

PARTICIPANT INFORMATION SHEET

Research Title: A Grounded Theory of Orienting Mobile Health for Physical Activity and Wellness

Principal Investigator: Dr. Karen Day

Co-investigator: Associate Professor. Michelle Honey

Student Researcher: Rui Wang

- **A Welcome Note**

Kia ora koutou,

My name is Rui Wang, a current international Ph.D. candidate at the University of Auckland. My supervisors are Dr. Karen Day and Associate Professor. Michelle Honey. As a Chinese student, I live in a large country with a single overarching culture, and I'm interested in hearing about various views and perspectives from people in New Zealand to expand my knowledge. I hope to learn how to be a researcher in a New Zealand way.

I deeply appreciate your interest and consideration in participating in this study and contributing to research on weight self-care and wellness in the New Zealand community. If you have any queries, please don't hesitate to contact me at rui.wang@auckland.ac.nz.

- **What's Next?**

You will be guided through the steps of:

1. reading the **Participant Information Sheet (PIS)**,
2. signing the **Consent Form**, and
3. filling in the **Registration Information**, to complete the registration for this study.

Note: The entire registration process might take 20~30 minutes to complete.

- **About the Research**

In New Zealand, more people are developing long-term weight issues. Mobile health (mHealth) shows promise in helping people record their physical activities and receive information to promote healthy behaviors. Better understanding the use of mHealth to support physical activity includes exploring potential users' practical experience and perspectives, which can inform how to improve the acceptance, engagement, and effectiveness of mHealth for physical activity and overall wellness.

The aim of this study is to develop a substantive theory about weight issues, physical activity, and the value of mHealth. This study provides an opportunity for participants as the center of storytelling and probes the nature of and interaction with processes between the participants' point of view and their actions within their social context.

- **Invitation to participate**

You're invited to participate in this research if you meet the following criteria:

1. You are 18 or older,
2. You had/have long-term weight issues or concerns. (Recommendation: if you're unsure about your weight classification, please feel free to calculate your BMI with this online calculator <https://www.calculator.net/bmi-calculator.html>. This is not required, and the results are for self-reference only),
3. You can recall your experiences or concerns of using mobile technology, such as a computer/laptop, smartphone/mobile phone, or wearable device, to engage in any physical activities (both satisfactory and unsatisfactory experiences are open for discussion),
4. You are willing and able to be in an online or a face-to-face interview up to three times (if needed),
5. You can speak English,
6. You have lived in New Zealand for at least six months.

<p>Note: If you are under 18 years of age, do not own any of the above mobile devices or have mobile devices that do not have Bluetooth or internet connectivity, lose weight by means of surgical/cosmetic surgery without any physical activity or exercise, do not speak English, have lived in New Zealand for less than six months, and have severe physical activity impairments and/or cognitive impairments, we regret to inform you that you will not meet the inclusion criteria for this study.</p>
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- **Research Procedures**

1. Registration process

You will read three electronic documents in sequence, which are a) the PIS you are now reading, b) the consent form, and c) the registration information survey. The PIS will give you an overview of the whole study, including the purpose, procedure, and cautions. The

consent form include acknowledgement of having read and understood the PIS and a specific statement of agreement to participate. The registration information survey will be provided once you have provided consent to take part in the study. The purpose of completing the survey is to a) help us analyse the data for the research, and b) help us schedule the interview.

After receiving the consent form with your signature and the registration information, I will undertake an initial screening and verification based on the data you have provided. A confirmation letter containing welcome wording for participation and the exact date, time, and location will be sent to you via email later. If the criteria have not been met or the number of participants has reached its full capacity, you might receive an email declining participation.

Note: you will have an option to choose between an online interview (via zoom) or a face-to-face interview (A convenient place located at the University of Auckland Grafton Campus on Park Road, such as a café, a private meeting room, etc.). You are also able to shift your interview approach at any time (please email me with your change before we meet). You are welcome to bring a whānau/family member or a friend to support you here.

2. Interview process

This study involves a three-round interview of up to 60 minutes each. I would expect you to participate in all three rounds of interviews (a total of three hours). The interval between each round of interviews will be approximately six to eight weeks. At the end of each round, we will draft the date, time and location of the next interview, and I will reconfirm with you via email one week before we meet. You can participate in only one or two of the interviews without giving any reasons.

There is a short set of questions for you to answer in each round of the interview session. You don't need to do anything for preparation. All topics are about your background and the concerns of your long-term weight issues, details of your actions when using mHealth to increase physical activity, and the values of mHealth for wellness.

The 1st round interview consists of general questions about the above topics. The 2nd and 3rd round of interviews are designed to raise some points that need further elaboration and/or to address other issues that may have been overlooked based on my analysis of your previous interviews. The procedures for the three rounds of interviews are organized in the same way, except for the interview topics. The interview will be a conversation focused on you, and I look forward to hearing your most authentic thoughts, feelings, and stories. I will not encourage or advise you to lose weight, nor will I have subjective opinions or biases about the information you share.

It is important to explain that English is not my first language as an international student. Therefore, in order to understand your point of view more explicitly, I hope to be able to make an audio recording of our conversation. Meanwhile, I would probably take a field note of your verbal and non-verbal behaviors (expressions, gestures, tone, pauses, pitch changes, etc.). You are free to refuse to answer any questions or ask me to stop or pause the recording at any time.

3. Post-interview process

I will transcribe the recording as soon as possible after each interview. An electronic copy of the transcription will be sent to your email (please check your email inbox carefully to avoid emails being filed as spam). You will be able to review and edit your transcript before it is finalized as data for this study (it means you will be able to clarify, add, modify, and remove any parts you do not want to be included). You will have two weeks to complete this work, before I start analyzing your interview. If you decide to edit the transcript, please clearly indicate (by highlighting, commenting, or listing separately) the modifications you have made so that they will not be missed. You do not need to provide any reasons for any of your edits. Please email your amended file back to me. If no comments on the revisions are sent back after two weeks, I will assume that you have approved the original draft.

• **Data Use, Storage, Retention, and Destruction**

Please be assured that all data collected during the registration and the interviews will be used only for research purposes and for future publications and conference presentations. All data (registered information, recordings, notes, and transcriptions) will be collected and stored digitally. Contact details will be kept in an Outlook folder and deleted after the study. Consent forms will be stored in a separate folder for six years. Audio recordings and transcripts of the interviews will be stored in the student's University of Auckland's password-protected computer system for six years. Thereafter, all the data will be permanently deleted from the University of Auckland's computer system.

• **Right to Withdraw from Participation**

You can withdraw your own and/or your data participation at any time during the interview and within two weeks of receiving your transcripts of each interview. Thereafter, your data will be analyzed, and they will not be able to be withdrawn. You are not required to give any reason, and you will not be penalized in any way for withdrawing. If you are being interviewed and you decide to withdraw, the recording device will be turned off, and the recording of your interview will be deleted. Within

two weeks from whenever you receive the transcript of your interview, you have the option to withdraw any (or all) of the information you provided during the interview.

- **Sensitivity, Anonymity and Confidentiality**

The potential risks you may encounter with this study are sensitivity, anonymity and confidentiality. These risks mean that 1) the topics might revolve around long-term weight issues, that is, overweight and obesity, which might make you feel uncomfortable, embarrassed, discriminated against, and uneasy to talk about; 2) your identity (e.g., real name and contact information) is (only) known to me.

To minimize these potential risks, the mitigation strategies I make for you are as follows:

- ✓ You're welcome to tell me which specific words you prefer to use that you may feel comfortable with, and you're welcome to choose a pseudonym (false name) under which all identifiable details related to your participation (except for your consent form) will be replaced. (This will be requested on the registration form.)
- ✓ Your identity will be kept confidential.
- ✓ I will be the only person who listens to your recordings and transcribes them.
- ✓ You don't have to answer any questions that make you feel uncomfortable or don't want to answer.
- ✓ You will have the right to edit, modify and/or delete a part or whole of your interview transcriptions if you feel that the information can be traceable.
- ✓ Your research data will be described as de-identified and, in any report or discussion of the information given by you will be done in a way that does not identify you as the source of the information.
- ✓ Your identifiable information will be removed and kept separately in my Outlook folder.

Your research data will be kept in the Excel spreadsheet in my university password protected folder.

- ✓ A summary of findings will be available to you. If you would like to receive a copy, please indicate your email address on the consent form.

- **Contact Detail**

Student Researcher	Principal Investigator	Co-Investigator	Head of Department
Rui Wang Ph.D. Candidate Health Systems	Dr. Karen Day Head of Health Systems Group Health Systems	Associate professor Michelle Honey Director of MNSc Programme	Professor Robert Scragg Head of School of Population Health

School of Population Health Faculty of Medical and Health Sciences The University of Auckland Email: rui.wang@auckland.ac.nz Phone: +64 022 532 6408	School of Population Health Faculty of Medical and Health Sciences The University of Auckland Email: k.day@auckland.ac.nz Phone: +64 9 923 3870	Nursing School of Nursing Faculty of Medical and Health Sciences The University of Auckland Email: m.honey@auckland.ac.nz Phone: +64 9 923 7308	Faculty of Medical and Health Sciences The University of Auckland Email: r.scragg@auckland.ac.nz Phone: +64 9 923 6336
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If you have any questions about any aspect of this study, please contact us.

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@auckland.ac.nz

If you want to talk to someone who isn't involved with the study, you can contact an independent health and disability advocate on:

Phone : 0800 555 050
Fax : 0800 2 SUPPORT (0800 2787 7678)
Email : advocacy@hdc.org.nz

- **What's Next?**

Please make sure you have familiarized yourself with the purpose, procedure, and cautions. If you agree to participate in this study, please open the **Consent Form** to read the terms and conditions and fill in the relevant information. Thanks for your cooperation!

Approved by the University of Auckland Human Participants Ethics Committee on 28/07/2022 for three years. Reference Number: UAHPEC23834.

CONSENT FORM

THIS FORM WILL BE HELD FOR A PERIOD OF SIX YEARS

Project Title: A Grounded Theory of Orienting Mobile Health for Physical Activity and Wellness

Principal Investigator: Dr. Karen Day

Co-investigator: Associate Professor. Michelle Honey

Student Researcher: Rui Wang

I have read the Participant Information Sheet, have understood the nature of the research and the reason why I have been selected. I have had the opportunity to ask questions and have had them answered to my satisfaction.

Please read and indicate your acceptance with the terms and conditions below.

- I agree to participate in this study.
- I understand that I am free to withdraw participation at any time during the interview, and to withdraw any data traceable to me up to two weeks since I receive the transcript.
- I understand that the researcher Rui Wang may take written notes about my verbal and non-verbal behavior during the interview.
- I understand that my participation will consist of attending an up to three rounds of interviews and that each will last about 60 minutes.
- I understand that the researcher Rui Wang will transcribe the audio recording.
- I understand that I will receive a copy of the transcript and have two weeks to review and edit it and clearly indicate where I have made changes. I do not have to give any reason for the changes that I make.
- I understand that all recordings and digital transcriptions from these recordings will be stored securely for six years and will then be permanently destroyed.
- I understand that my data will be anonymised by the researcher. My identifiable information will not appear in any publications or reports and will not be traceable.
- I understand that the data will be reported in a thesis and for publications.

☐ **I have read and agree to the terms and conditions above.**

The following terms need to be selected according to your circumstances.

- **I agree to be audio recorded.**

If I agree, I can choose to have the recording device turned off at any time.

If I disagree, audio recordings will not be used, and detailed handwritten notes will be taken instead.

Yes

No

- **I wish to use a pseudonym (false name) as de-identified data to ensure that my information is anonymized.**

Yes,

Please write down a pseudonym you would like to use in place of your real name

No

- **Please choose if you wish to receive the following electronic documents (multiple choices):**

☐ I wish to receive a confirmation letter of the interview invitation

☐ I wish to receive an electronic copy of the transcription

☐ I wish to receive a summary of the findings

Please provide your email address:

None

- **I wish to receive a 20 NZD per interview (a total of 60 NZD for three interviews) physical/digital gift card as compensation of my time and contribution to the study.**

A physical supermarket gift card for Countdown/New World

(contact information might be needed)

Please specify your preference

A physical fuel gift card for MTA/BP/Mobil/Z Energy

(contact information might be needed)

Please specify your preference

A digital mobile top-up gift card for 2 Degrees/Vodafone/Skinny/Spark

(email address will be needed)

Please specify your preference

Name

Please sign your real name

Date

- **What's next?**

Please ensure that you are informed of all the above terms and consent to participate voluntarily in this study. Please open the **Registration Form** to complete the registration process. Thanks for your cooperation!

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REGISTRATION INFORMATION

Project Title: A Grounded Theory of Orienting Mobile Health for Physical Activity and Wellness

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Thank you for reading the Participant Information Sheet and agreeing to take part in this study.

Part one. *To help us analyse the data for our research, we need to know something about you:*

1 What is your ethnicity?

Māori

Pasifika

European

Asian

Middle Eastern / Latin American / African

Other, *Please specify*

Prefer not to say

2 What is your gender?

Male

Female

Non-binary / third gender

Prefer not to say

3 How old are you?

18 - 29
30 - 39
40 - 49
50 - 59
60 - 69
70 and above
Prefer not to say

4 Do you know your BMI?

Less than 18.5
18.5 - 24.9
25.0 - 29.9
30.0 and above
Not sure
Prefer not to say

5 What kind of mobile health technology do you use? (multiple choices)

- ☐ Smartphone and mobile phone app(s)
☐ Laptop, tablet and netbook computer
☐ Wearable device (e.g., iWatch, Fitbit, Smartwatch, Garmin watch)
☐ Social media (e.g., Facebook, Twitter, Blog, Instagram)
☐ Other, *Please specify*
☐ Prefer not to say

6 What kind of physical activity or exercise do you usually do by using mobile health technology?

Please specify the type(s) of physical activity you engage in, e.g., walking, running, cycling, swimming, etc.

7 What is the average duration of your each physical activity or exercise?

Less than 30 minutes
30 - 60 minutes
60 - 90 minutes
90 - 120 minutes
More than 120 minutes
Can't remember
Prefer not to say

8 On average, how often do you use mobile health technology to increase your physical activity or manage your weight?

0 days per week

1-3 days per week

4-5 days per week

6-7 days per week

Can't remember

Prefer not to say

9 How long have you been using mobile health technology to increase your physical activity or manage your weight?

Never / Just interested in but not tried yet

Less than six months

Six months to less than a year

One year to less than three years

Three years to less than five years

Five years or longer

Can't remember

Prefer not to say

10 How would you rate the impact of mobile health technology on your physical activity or exercise?

Please rate from 0-100 based on your subjective feelings, a higher score means a greater impact

Part two. To help us schedule the interview, we need to know your preferred schedules and verbal preferences:

1 What date and time period (about one hour) would you like to attend the interview?

please list one or two options that are convenient for you

Date / / (dd/mm/yyyy);

Time : ~ :

Optional Date / / (dd/mm/yyyy); :

Optional Time : ~

2 How would you like to be interviewed?

A convenient place at the University of Auckland Grafton Campus on Park Road

Please specify your preferred location, e.g., a café or a private meeting room

An online meeting (via zoom)

3 Would you like to invite a family member (*whānau*) or friend to participate in the interviews with you together?

Yes

No

4 Are there any words/terms the researcher should use or avoid in the interviews?

Prefer to use

Avoid to use

Name

Please sign your pseudonym

Date

Thank you!

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