

EXPLANATORY STATEMENT

Project: DESTRESS: Diet, Exercise, STress, Emotions, Speech, Sleep Study

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

What does the research involve?

The purpose of this study is to understand how health behaviours (diet, exercise, and sleep) are related to everyday hassles (such as arguments or disagreements) and emotions, and whether our natural speech can provide insight into how we are feeling without having to answer questions.

To be eligible to participate, you must:

- Be at least 18 years of age
- Be able to read and answer questions in English
- Own and use a smartphone that operates on iOS or Android OS
- Not currently experiencing major physical or mental health conditions that significantly affect your daily physical activity and sleep
- Currently live in Australia

If you agree to participate, you will be asked to complete the following 2 components:

Main Component 1. One-off component: 20-minute online survey and device setup.

Once you sign up for the study, you will be asked to answer an online survey about your background and some personality factors that takes less than 20 minutes.

Main Component 2. Daily component: 7-day brief surveys:

The daily component will last for 7 days. During each day, you will be asked to answer daily questions about your experiences.

A mobile app (MetricWire) will prompt you to complete 3 short surveys each day where you answer questions about your sleep, emotions, and any hassles you may have experienced and through 1-minute audio recordings, to describe in your own words a little bit about your experiences.

The morning (around 11am) and afternoon (around 3:30pm) surveys each take about 3 minutes to complete. The evening survey (around 8pm) takes about 4 minutes to complete. The questions stay the same each day, so you may find it takes less time to complete after your first day. In total, the surveys should take 10 or less minutes per day. The mobile app also will use your smartphone to collect location information and ambient light to help us understand environmental factors that may influence results. If you do not wish location information to be collected, you may request this information not to be collected and can turn it off in the app.

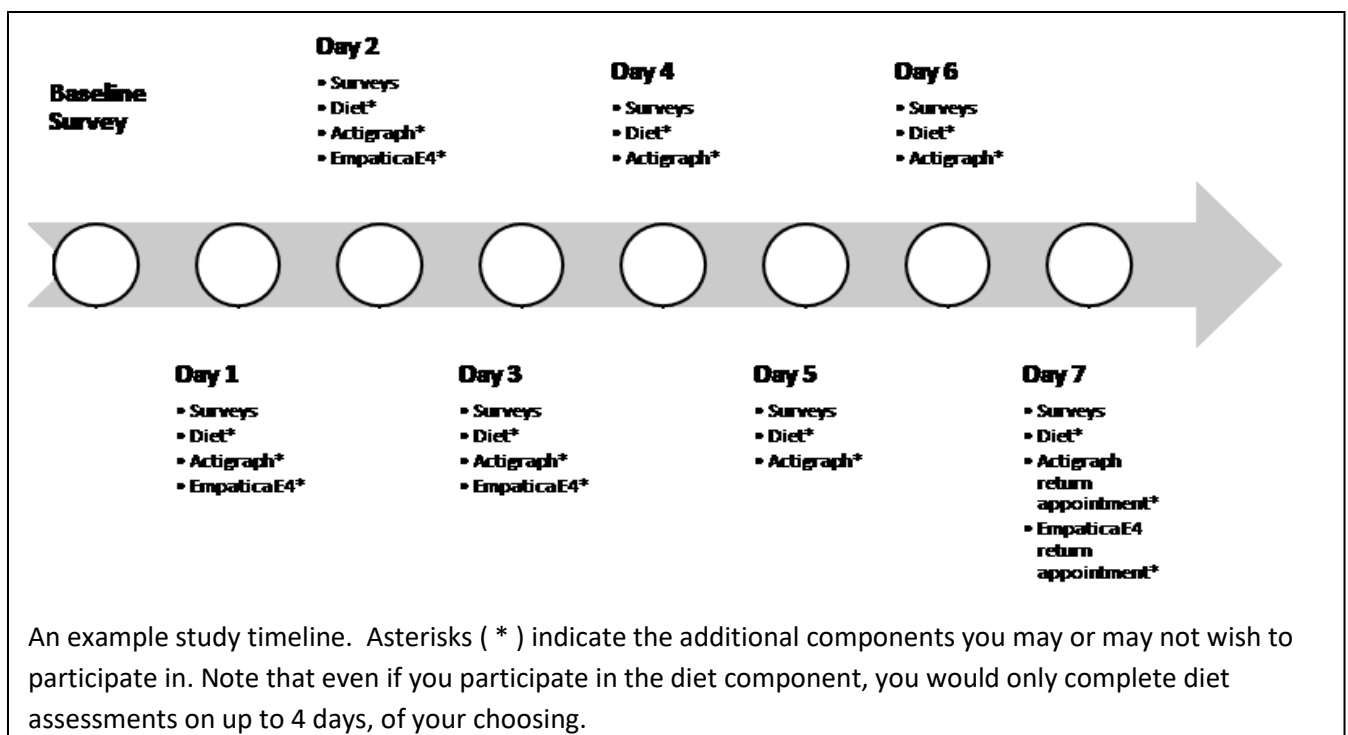
You will be asked to install another free, mobile app, 'Realizd' that tracks phone usage. At the end of the study, you will also be asked to export the data and email it to psych.destress@monash.edu to help us understand any relations of phone usage with stress, mood, activity, and sleep.

If you agree to participate, you also may choose to complete any or none of the following 3 components:

Additional Component 1. Dietary recall: Up to 4 food diaries detailing everything you ate and drank in the past 24 hours. These are completed through an online platform and can be completed when you want during the 7-day daily surveys from Main Component 2, on up to 4 different days. Completion time for the dietary recall varies but may be approximately 30 minutes, depending on how many different foods you ate in the last 24 hours.

Additional Component 2. Wear a wrist-watch like device (ActiGraph) that measures your physical activity and sleep. To complete this component, you must be able to attend two, brief (~5 minute), in-person appointments at the Monash University Clayton Campus. During the first of these appointments, we will set up the activity/sleep monitor and provide instructions on how to use it. The daily surveys will be completed during the same time the ActiGraph is worn, and 7-days later at the return appointment, we will collect the activity/sleep monitor and briefly check what your experience wearing it was like. Please wear the ActiGraph continuously on your non-dominant hand for both the day and the night, everyday.

Additional Component 3. Wear a wrist-watch like device (Empatica E4 watch) that continuously measures your heart rate. To complete this component, you must be able to attend two, brief (~5 minute), in-person appointments at the Monash University Clayton Campus. During the first of these appointments, we will set up the wrist-worn, continuous heart rate monitor and provide instructions on how to use it. Due to limited battery life, the device does not collect continuous data for the entire 7-day daily study, so you can stop wearing it after 3 days. The daily surveys will be completed during the same time the Empatica E4 watch is worn, and 7-days later at the return appointment, we will collect the heart rate monitor and briefly check what your experience wearing it was like. Please wear the Empatica E4 continuously on your non-dominant hand for both the day and the night, for the first three days. **If you experience any pain or discomfort, please immediately remove the E4 watch and notify us at psych.destress@monash.edu or (03) 9005 7297.**



Why were you chosen for this research?

You were chosen because you responded to online, printed, or in-person advertisements for the study.

Consenting to participate in the project and withdrawing from the research

Participation in this study is voluntary. If you do not wish to take part, you are not obliged to. If you decide to take part and alter change your mind, you are free to withdraw at any stage.

At the end of this explanatory statement are several questions. By clicking “Yes” to “Do you agree to participate in this study?” and providing your contact details, you are consenting to be part of this research.

If you choose not to participate in this study, your option is to click “No” to “Do you agree to participate in this study?” or not provide us your contact details.

If you decide to withdraw from the study at a later date, please email or call the research team at psych.DESTRESS@monash.edu or (03) 9005 7297. If you choose to withdraw, you will still be compensated based on the number of days of the daily part of the study that you completed. If you choose to withdraw, you also have the option to withdraw all data collected by requesting the research team to erase all your data.

Possible benefits and risks to participants

Benefits for you as a participant. This is a preliminary study and will not provide direct benefits to you for participating aside from a short report detailing your emotions, sleep, and depending on the additional components you complete, your activity and diet across the 7 days of the study.

Benefits for other people like you. The information from this study will be used to help us understand how everyday hassles and responses to these influences people’s activity, sleep, diet, and emotions. With a better understanding, we hope to develop and improve future interventions to help people effectively manage hassles and lead healthier, happier lives.

Risks for you as a participant. There are no major foreseen risks in participating in this study. You may experience minor skin irritation from the nylon band while wearing the ActiGraph or Empatica E4 watch. If you experience any irritation or discomfort while wearing either of these watches, please remove them and notify us. Although access is restricted to study personnel only, we use secure passwords, and data encryption, there is a small possibility that your data could be compromised by theft or hacking. In the unlikely event that occurs, others may find out your contact details and responses to study questions. Finally, it is possible that when completing some surveys about your emotions and everyday hassles, you might think about things that are upsetting. If you do experience any significant distress, you may contact a list of counselling/support services provided below.

Services on offer if adversely affected

24/7 Mental Health Support Lines for Monash Students and Staff (free and confidential)

- Students: 1300 STUDENT (1300 788 336), Staff: 1300 360 364
- From elsewhere outside Australia (students and staff): +61 2 8295 2292

Anxiety, depression or suicide - 24-hour service

- Lifeline: 13 11 14, Suiceline: 1300 651 251, Suicide Call Back Service: 1300 659 467
- Obsessive Compulsive Disorder and Anxiety Helpline: 1300 269 438 or 9886 9377
- Kids Helpline (5 to 25 year olds): 1800 551 800

Sexual assault - 24-hour service

- Sexual Assault Crisis Line: 1800 806 292 or 9349 1766, Centre Against Sexual Assault: 9635 3610
- MensLine: 1300 789 978

Drugs, alcohol and gambling - 24-hour service

- Turning Point: 1800 888 236, Gamblers Help: 1800 858 858

Grief and loss - 24-hour service

- The Compassionate Friends: 1800 641 091 or 9888 4944, GriefLine: 9935 7400 (12pm to 3am)

Payment

As a token of our appreciation, you will be compensated via electronic Coles Myer gift vouchers as follows:

- \$0.50 per each morning and afternoon daily survey and \$1 per each evening daily survey. If all three surveys are completed, up to \$2 per day or \$14 across the entire study.
- \$1 per day wearing the ActiGraph, up to \$7 across the entire study
- \$2 per day wearing the Empatica E4 watch, up to 3 days, so up to \$6 across the entire study
- \$4 per completed dietary assessment, up to 4 days so up to \$16 across the entire study

Here are some example scenarios.

You choose to complete all main and additional components (daily surveys + ActiGraph for activity/sleep + Empatica E4 for heart rate monitoring + diet assessments) and you do not miss daily surveys. Total payment: \$43

You choose to complete all main components and wear the ActiGraph and Empatica E4 watch. You are busy two nights and so only complete the daily evening survey 5 days. Total payment: \$25

You live far away or do not want to come to any in-person appointments. You choose to complete all the daily surveys and dietary assessments. You do not miss any daily surveys. Total payment: \$30.

You also will be emailed a brief, personalized report describing your daily sleep, emotions, levels of everyday hassles, and depending on the additional modules completed, your activity and diet across the study period. This report will be emailed to you at the end of the study once we have had time to prepare the data and write your personalized report.

Confidentiality

Only authorized study personnel listed and approved by the Monash University Human Research Ethics Committee will have access to your data. Confidentiality is maintained through rigorous passwords and encrypted connections to all online databases, and restricted access to and password protection of all local computers with any personally identifying information (such as your name, email, address).

Any publications or presentations that make use of your data will only be presented in aggregated summary form that will not identify you or any other participants individually.

Storage of data

The baseline survey data will be collected and stored on Qualtrics, with which Monash has a licensing agreement. Daily survey data and location data will be collected and securely stored on MetricWire, which meets stringent criteria for data security of health-related information. Dietary data will be collected and stored securely on computers managed by the United States National Cancer Institute (NCI). Online research data on both Qualtrics, MetricWire, and the NCI will be secured by passwords, and your data will not be identified by your actual identity, but a numeric code. Local computers that store raw data with personally identifiable information (e.g., names, date of birth, location data) will be password protected and use encryption. After seven years, we will de-identify the data by removing names, date of birth, addresses/contact details, and all location data. These personally identifying data will be completely erased and destroyed. The de-identified database will be made publicly available through Monash Figshare to maximize the potential benefit to the scientific and research community.

Use of data for other purposes

After seven years when all personally identifying information have been erased and completely destroyed from all online and local computers, a de-identified dataset will be made publicly available to researchers through Monash Figshare.

Results

Approximately 6-months after the completion of the study, you will receive a short summary of the main findings from the study written in plain language (separate from the personalized report you will receive). Findings from this study will form the basis for Honours theses and will be submitted in aggregate form as research articles and conference presentations. If you would like any of these other reports, you may contact the principle investigator (Dr. Joshua Wiley) whose contact details are listed on the first page.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics (MUHREC) and reference **Project ID 12637**:

Executive Officer
Monash University Human Research Ethics Committee (MUHREC)
Room 111, Chancellery Building E,
24 Sports Walk, Clayton Campus
Research Office
Monash University VIC 3800

Tel: +61 3 9905 2052 Email: muhrec@monash.edu Fax: +61 3 9905 3831

Thank you,

A handwritten signature in black ink that reads "Joshua Wiley". The signature is written in a cursive, flowing style.

Dr. Joshua F. Wiley