PARTICIPANT INFORMATION STATEMENT

Research Project

Title: Metacognitive Scaffolding: Towards long term goals!

(1) **What is the study about?**

The purpose of this study is to explore how we can improve people's understanding of their abilities and capabilities in achieving long term goals. More specifically, we aim to investigate how different types of user interfaces, information technology tools and techniques can help improve people's understanding about themselves and help motivate them towards long term goals.

(2) **Who is carrying out the study?**

The study is being conducted by Ph.D. student Lie Ming Tang, and will form part of the degree of Doctor of Philosophy at The University of Sydney under the supervision of Professor Judy Kay.

(3) **What does the study involve?**

This study has 3 phases:

**Phase 1:** background questionnaire and collecting physical activity data.

You will be asked to fill out a questionnaire about your background and how much physical activity you are current doing.

You will be provided a device that collects your physical activity data if you do not already have one.

You will be asked to store and provide access to your activity data to the study (with instructions provided). Note: your personal data is kept confidential and only accessible to researchers. Please see section (5) and (6) on participation withdraw and results.

**Phase 2:** Monitoring.

During your participation, you are provided with ability to view your activity level and monitoring your history through a commercial or research web interface.

You may be asked to participate in an interview on your experiences using the interfaces. An experimenter will be present throughout the session, and computer data will be logged. You may be audio recorded during this interview session. **Note:** this interview is voluntary and participants may choose NOT to participate in the interview but still continue in the study.
Phase 3: Final questionnaire.

Upon the completion of your participation, you will be asked to review your history through a commercial or research web interface and answer a questionnaire regarding your experiences in the study.

(4) How much time will the study take?
Participation is between 4 weeks (up to a maximum of 2 years for participants interested in longer term study).
Background questionnaire will take 5-10 minutes.
Interviews will take between 30 minutes to 1 hour.
Final questionnaire will take between 10-15 minutes

(5) Can I withdraw from the study?
Being in this study is completely voluntary - you are not under any obligation to consent and - if you do consent - you can withdraw at any time without affecting your relationship with the researchers or the University of Sydney.

You may stop the experiment at any time if you do not wish to continue. The audio recording and any personal data will be erased and the information provided will not be included in the study.

(6) Will anyone else know the results?
All aspects of the study, including results, will be strictly confidential and only the researchers will have access to information on participants. No personally identifiable information will be made available to public. A report of the study will be submitted for publication, but individual participants will not be identifiable in such a report.

The audio recordings of the experiment will remain strictly confidential. Parts of your conversations may be quoted anonymously in publications resulting from the study.

(7) Will the study benefit me?
You will have an opportunity to learn about your own abilities, capabilities and new technology in achieving long term goals.

(8) Can I tell other people about the study?
You are free to tell others, the study is not confidential.

(9) What if I require further information?
When you have read this information, Lie Ming Tang will discuss it with you further and answer any questions you may have. If you would like to know more at any stage, please feel free to contact Lie Ming Tang (e-mail: ltan8012@uni.sydney.edu.au, phone: (02) 9351 5711), or Professor Judy Kay (e-mail: judy.kay@sydney.edu.au, phone: (02) 9351 4502).

(10) What if I have a complaint or concerns?
Any person with concerns or complaints about the conduct of a research study can contact The Manager, Human Ethics Administration, University of Sydney on (02) 8627 8176 (Telephone); (02) 8627 8177 (Facsimile) or ro.humanethics@sydney.edu.au (Email).

This information sheet is for you to keep