**Designing persuasive technologies that combine self-monitoring and social influence**

Department of Computing and Information Systems

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**Plain Language Statement**

We invite you to participate in our research project. We would like to give you some background information on why we think this project is important and on what we would like you to do if you decide to join us in this research.

**Purpose of this study**

The purpose of this study is to evaluate a system that supports people to start the performance of a physical activity, or to maintain a specific level of performance, in the context of sports. When a system is designed to modify people’s behavior, it is considered a persuasive technology.

We are particularly interested in designing a system that could be employed by people during exercising, which presents the information from two current persuasive technologies:

- Heart rate monitors, which shows the heart beat of the user during the performance of the physical activity, and
- Online social applications, which allow users to compare their performances with other participants.

**How and why you were selected?**

We have invited you to participate because:

- You exercise frequently, or
- You are an active user of the social networks of Nike+ or MovesCount.

**What you will be asked to do?**

We would like to invite you to evaluate a technology prototype, which combines the information from: a heart rate monitor and a social application that shares and compares the results between multiple sportspersons.

The main activities are:

- Presentation of the prototype
- You will be sitting on a chair at a table, where you will be using the prototype
- During the use of the prototype, we will ask you questions related to its use.
- Laboratory evaluation will take place at Interaction Design Usability Lab (IDL) of The University of Melbourne.

The estimate time of the evaluation will be no more than 1 hour and a half. We will request your consent to video and audio-record the evaluation, to assist researchers in later analysis. Please be advised that your participation in this study is completely voluntary. Should you wish to withdraw at any stage, or to withdraw any unprocessed data you have supplied, you are free to do so without prejudice.
How your confidentiality will be protected?

We intend to protect your anonymity and the confidentiality of your contributions to the fullest possible extent, within the limits of the law. Your name and contact details will be kept in a separate, password-protected computer file from any data that you supply. This will only be able to be linked to your responses by the researchers. In the final report, you will be referred to by a pseudonym. We will remove any references to personal information that might allow someone to guess your identity; however, you should note that as the number of people we seek to take part in the evaluation is very small, it is possible that someone may still be able to identify you. The data will be kept securely in the Department of Computing and Information Systems for five years from the date of publication, before being destroyed.

If you have a dependent relationship with any of the researchers that are involved in the project (for example: teacher/student or colleges from the Department of Computing and Information Systems), your participation in this study, will not affect in any circumstance ongoing assessment/grades or management relations.

How you will receive feedback?

Once the thesis arising from this research has been completed, a brief summary of the findings will be available to you on application at the Department of Computing and Information Systems. It is also possible that the results will be presented at academic conferences.

Why you should participate?

Your knowledge and experience will be a precious contribution in this project, which will help us to understand how to design technologies that helps people to start the performance of a physical activity, or to maintain a specific level of performance in the context of sports.

We know that your time is limited and valuable, and we can offer you very little in return for your help. What we can offer you is our attention and our sincere interest. To acknowledge your contribution, you will receive a Rebel Sport gift card (to the value of AUD $10).

Agreeing to participate

If you would like to participate, please indicate in the email reply to p.rosas@pgrad.unimelb.edu.au that you have read and understood this information and agree to the accompanying consent form. The researchers will then contact you to arrange the time for the evaluation.

Further information

Should you require any further information, or have any concerns, please do not hesitate to contact Mr. Pedro Rosas on +61 3 9035 8760 or p.rosas@pgrad.unimelb.edu.au

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<td>The University of Melbourne’s Human Research Ethics Committee has approved this research project HREC Reference HREC # 1238793.1 Should you have any concerns about the conduct of this research project, please contact the Executive Officer, Human Research Ethics, at the University of Melbourne, VIC 3010, AUSTRALIA on: +61 3 8344- 2073 (Tel) or +61 3 9347- 6739 (Fax).</td>
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