



University  
of Glasgow

College of Social  
Sciences

**PEDOMETER APP STUDY**  
**PARTICIPANT INFORMATION SHEET**

**ABOUT THE RESEARCH**

We are developing and evaluating a pedometer app to see if it is engaging and helps people make positive lifestyle changes. We are recruiting approximately 20 people to use the app for 4 weeks and to attend an interview at the end of this period. Others may use the app, but will not be invited for interview.

By using the pedometer app you will be participating in a research study. Please take time to consider the following information carefully before using the app. If you have any questions or concerns, please email [john.rooksby@glasgow.ac.uk](mailto:john.rooksby@glasgow.ac.uk) or [cindy.gray@glasgow.ac.uk](mailto:cindy.gray@glasgow.ac.uk). You may also contact us using the in-app feedback form.

**WHO CAN TAKE PART IN THE RESEARCH?**

You can take part in this study if you are over 18 and have an iPhone 5S or above. You should only take part in this study if you are comfortable to do so.

**WHAT WILL TAKING PART IN THE RESEARCH MEAN FOR ME?**

If you agree to take part in the study, you will be asked to download the pedometer app from the Apple App store and use it for 4 weeks. During this time, data from the app will be collected continuously, so that we can tell how you are using the app, and identify any changes in your levels of physical activity. You can use the app as much or as little as you wish.

At the end of the 4 weeks, you will be invited to take part in a face-to-face interview about your experience of using the app. You may continue to use the app after this period, but no further data will be collected from it.

Please be aware that because this app collects data, depending on the contract you have with your service provider, it may lead to additional charges. If you have any concerns about this, please discuss it with us. We do not require you to remain connected to data services while using this app, particularly if you travel outside the UK.

**DO I HAVE TO TAKE PART IN THE RESEARCH?**

No. It is up to you to decide whether or not to take part.

**WHAT DATA WILL BE COLLECTED FROM THE APP?**

To evaluate the app, we will collect data about your steps, your choices within the app, and when you use the app. We will also collect information about what kind of device you use. We will not collect data about your location or data from any other apps you use.

**WHAT WILL THE INTERVIEW INVOLVE?**

The interview will be around 30-60 minutes long and take place within the Glasgow area. During the interview, a member of the research team will ask you about your experiences using the app. We may show

you the data collected from your app. The interview will be audio-recorded and transcribed (everything you say will be written out) with your permission. We will give you a £10 to thank you for giving up your time to take part in the interview.

#### **WILL I BENEFIT FROM TAKING PART?**

The pedometer app is designed to help people become more active, which has been shown to reduce risk of ill health.

#### **ARE THERE ANY RISKS INVOLVED?**

It is very unlikely that you will come to any harm as a result of using the app. If you experience any discomfort, please stop using it and consult your doctor.

#### **WILL PEOPLE KNOW I HAVE TAKE PART IN THE RESEARCH?**

No. Your information will be kept strictly confidential and held securely for a time period that is defined by University of Glasgow best research practice guidelines (currently at least 10 years). You will only be identifiable by a project number.

Once transcriptions have been made fully anonymous (by removing your name and other details that may identify you specifically) they will be shared among the research team via Dropbox (or a similar project management software) or email.

We may share anonymised data with other researchers who have an interest in this area, but we will not share your email address or any personal information. The app will not share your information with any other apps.

#### **CAN I CHANGE MY MIND ABOUT TAKING PART IN THE RESEARCH?**

Yes. You are free to withdraw from this study at any time and you do not have to give a reason. If you no longer wish to participate in this study, please stop using the app and delete it from your device. You should also inform us that you are withdrawing. We will not contact you again if you withdraw.

#### **WHAT WILL HAPPEN TO THE RESULTS?**

The results will be made freely available in the form of academic publications, and presentations and reports. In all cases, we will treat all information confidentially – you will not be able to be identified from the findings we share with others.

#### **WHO IS RUNNING THE RESEARCH?**

The research is being carried out by researchers at the University of Glasgow, Scotland.

**THE RESEARCH HAS BEEN REVIEWED** by the College of Social Science Ethics Committee at the University of Glasgow.

**IF YOU HAVE ANY QUESTIONS ABOUT THE RESEARCH**, please contact Dr John Rooksby [John.Rooksby@glasgow.ac.uk](mailto:John.Rooksby@glasgow.ac.uk) or Dr Cindy Gray [cindy.gray@glasgow.ac.uk](mailto:cindy.gray@glasgow.ac.uk).

**IF YOU HAVE ANY CONCERNS ABOUT THE RESEARCH**, please contact the University of Glasgow, College of Social Sciences Ethics Officer ([muir.houston@glasgow.ac.uk](mailto:muir.houston@glasgow.ac.uk)).