once a day at minimum, as often as possible

Can I attempt the tasks while my device is offline during flight?

Yes. Your device will store local records of completed tasks.

When you reconnect back online:

- Phone: Stored data will be automatically pushed to the Wellness Buddy mobile app
- Fitbit (Sense 2): Manually sync your data on the Wellness Buddy watch app & update the data on your Fitbit mobile app

# Frequently Asked Questions

## How do I sync my Fitbit (Sense 2) to the Fitbit app on my device?

- 1) At the home page of the Fitbit mobile app, tap on the 'Devices' icon on the top-left corner (Fig 1.1).
- 2) Select your Fitbit watch (i.e. Sense 2) (Fig 1.2).

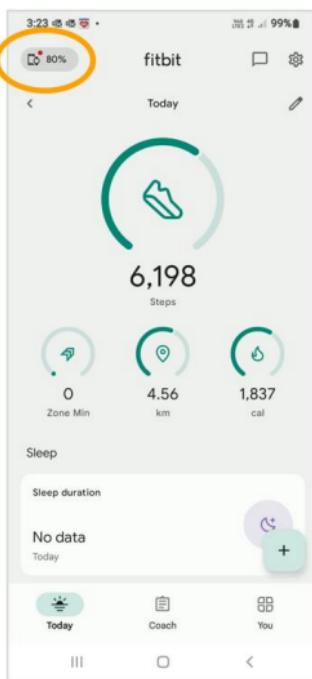


Fig 1.1

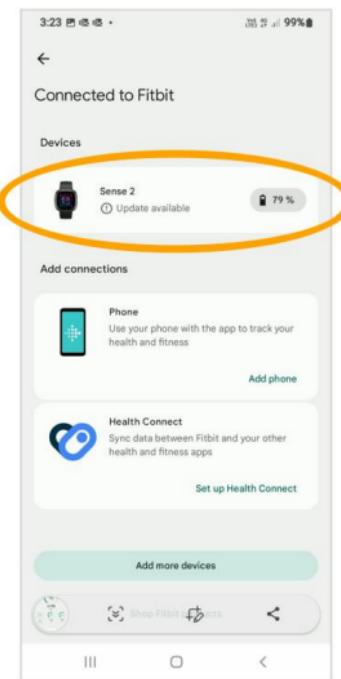


Fig 1.2

# Frequently Asked Questions

## How do I sync my Fitbit (Sense 2) to the Fitbit app on my device? (Con't)

3) Tap on the ‘Gallery’ button (Fig 1.3).

4) Scroll through the list of installed apps in your tracker and find ‘wellnessbuddy’ (Fig 1.4). Tap on it.

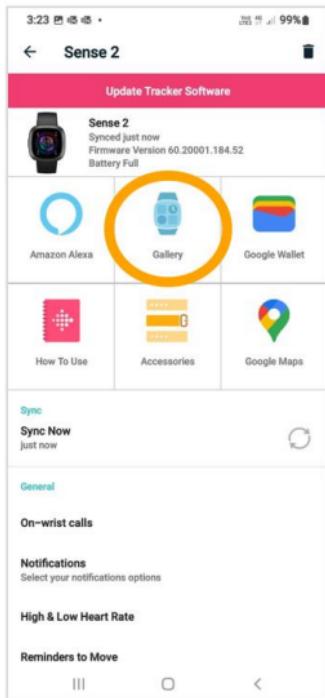


Fig 1.3

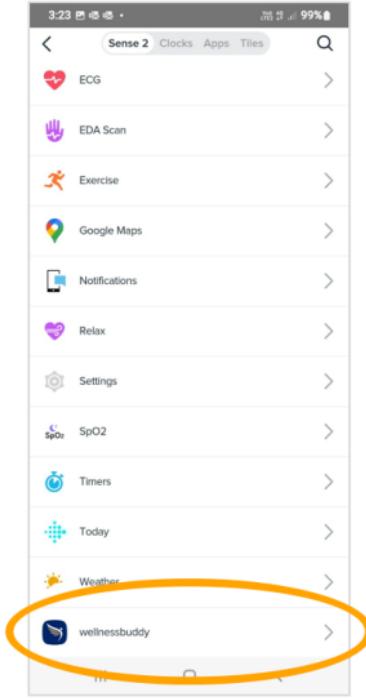


Fig 1.4

# Frequently Asked Questions

## How do I sync my Fitbit (Sense 2) to the Fitbit app on my device? (Con't)

5) Tap 'Settings' (Fig 1.5) & check your Fitbit ID is displayed in 'Basic Information' (Fig 1.6). Key in your ID if otherwise.

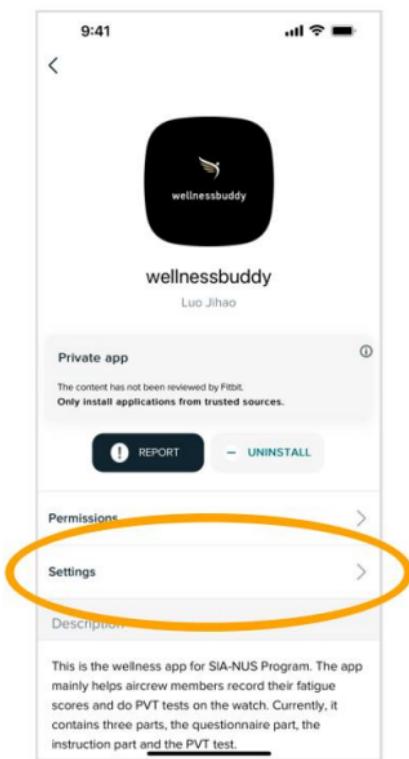


Fig 1.5

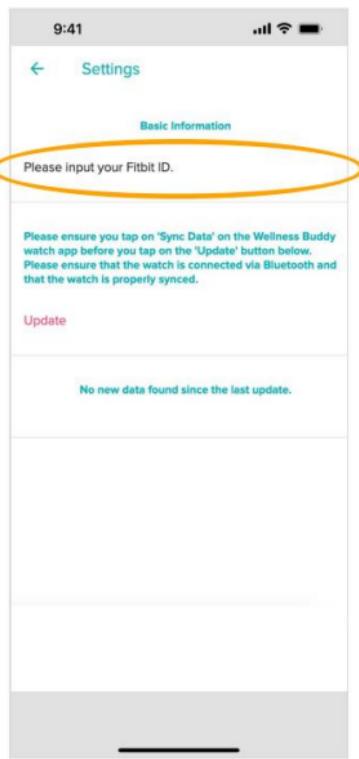


Fig 1.6

# Frequently Asked Questions

6) Launch the Wellness Buddy watch app on your Fitbit Sense 2 & tap the ‘Sync Data’ button (Fig 1.7).



Fig 1.7

7) Return to the Fitbit mobile app & tap the ‘Update’ button in ‘Settings’ (Fig 1.8). The Fitbit mobile app will complete updating of your task data.

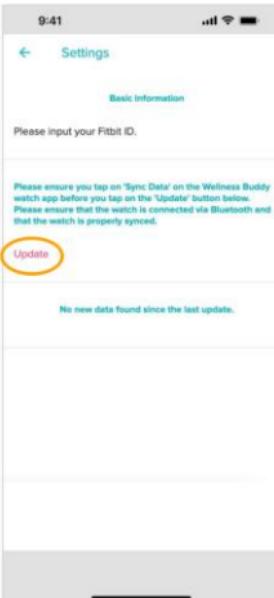


Fig 1.8

# Frequently Asked Questions

## My Wellness Buddy app interface does not look the same as another participant's

This is normal; your contents in the Wellness Buddy app is individualised based on your recorded sleep behavior, physical activity behavior and submission of logs. They are updated on a regular basis.

Not all participants will be participating in the intervention study.

## Switching from Data Collection Study to Intervention Study (For applicable participants)

A prompt will be sent via your Wellness Buddy mobile app; accept to be shortlisted.

# Personal Notes

# Personal Notes

Thank You for  
Your Participation!

