

PARTICIPANT INFORMATION SHEET & CONSENT FORM – SUMMARY SHEET

(For Social, Behavioural and Educational Research studies)

NUS-IRB Reference Code: NUS-IRB-2020-255

- 1. What is the study name?**
SIA-NUS Digital Aviation Corp Lab – Employee Wellness Study
- 2. What is the duration of the study?**
3 months
- 3. How often should I wear my Fitbit device during the study duration?**
24/7 including sleep time
- 4. How many recurring tasks do I need to complete in the Wellness Buddy Mobile App?**
4 tasks:
 1. Fatigue questionnaire
 2. PVT (Psychomotor Vigilance Task)
 3. NASA Task Load index
 4. Positive Affect & Wellbeing Questionnaire
- 5. What is the frequency of submitting each task?**

| For Ground Staff | Pre-Shift | Middle of Shift | Post-Shift | Once a week |
|---------------------|-----------|-----------------|------------|-------------|
| Fatigue (Watch app) | ✓ | ✓ | ✓ | |
| PVT (Watch app) | ✓ | ✓ | ✓ | |
| NASA (Mobile app) | | | ✓ | |
| PAWQ (Mobile app) | | | | ✓ |

- 6. How often should I sync my Fitbit device to the Fitbit app on my mobile phone?**
As often as possible. Minimally once a day.
- 7. Can I attempt the tasks while my device is offline during shift?**
Yes, devices will store the records of completed tasks locally.
 - For phone, the stored data will automatically be pushed to the server when you are back online while accessing the Wellness Buddy mobile app.
 - For Fitbit device, you will need to manually sync your data on the Wellness Buddy watch app when you are back online.
- 8. Where can I check my task submission records and rewards accumulated?**

Wellness Buddy mobile app → “Rewards”

9. **When will the records of my accumulated KrisPay Miles be reflected?**
Usually within one week
10. **What are the requirements for me to redeem the Fitbit device after the study?**
 - Complete at least 70% of questionnaire-based tasks
 - Wear the Fitbit watch for at least 70% of the time
11. **What are the Terms & Conditions for collecting the Fitbit device?**
 - (1) Please retain the issuance email throughout the study period for proof of device issuance. The issued device comes with a 1-year warranty valid from the date of issuance so long as you remain a participant of the study. Participants may contact Fitbit for warranty and technical concerns via email at support-sq@fitbit.com or through web chat at https://myhelp.fitbit.com/s/support?language=en_US&co=SG.
 - (2) Please contact Fatigue_study@singaporeair.com.sg if you have replaced your device due to warranty exchange with Fitbit.
 - (3) In the event of the device being lost or not returned as per stipulated requirements, participation should cease, with no reimbursement required from the employee.
12. **What are the various options for me to accumulate KrisPay Miles?**
 - (1) Complete the Fatigue questionnaire, PVT, NASA Task Load index, Positive Affect & Wellbeing Questionnaire
 - (2) Wear your Fitbit regularly
 - (3) Respond to the in-app daily prompt (If you receive it in your Wellness Buddy account)
 - (4) Respond to the in-app weekly report (If you receive it in your Wellness Buddy account)
13. **Can I refuse to participate in this research later?**
Yes, you can. Kindly inform Fatigue_study@singaporeair.com.sg as appropriate.
14. **Who can I contact if I have any queries?**
You may contact Fatigue_study@singaporeair.com.sg for your queries.