

## FAQ

### What is the study about?

The aim of our study is to understand how different aspects of urban living affect wellbeing. We hope that the results will inform how urban spaces are designed for better wellbeing.

### What will taking part involve?

After downloading the app, you will be asked to complete some questionnaires about positive emotions, your wellbeing and your feelings about green spaces and built spaces. Once a day you will be asked to notice your surroundings and write some short notes about them. We would like you to do this for 1 month. After 1 month and 3 months we will ask you to complete the same questionnaires again.



### What data will you collect on my location?

Public green or built spaces will be programmed into the app. When you get close to one of these spaces the app will record your location. This is to see how much time you spend outdoors and to map how much green or built space you encounter in your day.

### Why do you want my postcode?

We will use your postcode to help us to see what amount and type of green or built space you have in your area and whether these seem to offer any benefits to your wellbeing. It also allows

us to see how far you travel to get to green and built spaces that you enjoy being in. Your postcode only tells us what street you live on, we won't be able to see where you live from your postcode and will only use it to answer our study questions.

### **What if sometimes I am too busy, or do not feel like it?**

We would like you to use the app every day for 1 month but understand that this is not always possible. If you are able to use the app regularly and complete the questionnaires at the start and end, we will give the first 1000 to complete the chance to enter a prize draw to win a voucher ranging from £25 to £500.

### **Why are some of my friends being asked to notice different things to me?**

Some people have been asked to notice green spaces and others have been asked to notice built spaces. We expect that noticing the good things around us will benefit our wellbeing, but is noticing the good things about green or built spaces better for us? We will compare whether green space or built space is better for our wellbeing.

### **Is it anonymous?**

Yes. We won't know who you are. We don't ask for your name or for any other identifying information. When we write about our findings they will report general information. For example "45% of people in Sheffield showed a change in wellbeing after using the app".

### **Is it private?**

We will not share your answers with any third party. However, the anonymous data from the app (location) and wellbeing questionnaires will be stored at the UK Data Centre and other researchers may reuse this information for research and learning purposes. You can see our Privacy Impact Assessment on the study website <http://iwun.uk/iwun-app/> or contact the researcher if you have any more questions about this.

### **What if I agree to take part but then change my mind?**

You can leave the study at any time without giving a reason until 1st January 2018. You can do this by going into the menu in the app and deleting all your entries. You can then delete the app from your phone. Or, you can contact the researchers and ask them to delete your data for you.

### **If I take a photo can I wait to upload it at home or do I need 3G?**

### **Will the location tracking affect my phones battery or performance?**

If you find your battery is draining much faster than usual, you have the option of turning off the location tracking at any time by going to your phones 'settings' and selecting 'privacy'. You can then turn the 'location services' off.

### **What are the rules about the prize draw?**

We are being funded by the Natural Resources Research Council to conduct our research in Sheffield. So whilst people outside Sheffield can use the app if they wish, only people living in Sheffield are eligible for entry into the prize draw. To be eligible for the prize draw you need to: 1) Live in Sheffield; 2) complete the questionnaires at the beginning and end of the 30 days; and 3) to use the app regularly to enter notes about good things (e.g. every day or every other day).

### **Who is running this study?**

The study is a collaboration between the University of Sheffield, University of Derby and Herriot-Watt University. The study has been approved by the Human Sciences Research Ethics Committee at the University of Derby (ref: 08-1617-KMp) and the West Midlands Research Ethics Committee (ref: 222700).

### **Why are the Wildlife Trust involved in the study?**

Sheffield and Rotherham Wildlife Trust are helping the researchers to promote the app and encouraging members of the community to take part. Sheffield and Rotherham Wildlife Trust are working to protect and enhance the environment of Sheffield and Rotherham for the benefit of people and wildlife. The Trust delivers a programme of activities throughout the year to inspire people of all ages to learn about nature and enjoy being outdoors. For more information you can visit [www.wildsheffield.com](http://www.wildsheffield.com)

### **Who are the app developers?**

Furthermore are a London based digital product and service design studio made up of strategists, designers and technologists. For more information you can visit <https://www.furthermore.co.uk/>

### **How do I contact the researchers if I have other questions?**

You can contact one of the researchers (Dr Kirsten McEwan) by email ([k.mcewan@derby.ac.uk](mailto:k.mcewan@derby.ac.uk)) or phone (01332 592291)