

Information sheet and consent

What is the study about?

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

Who can take part?

We would like adults over 18 years old who own a smartphone to take part.

What will taking part involve?

Taking part is voluntary. After downloading the app, you will be asked to complete a small number of short questionnaires about positive emotions, your health and 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 and map the things that you have noticed. 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. This is so we can see if your scores have changed after using the app and to see if using the app has lasting effects on people's wellbeing. We will also collect information about your geographical location using GPS and how active you are using your phones health app.

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. The app will also record your location every 30 minutes during the day. This is to map how much green or built space you encounter in your day. Your phone will prompt you once a day asking you to notice a green or built space you have got close to and may ask to track your movements. This tracking will only happen with your permission and settings can be changed at any time.

How much time will it take?

The questionnaires will take 5 minutes to complete each time. Entering your daily notes and mapping the things you noticed will take 3-5 minutes.

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

Once you get your daily reminder to notice your surroundings, you can make notes and take a photo there and then. If you don't have time, you can do this later when asked to enter your notes for the day. 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 all three timepoints, we will give you the chance to enter a prizewin to win a voucher ranging from £25 to £500 with a 1 in 16 chance of winning.

Is it anonymous?

Yes. We won't know who you are. We don't ask for your name or for any other identifying information. The app will record when you go near a public green or built space but will only do this during the times you set-up your prompts for and tracking within a green or built space will only happen if you give permission when prompted by the app. 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 University of Derby and the UK Data Centre and other researchers may reuse this information for research and learning purposes.

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.

What If I do not want to take a photograph?

You will have the option of taking a photograph to remind you of where you went in the day. You can keep these for your own notes or if you like you can share these on social media. Some of these photographs may be used in a results sharing event at the end of the study. Taking a photograph is completely optional. You can still participate in the study without taking photos. If you do take a photo please make sure it doesn't contain any people.

What if I add a photograph but then change my mind?

You will have the option of deleting any photographs that you have added to the app until 1st January 2018. You will maintain copyright of the photographs.

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).

If you have any questions or feedback, you can contact Dr Kirsten McEwan at the University of Derby (k.mcewan@derby.ac.uk) 01332 592291.

By clicking "I agree" you confirm that:

- You are at least 18 years old
- You know what information you'll be sending to us, why we are collecting it, and what we'll use the information for
- You agree to send this data to us
- You agree to us getting and storing information about your geographical location using gps
- You agree for your anonymised data from the app to be archived and reused by other researchers
- You understand you can leave the study at any time
- This is your mobile device