

# Informed Consent

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**Title of Research Project:** Wearable Technology, Health and Fitness Apps, and Related Outcomes

**Faculty Research Advisor:**

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You are invited to participate in a research study. The purpose of this information is to help you to make an informed decision about whether or not you would like to participate. Please read the information in this document carefully. You may contact the researchers to ask questions about the purpose of the research, what you would be asked to do, any possible risks and benefits, your rights if you were to participate, and anything else about the research before deciding whether or not to participate.

Participation in this study is voluntary and confidential. If you do not wish to participate or if you decide to participate and then withdraw or skip any part of the research process, there are no penalties or loss of benefits or services that you are otherwise entitled. Whether or not you choose to participate in this project will have no effect on your relationship with the researchers, Daemen University, or Amazon Cloud Research.

**Purpose of the Research Project:**

The purpose of this research study is to examine the relationship between wearable technology, health and fitness apps, and a number of important outcomes.

**Description of the Research Project and Procedures:**

If you agree to participate, you would be asked complete a number of questionnaires. These questionnaires would first ask about your use of wearable technology and health and fitness apps as well as some basic information, such as age, height, weight, etc. Next a number of questions would ask about health behaviors (e.g., eating habits – How likely you are to consciously eat less than you want sleep habits, if you have any diagnosed eating disorders; sleep habits and quality – What time you usually go to bed at night; and activity habits - How often you engage in vigorous activity). Additionally, you would be asked a number of questions related to your feelings about yourself, (e.g., 'On the whole, I am satisfied with

myself', 'I'm something of a perfectionist', 'I've felt down, depressed or hopeless'), how you are able to live your life (e.g., 'I feel like I am free to decide for myself how to live my life'; how often have you felt that you were unable to control the important things in your life, (e.g., 'I enjoy making my own decisions'), and how much you worry about things (e.g., 'I ruminate and worry over lots of different things'). Lastly, you would be given the opportunity to provide your email in order to receive compensation.

### **Study Duration:**

Participation in this study is expected to take 30 minutes.

### **Risks:**

The researchers do not anticipate any risks beyond what could occur in daily life including the recall of thoughts and behaviors that could trigger negative emotions, elicited either internally or by external stimuli that are part of ordinary daily experience. Although breach of confidentiality could be a risk given the potentially sensitive nature of some of the questions, there are protections in place that make this possibility unlikely. Specifically, the survey data cannot be directly linked to participants' identities, and the potentially identifying email addresses will be collected separately and shuffled before survey data is accessed so they cannot be used to indirectly link participant responses to their identities.

### **Benefits:**

Participants will not directly benefit from taking part in this study.

### **Compensation:**

As compensation for their time, participants will have the opportunity to enter their email address to receive a \$5 Amazon gift card after reviewing the survey materials. Gift cards will be emailed at the completion of the study, no later than xxxx, 20xx. (*Note to IRB: version for Daemen participants only.*)

As compensation for their time, participants will receive a \$5 payment through their Cloud Research account after reviewing the survey materials and entering in the payment code. (*Note to IRB: version for Cloud Research Participants only.*)

### **Confidentiality and Anonymity:**

All data collected from participants will be kept confidential. Only the researchers mentioned above will have access to participant responses, which will be kept in a secure location. All information will be presented or published in group form and will not contain any identifying information or link any individual participant with the data. Survey data is collected anonymously and will not record any names or IP addresses (*Note to IRB – what follows is for Daemen participants only*), and potentially identifying email addresses will be collected in a separate survey and shuffled before participant data is accessed so that they cannot be used to indirectly link participant responses to their identities.

### **Contact Information for Questions or Concerns:**

You have the right to ask any questions you may have about this research. If you have any question or concerns, please contact Dr. Firstname Lastname at [FLast@daemen.edu](mailto:FLast@daemen.edu), 716-xxx-xxxx or Dr. Firstname LastName at [FLast@daemen.edu](mailto:FLast@daemen.edu), 716-xxx-xxxx or Firstname

Lastname at [FLast@daemen.edu](mailto:FLast@daemen.edu), 716-xxx-xxxx. If you would like to report a complaint or have questions regarding your rights as a human subject, you may contact the Daemen University Institutional Review Board (IRB) Chair at [irb@daemen.edu](mailto:irb@daemen.edu), 716-839-8508.

**Voluntary Consent:**

Please review all the information on this form before deciding whether or not you would like to participate. Taking part in this research study is strictly voluntary. If you choose to take part, you have the right to stop at any time or skip any part of the research that you may wish. If you do not wish to participate, you may exit this site.

If you wish to participate, please click the 'I agree' button below. By clicking 'I agree' below, you are attesting that you have read the above information, that you understand the tasks and risks associated with the study, and that you have had the chance to ask any questions that you may have and that you are aware that you can contact the researchers now or in the future if concerns arise. By clicking 'I agree' below, you are attesting that you understand that your participation is entirely voluntary and that you can choose to discontinue your participation at any time. By clicking 'I agree' below, you are attesting that you are at least 18 years of age. Lastly, by clicking 'I agree' below, you are providing your consent to participate in this study.

- I agree
- I do not agree

Please print a copy of this document for your records.