

Participant Information Sheet

More Than Minimal Risk or High Risk Projects

(Must be used with a Consent Form that is signed by participant and retained by the researcher)

SECTION 1

1. Project/Study title

Gamification for Increased Physical Activity – Validation 3

2. Invitation paragraph

You are being invited to take part in a research study. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Thank you for reading this.

3. What is the purpose of the study?

This research project is part of a collaboration between Barnet Council, Greenwich Leisure Ltd and Middlesex University to provide fun ways to increase physical activity within Barnet. This is a partnership to co-design a game that rewards citizens who become more physically active.

This application is a 4-years long project that will provide us with valuable information on how to encourage people to be more active. We are trying to achieve this, by developing a physical activity-based application “game” that will provide the user with opportunities to take part in daily and weekly challenges and also to gain more from different physical activity related events around Barnet. To achieve our goal, we teamed up with the Barnet Council and the charitable social enterprise GLL and together we are trying to develop, with help of Barnet citizens’ input, an effective tool that would be both fun and beneficial for everyone. In this validation exercise we are focusing on adult users.

4. Why have I been chosen?

It is important that we assess as many participants as possible, and you have indicated that you are interested in taking part in this study. We are only focusing on adult citizens in this occasion. It only require smart phone to participate in this study.

5. Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and be asked to sign a consent form. If you

decide to take part you are still free to withdraw at any time and without giving a reason. If you do decide to withdraw from the study then please inform the researcher as soon as possible, and they will facilitate your withdrawal. If, for any reason, you wish to withdraw your data please contact the researcher within a month of your participation. After this data it may not be possible to withdraw your individual data as the results may have already been published. However, as all data are anonymised, your individual data will not be identifiable in any way.

A decision to withdraw at any time, or a decision not to take part, will not affect you personally in any way.

6. What will I have to do?

It will be a maximum one month study. It just require smart phone in a pocket which count the number of steps of users and reward them based on the coins collected. However, users are advised not to do excessive physical activity for sake of getting reward. Installing our application in a smartphone, users will need to create an account and choose a name and basic look for the avatar. Users will be provided with different daily goals and upon completion, rewarded in the game, for example access to collectibles for the avatar and real rewards. Progressing in the game by completing different goals and challenges such as reaching a daily step goal or visiting different places such as leisure centres or parks in Barnet, will release access to additional rewards. Other rewards will be added with time by organizations such as Barnet Borough Council and GLL.

No explicit information is kept from a user, only the login details and generic statistics about usage of the app and of the points accumulated through the physical activity (steps counter and sport events checked into via QR code scanning). Users can use fake email id or password. It is not necessary to have yahoo or gmail account. It can be anything of user's choice. As part of the login details, users' email address will be stored in a secured database with the access only granted to the researcher and his supervisor. The email address will be used only for authentication purposes while registering and logging in within the app. When publishing, or sharing any data or results from the app, each email address will be replaced by different unique identifier that will generalize the data making it completely anonymous with no connection to the user.

The app does not record nor share any images or sound, neither it tracks via GPS precise location. There will be a contact address in the app basic info section. You can use it to provide feedback and also to request account closure and data removal which we will action as soon as we receive the request.

The process to get to use the app involves that:

- first you read this information document,
- then you read the consent form and accept it
- then fill in the a short pre-app use anonymous questionnaire
- then you can download and use the app
- by the end of September we will invite you to fill in a short post-app use anonymous questionnaire, to give us feedback.

Please note that in order to ensure quality assurance and equity this project may be selected for audit by a designated member of the committee. This means that the designated member can request to see signed consent forms. However, if this is the case your signed consent form will only be accessed by the designated auditor or member of the audit team.

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7. Will I have to provide any bodily samples (i.e. blood/saliva/urine)?

No.

8. What are the possible disadvantages and risks of taking part?

There are no known risks in participating in this project if you perform exercise in a sensible way according to your capabilities and health condition. When you exercise on your own you are acting as a free adult individual and when you are in GLL Leisure Centres you need to follow guidelines of that place.

Appropriate risk assessments for all procedures have been conducted, and will be followed throughout the duration of the study.

9. What are the possible benefits of taking part?

Basically the more you move the more you benefit. Additional virtual coins are collected through movement and if you collect enough you can have rewards in the app or free access to some leisure facilities which will be advertised during the event. We hope that participating in the study will help you. However, this cannot be guaranteed. The information we get from this study may help us to understand which features of the system work better in encouraging people's activities and hopefully in the future this will be of benefit to you and to those around you.

10. Will my taking part in this study be kept confidential?

The research team has put a number of procedures in place to protect the confidentiality of participants. You will be allocated a participant code that will always be used to identify any data you provide. Your name or other personal details will not be associated with your data, for example, the consent form that you sign will be kept separate from your data. All paper records will be stored in a locked filing cabinet, accessible only to the research team, and all electronic data will be stored on a password protected computer. All information you provide will be treated in accordance with the UK Data Protection Act.

See the research participant privacy notice at the end of this document.

11. What will happen to the results of the research study?

The results of the research study will be used as part of a Postgraduate dissertation. The results may also be presented at conferences or in journal articles. However, the data will only be used by members of the research team and at no point will your personal information or data be revealed.

12. Who has reviewed the study?

The study has received full ethical clearance from the Research ethics committee who reviewed the study. The committee is the Computer Science REC.

13. Contact for further information

If you require further information, have any questions or would like to withdraw your data then please contact:

Name: Prof. Juan Augusto

Address: Middlesex University
The Burroughs
London
NW4 4BT

Email Id: J.Augusto@mdx.ac.uk

Middlesex University Privacy Notice for Research Participants

The General Data Protection Regulation (GDPR) protects the rights of individuals by setting out certain rules as to what organisation can and cannot do with information about people. A key element to this is the principle to process individuals' data lawfully and fairly. This means we need to provide information on how we process personal data.

The University takes its obligation under the GDPR very seriously and will always ensure personal data is collected, handled, stored and shared in a secure manner. The University's Data Protection Policy can be accessed here:

https://www.mdx.ac.uk/_data/assets/pdf_file/0023/471326/Data-Protection-Policy-GPS4-v2.4.pdf.

The following statements will outline what personal data we collect, how we use it and who we share it with. It will also provide guidance on your individual rights and how to make a complaint to the Information Commissioner's Officer (ICO), the regulator for data protection in the UK.

Why are we collecting your personal data?

As a university we undertake research as part of our function and in our capacity as a teaching and research institution to advance education and learning. The specific purpose for data collection on this occasion is to gather statistics of app usage and exercise of different individuals. We do not need to know who is the participant in question, only that participant XYZ has used the app during so many days and increase exercise by certain percentage during that time.

The legal basis for processing your personal data under GDPR on this occasion is Article 6(1a) consent of the data subject.

Transferring data outside Europe

In the majority of instances your data will be processed by Middlesex University researchers only or in collaboration with researchers at other UK or European institutions so will stay inside the EU and be protected by the requirements of the GDPR.

In any instances in which your data might be used as part of a collaboration with researchers based outside the EU all the necessary safeguards that are required under the GDPR for transferring data outside of the EU will be put in place. You will be informed if this is relevant for the specific study you are a participant of.

Your rights under data protection

Under the GDPR and the DPA you have the following rights:

- to obtain access to, and copies of, the personal data that we hold about you;
- to require that we cease processing your personal data if the processing is causing you damage or distress;
- to require us to correct the personal data we hold about you if it is incorrect;
- to require us to erase your personal data;
- to require us to restrict our data processing activities;

- to receive from us the personal data we hold about you which you have provided to us, in a reasonable format specified by you, including for the purpose of you transmitting that personal data to another data controller;
- to object, on grounds relating to your particular situation, to any of our particular processing activities where you feel this has a disproportionate impact on your rights.

Where Personal Information is processed as part of a research project, the extent to which these rights apply varies under the GDPR and the DPA. In particular, your rights to access, change, or move your information may be limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we may not be able to remove the information that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible. The Participant Information Sheet will detail up to what point in the study data can be withdrawn.

If you submit a data protection rights request to the University, you will be informed of the decision within one month. If it is considered necessary to refuse to comply with any of your data protection rights, you also have the right to complain about our decision to the UK supervisory authority for data protection, the Information Commissioner's Office.

None of the above precludes your right to withdraw consent from participating in the research study at any time.

Collecting and using personal data

Data will be gathered through the accelerometer sensor in the phone where you installed the app. We will store this data in secured databases and run our algorithms to extract statistics. The algorithm and all results collected will not have attached neither your name nor your email address. It will only be associated with a label which will link your data anonymously and whenever data is analysed, visualized or published it will be associated to that label, for example, "participant 18 increased exercise 10% during the first week and by 14% during the second week". There will be no explicit link shown between the data of participant 18 and the person who originated that data.

Data sharing

Your information will usually be shared within the research team conducting the project you are participating in, mainly so that they can identify you as a participant and contact you about the research project.

Responsible members of the University may also be given access to personal data used in a research project for monitoring purposes and/or to carry out an audit of the study to ensure that the research is complying with applicable regulations. Individuals from regulatory authorities (people who check that we are carrying out the study correctly) may require access to your records. All of these people have a duty to keep your information, as a research participant, strictly confidential.

If we are working with other organisations and information is shared about you, we will inform you in the Participant Information Sheet. Information shared will be on a 'need to

know' basis relative to achieving the research project's objectives, and with all appropriate safeguards in place to ensure the security of your information.

Storage and security

The University takes a robust approach to protecting the information it holds with dedicated storage areas for research data with controlled access.

Alongside these technical measures there are comprehensive and effective policies and processes in place to ensure that users and administrators of University information are aware of their obligations and responsibilities for the data they have access to. By default, people are only granted access to the information they require to perform their duties. Training is provided to new staff joining the University and existing staff have training and expert advice available if needed.

Retention

Under the GDPR and DPA personal data collected for research purposes can be kept indefinitely, providing there is no impact to you outside the parameters of the study you have consented to take part in.

Having stated the above, the length of time for which we keep your data will depend on a number of factors including the importance of the data, the funding requirements, the nature of the study, and the requirements of the publisher. Details will be given in the information sheet for each project.

Contact us

The Principal Investigator leading this research is:

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London
NW4 4BT
Email Id: J.Augusto@mdx.ac.uk

The University's official contact details are:

Data Protection Officer
Middlesex University
The Burroughs
London
NW4 4BT
Tel: +44 (0)20 8411 5555
Email: dpaofficer@mdx.ac.uk

Thank you for agreeing to take part in this study. You (the participant) should keep this "Participant Information with Consent" sheet since it contains important information and the research teams contact details.