



Social and Community Health
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Participant Information Sheet

Project Title: Gaming Habit Hacker: A randomised controlled trial

Name of Principal Investigator: Assoc. Prof. Simone Rodda

Name of Co-investigators: Dr Laura Wilkinson-Meyers, Assoc. Prof. Daniel King

Name of Student Researcher: Miss Jennifer Jiyun Park

Researcher introduction

This research is being conducted at the School of Population Health (University of Auckland) by Associate Professor Simone Rodda with PhD student researcher Miss Jennifer Jiyun Park. Co-investigators include Dr Laura Wilkinson-Meyers (University of Auckland) and Associate Professor Daniel King (Flinders University).

Project description and invitation to participate

We invite you to participate in a project funded by Ember Korowai Takitini. This study investigates the effectiveness of an online intervention for gaming reduction. We are recruiting 210 participants aged 16 years or older and living in New Zealand or Australia. All participants receive a free and instant personalised feedback report of their gaming habits and how it relates to other parts of their life (e.g., wellbeing, relationships, sleep). Participants who have self-identified problems with gaming and want to change or reduce their gaming will get access to a free professionally trained online coach. These participants will be randomly assigned to an intervention or control group. Both the intervention and control group will get three weekly check-ins from an online coach to assess gaming habits. The intervention group will also get access to additional online resources for gaming reduction. Participation in the research is voluntary, and the invitation to participate can be declined without giving reason.

Project Procedures

Participation in this study involves the completion of three online surveys on Qualtrics. Qualtrics is an online survey building software licensed through the University of Auckland. The first survey will be completed at recruitment, and the second and third follow-up surveys will be completed after 4 weeks and 6 months. Each survey will take around 20 minutes to complete. The first survey will assess eligibility to participate in the study – those that do not meet the eligibility criteria will be automatically notified by a message on Qualtrics. All surveys will ask questions around gaming habits, consequences of gaming, confidence to resist gaming, urges, overall wellbeing, and ability to plan for gaming reduction. The 4-week follow-up survey will also include questions that ask for feedback on the study.

Participants who have self-identified problems with gaming and want to change or reduce their gaming will receive three weekly check-ins from a free online coach who is professionally trained to assess gaming habits. Participants in the intervention group will also get access to additional online resources for gaming reduction. We estimate that the total time for completing all three surveys and checking in with a coach will take around 1.5 hours for the

control group. For participants in the intervention group, we estimate that the total time for completing all three surveys, checking in with a coach, and using online resources will take around 2 hours. Participants who complete the first and second surveys (i.e., at recruitment and at 4 weeks) will be gifted a \$50 shopping voucher, to thank them for contributing to the research.

Data storage and confidentiality

All information about you, including your consent form, will be kept strictly confidential, and only the Principal Investigator and student researcher will be able to access it. The online survey is encrypted. The reported results (e.g., conferences and publications) will not reveal your identity to assure confidentiality. Consent forms will be stored separately from the research data. Consent forms will be stored for 6 years and data collected will be stored indefinitely on a protected university-managed server.

Benefits and risks to the participants

The benefit of this study is that you will receive an immediate personal report on your gaming habits. Participants in the intervention and control group also have check-ins with a free online coach who is professionally trained to assess your gaming. These check-ins may lead to an increased awareness of gaming habits, patterns, and consequences.

There is a slight chance that you may experience embarrassment or distress from participating in this study. These feelings may arise because we ask you to share your experiences of gaming problems. If you experience any embarrassment or stress, you should speak to Principal Investigator Simone Rodda on s.rodда@auuckland.ac.nz or +64 9 923 6573. You can also call Healthline on 0800 611 116 for free and confidential help.

Right to withdraw from participation

Participants have the right to freely withdraw from study at any time without giving a reason. Furthermore, participants can withdraw any data they have provided without giving a reason, up until the 1st of January 2023. To withdraw, participants can email Dr Simone Rodda at s.rodда@auuckland.ac.nz.

Assurance

If you are a student of the researchers, we give our assurance that your participation or non-participation in this study will have no effect on your grades or relationship with the University and that you may contact your academic head should you feel that this assurance has not been met.

How can I find out the results of the study?

A summary of the findings of this study can be accessed on the Change Strategies website when they are available: <https://www.changestrategies.ac.nz/>.

Contact details

If you have any questions, concerns, complaints or require further information about the study, please contact the Principal Investigator, Dr Simone Rodda, on s.rodда@auuckland.ac.nz or 09 923 6573. You can also contact the Head of the Department of Social and Community Health, Dr David Newcombe, on d.newcombe@auuckland.ac.nz or 09 303 5932.

UAHPEC Chair contact details

For any queries regarding ethical concerns, you may contact the Chair, The University of Auckland Human Participants Ethics Committee, Office of Research Strategy and Integrity, The University of Auckland, Private Bag 92019, Auckland 1142. Telephone 09 373-7599 ext. 83711. Email: humanethics@auuckland.ac.nz

Approved by the University of Auckland Human Participants Ethics Committee on 06/12/2021 for three years. Reference Number UAHPEC23543.
