

ABN 15 211 513 464

Professor Rafael Calvo
Professor & ARC Future Fellow

Room 507
Electrical Engineering Building J03
The University of Sydney
NSW 2006 AUSTRALIA
Telephone: +61 2 9351 8171
Email: Rafael.Calvo@sydney.edu.au
Web: <http://www.sydney.edu.au/>

Digital Activities and Their Impacts on Moods and Wellbeing

PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

Our behaviours, our thoughts and emotions are closely interrelated. At school, they influence learning outcomes, at work they influence productivity, health and wellbeing. This project will contribute to our understanding of these relationships using novel behavioural tracking technologies.

This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this information carefully and ask questions about anything that you do not understand or want to know more about.

Participation in this research study is voluntary.

By giving your consent to take part in this study you are telling us that you:

- ✓ Understand what you have read.
- ✓ Agree to take part in the research study as outlined below.
- ✓ Agree to the use of your personal information as described.

You can download this Participant Information Statement to keep.

(2) Who is running the study?

The study is being carried out by the following researchers:

- Professor Rafael Calvo, Professor and ARC Future Fellow, School of Electrical and Information Engineering, the University of Sydney
- Professor Nick Glozier, Professor of Psychological Medicine, Sydney Medical School, the University of Sydney
- Muhammad Johan Alibasa is conducting this study as the basis for the degree of PhD at The University of Sydney. This will take place under the supervision of Professor Rafael Calvo.

(3) What will the study involve for me?

We will record what you do with the app: when you open it, close it and the pages you visit.

To access some of the features you will need to use a popular productivity/time management app called RescueTime on your computer and/or your smartphone. RescueTime will record the type of computer or smartphone usage e.g. application name, web site URL, window title, start time of use, end time of use, OS username, and computer machine name. RescueTime does not collect keystrokes, form input, screenshots, or anything malicious. You are allowed to disable RescueTime app for certain period when you want to stop the recording. The collected data will be anonymous and the data will be combined with data from other people, thus there is no way to track back your data to your contact detail after we have processed your data. You will also be asked to answer some questions in our provided app on a regular basis. The questions will be asked randomly several times during a day and will take at most 2 minutes to answer

The app enables you to log your emotions. In addition, the app will also try to ask you to answer the emotion questions at random times during working hours once a day via notification.

All collected data will be combined and processed to be inputs of our machine learning system. The system will learn your and other participants' data to detect emotions. This system hopefully will be implemented to help researchers to develop systems which improve people's mental fitness.

(4) How much of my time will the study take?

You can skip or stop anytime. We will only collect data until you uninstall the app and remove permissions in RescueTime.

(5) Who can take part in the study?

We select participants who are aged 18 years or older and use RescueTime or are willing to install it and are fluent in English language to make the data collection process more convenient.

(6) Do I have to be in the study? Can I withdraw from the study once I've started?

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney.

If you decide to take part in the study and then change your mind later, you are free to withdraw at any time. You can do this by deleting the app and cancelling the RescueTime access in the RescueTime website.

If you decide to withdraw from the study, we will not collect any more information from you.

(7) Are there any risks or costs associated with being in the study?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study.

(8) Are there any benefits associated with being in the study?

You will not receive any payment and we cannot guarantee any benefits.

(9) What will happen to information about me that is collected during the study?

Behavioural data will be collected using RescueTime, a personal productivity software that records how much time a person uses a particular piece of software. The software is available for mobile phones and personal computers. RescueTime securely stores all accounts data in their own platform. You will be asked to insert a 'key' provided by Rescuetime in the app and this will give the app access to the data. You can cancel this access at any time.

The mobile application can be used to log your emotions. The two forms of data described above, behavioural (rescuetime and within the app) and self-report (our app) will be sent from the phone to our password protected secure server that can only be accessed from the University of Sydney and all data will be kept in password protected databases.

By clicking on the "I Agree" button in our mobile application (Mindgauge), you are agreeing to us collecting personal information about you for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

Your information will be stored securely, and your identity/information will be kept strictly confidential, except as required by law. Study findings may be published, but you will not be individually identifiable in these publications.

We will keep the information we collect for this study, and we may use it in future projects. By providing your consent you are allowing us to use your information in future projects. We don't know at this stage what these other projects will involve. We will seek ethical approval before using the information in these future projects. Your data will be processed as training dataset for our emotion detection system. Moreover, your data will be shared anonymously with other researchers by using Research Data Store (RDS) provided by the University of Sydney. However, they will not be able to identify your contact information so that the people we give it to won't know whose information it is. They won't know that you participated in the project and they won't be able to link you to any of the information you provided.

(10) Can I tell other people about the study?

Yes, you are welcome to tell other people about the study.

(11) What if I would like further information about the study?

When you have read this information, Muhammad Johan Alibasa will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact Muhammad Johan Alibasa, PhD student at the University of Sydney, by email: johan.alibasa@sydney.edu.au.

(12) Will I be told the results of the study?

You have a right to receive feedback about the overall results of this study. You could indicate whether you wish to receive feedback by selecting "I would like to receive feedback about the overall results of this study" and providing your email address in the page following the consent page. This feedback will be in the form of a one-page summary. You will receive this feedback after the study is finished.

(13) What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney [2016/855]. As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** human.ethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

This information sheet is for you to keep