

# UnderStandingAmericaStudy

UAS 402: AMERICAN LIFE IN REALTIME CONSENT SURVEY



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# 1 INTRODUCTION

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This survey, titled "UAS402: American Life in Realtime Consent Survey", presents a consent form to all respondents in eligible socio-demographic groups to participate in the ALiR (American Life in Realtime) study. The study involves wearing a Fitbit and answering survey questions on an application developed by Evidation Health for this project for one year. This survey is no longer in the field. Respondents were paid \$2 to complete the survey.

## 1.1 Topics

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This survey contains questions (among others) on the following topics: Diet Lifestyle. A complete survey topic categorization for the UAS can be found [here](#).

## 1.2 Experiments

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This survey did not include any experiments. A complete survey experiment categorization for the UAS can be found [here](#).

## 1.3 Citation

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Each publication, press release or other document that cites results from this survey must include an acknowledgment of UAS as the data source and a disclaimer such as, 'The project described in this paper relies on data from survey(s) administered by the Understanding America Study, which is maintained by the Center for Economic and Social Research (CESR) at the University of Southern California. The content of this paper is solely the responsibility of the authors and does not necessarily represent the official views of USC or UAS.' For any questions or more information about the UAS, contact Tania Gutsche, Project and Panel Manager, Center for Economic and Social Research, University of Southern California, at [tgutsche@usc.edu](mailto:tgutsche@usc.edu).

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## 2 SURVEY RESPONSE AND DATA

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### 2.1 Sample selection and response rate

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The sample selection for this survey was:

A custom selection of active English speaking respondents.

As such, this survey was made available to 2468 UAS participants. Of those 2468 participants, 2136 completed the survey and are counted as respondents. Of those who are not counted as respondents, 86 started the survey without completing and 246 did not start the survey. The overall response rate was 86.55%.

Note: We are unable to provide sample weights for a small number of UAS members (see the Sample weighting section below for details). If they completed the survey, these members are included in the data set with a weight of zero, but accounted for in the computation of total sample size and survey response rate.%.

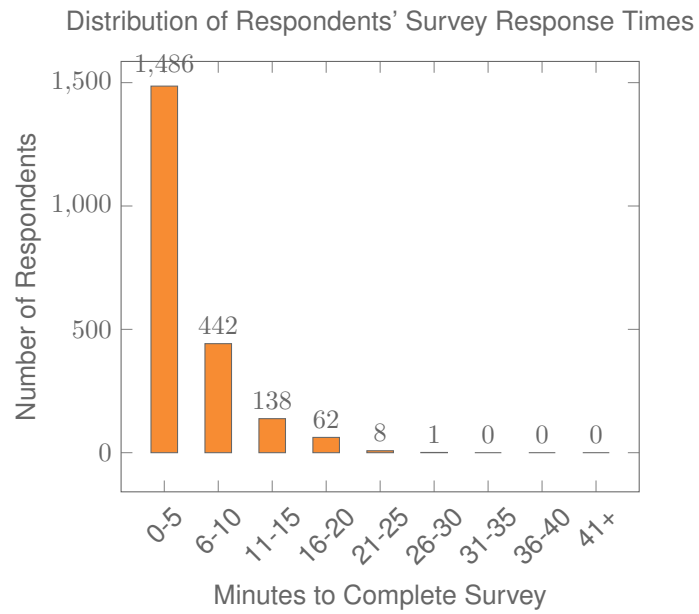
The detailed survey response rate is as follows:

UAS402 - Response Overview	
Size of selected sample	2468
Completed the survey	2136
Started but did not complete the survey	86
Did not start the survey	246
Response rate	86.55%

### 2.2 Timings

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The survey took respondents an average of 5 minutes, and the full distribution of survey response times is available in the figure below. Times per question are available upon request.



## 2.3 Weighting

Weights are not (yet) available for this survey. Please contact UAS staff with any questions.

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### 3 STANDARD VARIABLES

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Each Understanding America Study data contains a series of standard variables, consisting of individual, household and sample identifiers, language indicator, time stamps and a rating by the respondent of how much he or she liked the survey:

- **uasid**: the identifier of the respondent. This identifier is assigned to a respondent at recruitment and stays with the respondent throughout each and every survey he/she participates in. When analyzing data from multiple surveys, the 'uasid' can be used to merge data sets.
- **uashhid**: the household identifier of the respondent. Every member is assigned a household identifier, stored in the variable 'uashhid'. For the primary respondent this identifier equals his or her 'uasid'. All other eligible members of the primary respondent's household (everyone who is 18 or older in the household) who become UAS respondents receive the 'uasid' of the primary respondent as their household identifier. The identifier 'uashhid' remains constant over time for all respondents. Thus it is always possible to find the original UAS household of an UAS panel member (even after they, for example, have moved out to form another household).
- **survhhid**: uniquely identifies the household a UAS panel member belongs to in a given survey. For instance, if the primary respondent and his/her spouse are both UAS members at the time of a given survey, they both receive the same 'survhhid' identifier for that survey. If they subsequently split, they receive two different 'survhhid' in subsequent surveys. They, however, always share the same 'uashhid'. The identifier 'survhhid' is set to missing (.) if no other household members are UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart if the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, household members have different 'survhhid' reflecting different household compositions at the time they answered the survey. For instance, suppose that the primary respondent and his/her spouse are both UAS members. If the primary respondent answers the survey when he/she is living with the spouse, but the spouse answers the survey when the couple has split, they receive different 'survhhid'. Hence, the variable 'survhhid' identifies household membership of UAS panel members, at the time the respondent answers the survey. Note: in the My Household survey 'survhhid' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.
- **uasmembers**: is the number of other household members who are also UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart if the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, the primary respondent of a household has a value of '0', whereas the second UAS household respondent has a value of '1'. Therefore 'uasmembers' should be interpreted as the

number of household and UAS panel members at the time the respondent answers the survey. Note: in the My Household survey 'uasmembers' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.

- **sampleframe**: indicates the sampling frame from which the household of the respondent was recruited. All UAS recruitment is done through address based sampling (ABS) in which samples are acquired based on postal records. Currently, the variable 'sampleframe' takes on four values reflecting four distinct sample frames used by the UAS over the year (in future data sets the number of sample frames used for recruitment may increase if additional specific populations are targeted in future recruitment batches):

1. U.S. National Territory: recruited through ABS within the entire U.S.
2. Areas high concentration Nat Ame: recruited through ABS in areas with a high concentration of Native Americans in the zip-code. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. Los Angeles County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

Note: prior to March 6, 2024 this variable was called sampletype and had the following value labels for the above list in UAS data sets:

1. Nationally Representative Sample: recruited through ABS within the entire U.S.
2. Native Americans: recruited through ABS in areas with a high concentration of Native Americans. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. LA County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

- **batch**: indicates the batch from which the respondent was recruited. Currently, this variable takes the following values (in future data sets the number of batches may increase as new recruitment batches are added to the UAS):

1. ASDE 2014/01
2. ASDE 2014/01
3. ASDE 2014/01
4. Public records 2015/05
5. MSG 2015/07
6. MSG 2016/01
7. MSG 2016/01
8. MSG 2016/01
9. MSG 2016/02

10. MSG 2016/03
11. MSG 2016/04
12. MSG 2016/05
13. MSG 2016/08
14. MSG 2017/03
15. MSG 2017/11
16. MSG 2018/02
17. MSG 2018/08
18. MSG 2019/04
19. MSG 2019/05
20. MSG 2019/11
21. MSG 2020/08
22. MSG 2020/10
23. MSG 2021/02
24. MSG 2021/08
25. MSG 2021/08
26. MSG 2022/02
27. MSG 2022/02
28. MSG 2022/08
29. MSG 2022/11
30. MSG 2022/11
31. MSG 2023/01
32. MSG 2023/06
33. MSG 2023/09
34. MSG 2023/10

Note: prior to March 6, 2024 this variable had the following value labels for the above list in UAS data sets:

1. ASDE 2014/01 Nat.Rep.
2. ASDE 2014/01 Native Am.
3. ASDE 2014/11 Native Am.
4. LA County 2015/05 List Sample
5. MSG 2015/07 Nat.Rep.
6. MSG 2016/01 Nat.Rep. Batch 2
7. MSG 2016/01 Nat.Rep. Batch 3



8. MSG 2016/01 Nat.Rep. Batch 4
9. MSG 2016/02 Nat.Rep. Batch 5
10. MSG 2016/03 Nat.Rep. Batch 6
11. MSG 2016/04 Nat.Rep. Batch 7
12. MSG 2016/05 Nat.Rep. Batch 8
13. MSG 2016/08 LA County Batch 2
14. MSG 2017/03 LA County Batch 3
15. MSG 2017/11 California Batch 1
16. MSG 2018/02 California Batch 2
17. MSG 2018/08 Nat.Rep. Batch 9
18. MSG 2019/04 LA County Batch 4
19. MSG 2019/05 LA County Batch 5
20. MSG 2019/11 Nat. Rep. Batch 10
21. MSG 2020/08 Nat. Rep. Batch 11
22. MSG 2020/10 Nat. Rep. Batch 12
23. MSG 2021/02 Nat. Rep. Batch 13
24. MSG 2021/08 Nat. Rep. Batch 15
25. MSG 2021/08 Nat. Rep. Batch 16
26. MSG 2022/02 Nat. Rep. Batch 17 (priority)
27. MSG 2022/02 Nat. Rep. Batch 17 (regular)
28. MSG 2022/08 Nat. Rep. Batch 18
29. MSG 2022/11 LA County Batch 6
30. MSG 2022/11 Nat. Rep. Batch 20
31. MSG 2023/01 Nat. Rep. Batch 21
32. MSG 2023/06 Nat. Rep. Batch 22
33. MSG 2023-09 Native Am. Batch 3
34. MSG 2023-10 Nat. Rep. Batch 23

- **primary\_respondent:** indicates if the respondent was the first person within the household (i.e. to become a member or whether s/he was added as a subsequent member. A household in this regard is broadly defined as anyone living together with the primary respondent. That is, a household comprises individuals who live together, e.g. as part of a family relationship (like a spouse/child/parent) or in context of some other relationship (like a roommate or tenant).
- **hardware:** indicates whether the respondent ever received hardware or not. Note: this variable should not be used to determine whether a respondent received hardware at a given point in time and/or whether s/he used the hardware to participate in a survey. Rather, it indicates whether hardware was ever provided:

1. None
  2. Tablet (includes Internet)
- **language**: the language in which the survey was conducted. This variable takes a value of 1 for English and a value of 2 for Spanish.
  - **start\_date (start\_year, start\_month, start\_day, start\_hour, start\_min, start\_sec)**: indicates the time at which the respondent started the survey.
  - **end\_date (end\_year, end\_month, end\_day, end\_hour, end\_min, end\_sec)**: indicates the time at which the respondent completed the survey.
  - **cs\_001**: indicates how interesting the respondent found the survey.

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## 4 BACKGROUND DEMOGRAPHICS

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Every UAS survey data set includes demographic variables, which provide background information about the respondent and his/her household. Demographic information such as age, ethnicity, education, marital status, work status, state of residence, family structure is elicited every quarter through the “My Household” survey. The demographic variables provided with each survey are taken from the most recent ‘MyHousehold’ survey answered by the respondent. If at the time of a survey, the information in “My Household” is more than three months old, a respondent is required to check and update his or her information before being able to take the survey.

The following variables are available in each survey data set:

- **gender**: the gender of the respondent.
- **dateofbirth\_year**: the year of birth of the respondent.
- **age**: the age of the respondent at the start of the survey.
- **agerange**: if the respondent’s age cannot be calculate due to missing information, ‘agerange’ indicates the approximate age. Should a value for both the ‘age’ and ‘agerange’ be present, then ‘age’ takes precedence over ‘agerange’.
- **citizenus**: indicates whether the respondent is a U.S. citizen.
- **bornus**: indicates whether the respondent was born in the U.S.
- **stateborn**: indicates the state in which the respondent was born. This is set to missing (.) if the respondent was not born in the U.S.
- **countryborn**: indicates the country in which the respondent was born. This is set to missing (.) if the respondent was born in the U.S.
- **countryborn\_other**: indicates the country of birth if that country is not on the drop down list of countries shown to the respondent’.
- **statereside**: the state in which the respondent is living.
- **immigration\_status**: indicates whether the respondent is an immigrant. It takes one of the following values: 0 Non-immigrant, 1 First generation immigrant (immigrant who migrated to the U.S), 2 Second generation immigrant (U.S.-born children of at least one foreign-born parent), 3 Third generation immigrant (U.S.-born children of at least one U.S.-born parent, where at least one grandparent is foreign-born), or 4 Unknown immigrant status.
- **maritalstatus**: the marital status of the respondent.
- **livewithpartner**: indicates whether the respondent lives with a partner.

- **education**: the highest level of education attained by the respondent.
- **hisplativo**: indicates whether the respondent identifies him or herself as being Hispanic or Latino. This variable is asked separately from race.
- **hisplatinogroup**: indicates which Hispanic or Latino group a respondent identifies him or herself with. This is set to missing (.) if the respondent does not identify him or herself as being Hispanic or Latino.
- **white**: indicates whether the respondent identifies him or herself as white (Caucasian).
- **black**: indicates whether the respondent identifies him or herself as black (African-American).
- **nativeamer**: indicates whether the respondent identifies him or herself as Native American (American Indian or Alaska Native).
- **asian**: indicates whether the respondent identifies him or herself as Asian (Asian-American).
- **pacific**: indicates whether the respondent identifies him or herself as Native Hawaiian or Other Pacific Islander.
- **race**: indicates the race of the respondent as singular (e.g., '1 White' or '2 Black') or as mixed (in case the respondent identifies with two or more races). The value '6 Mixed' that the respondent answered 'Yes' to at least two of the single race categories. This variable is generated based on the values of the different race variables (white, black, nativeamer, asian, pacific). This composite measure is not conditional on hisplativo, so an individual may identify as Hispanic or Latino, and also as a member of one or more racial groups.
- **working**: indicates whether the respondent is working for pay.
- **sick\_leave**: indicates whether the respondent is not working because sick or on leave.
- **unemp\_layoff**: indicates whether the respondent is unemployed or on lay off.
- **unemp\_look**: indicates whether the respondent is unemployed and looking for a job.
- **retired**: indicates whether the respondent is retired.
- **disabled**: indicates whether the respondent has a disability.
- **If\_other**: specifies other labor force status.
- **laborstatus**: indicates the labor force status of the respondent as singular (e.g., '1 Working for pay' or '2 On sick or other leave') or as mixed (in case the respondent selects two or more labor statuses). The value '8 Mixed' indicates that the respondent answered 'Yes' to at least two of the single labor force status variables. This variable is generated based on the values of the different labor status variables (working, sick\_leave, unempl\_layoff, unempl\_look, retired, disabled, If\_other).

- **employmenttype**: indicates the employment type of the respondent (employed by the government, by a private company, a nonprofit organization, or self-employed). This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **workfullpart**: indicates whether the respondent works full or part-time. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **hourswork**: indicates the number of hours the respondent works per week. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **hhincome**: is the total combined income of all members of the respondent's household (living in their household) during the past 12 months.
- **anyhhmember**: indicates whether there were any members in the respondent's household at the time he/she answered the survey as reported by the respondent.
- **hhmembernumber**: indicates the number of household members in the respondent's household at the time of the survey as reported by the respondent. It may be that 'anyhhmember' is 'Yes', but 'hhmembernumber' is missing if the respondent did not provide the number of household members at the time of the survey.
- **hhmemberin\_#**: indicates whether a household member is currently in the household as reported by the respondent. Household members are never removed from the stored household roster and their information is always included in survey data sets. The order of the roster is the same order in which household members were specified by the respondent in the 'MyHousehold' survey. The order is identified by the suffix \_# (e.g., \_1 indicates the first household member, \_2 the second household member, etc.).

As an example, if the first household member is in the household at the time of the survey, 'hhmemberin\_1' is set to '1 HH Member 1 is in the HH'; if he/she has moved out, 'hhmemberin\_1' is set to '0 HH member 1 is no longer in the HH'. Since information of other household members (stored in the variables listed below) is always included in survey data sets, information about 'hhmemberin\_1' is available whether this person is still in the household or has moved out.

- **hhmembergen\_#**: indicates the gender of another household member as reported by the respondent.
- **hhmemberage\_#**: indicates the age of another household member. The age is derived from the month and year of birth of the household member as reported by the respondent.
- **hhmemberrel\_#**: indicates the relationship of the respondent to the other household member as reported by the respondent.

- **hhmemberuasid\_#:** is the 'uasid' of the other household member if this person is also a UAS panel member. It is set to missing (.) if this person is not a UAS panel member at the time of the survey. Since this identifier is directly reported by the respondent (chosen from a preloaded list), it may differ from the actual (correct) 'uasid' of the UAS member it refers to because of reporting error. Also, this variable should not be used to identify UAS members in a given household at the time of the survey. This is because the variables 'hhmemberuasid\_#' are taken from the most recent 'My Household' and changes in household composition involving UAS members may have occurred between the time of the respondent answered 'My Household' and the time the respondent answers the survey. To follow UAS members of a given household, it is advised to use the identifiers 'uashhid' and 'survhhid'.
- **lastmyhh\_date:** the date on which the demographics variables were collected through the 'My Household' survey.

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## 5 MISSING DATA CONVENTIONS

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Data files provide so-called clean data, that is, answers given to questions that are not applicable anymore at survey completion (for example because a respondent went back in the survey and skipped over a previously answered question) are treated as if the questions were never asked. In the data files all questions that were asked, but not answered by the respondent are marked with (.e). All questions never seen by the respondent (or any dirty data) are marked with (.a). The latter may mean that a respondent did not view the question because s/he skipped over it; or alternatively that s/he never reached that question due to a break off. If a respondent did not complete a survey, the variables representing survey end date and time are marked with (.c). Household member variables are marked with (.m) if the respondent has less household members (e.g. if the number of household members is 2, any variables for household member 3 and up are marked with (.m)).

UAS provides data in STATA and CSV format. Stata data sets come with include variable labels that are not available in the CSV files. Value labels are provided for single-response answer option. In STATA these labels will include the labels 'Not asked' and 'Not answered' for (.a) and (.e), and will show in tabulations such as 'tab q1, missing'. For multiple-response questions a binary variable is created for each answer option indicating whether the option was selected or not. A summary variable is also provided in string format reflecting which options were selected and in which order. For example, if a question asked about favorite animals with options cat, dog, and horse, then if a respondent selected horse and then cat, the binary variables for horse and cat will be set to yes, while the overall variable would have a string value of '3-1'. If no answer was given, all binary variables and the summary variable will be marked with '.e'.

Questions that are asked multiple times are often implemented as so-called array questions. Supposing the name of such question was Q1 and it was asked in 6 different instances, your data set would contain the variables Q1\_1\_ to Q1\_6\_. To illustrate, if a survey asked the names of all children, then child\_1\_ would contain the name of the first child the respondent named and so on.

More information about the UAS data in general can be found on the UAS Data Pages web site.

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## 6 ROUTING SYNTAX

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The survey with routing presented in the next section includes all of the questions that make up this survey, the question answers when choices were provided, and the question routing. The routing includes descriptions of when questions are grouped, conditional logic that determines when questions are presented to the respondent, randomization of questions and answers, and fills of answers from one question to another.

If you are unfamiliar with conditional logic statements, they are typically formatted so that **if** the respondent fulfills some condition (e.g. they have a cellphone or a checking account), **then** they are presented with some other question or the value of some variable is changed. If the respondent does not fulfill the condition (e.g. they are not a cellphone adopter or they do not have a checking account), something **else** happens such as skipping the next question or changing the variable to some other value. Some of the logic involved in the randomization of questions or answers being presented to the respondent is quite complex, and in these instances there is documentation to clarify the process being represented by the routing.

Because logic syntax standards vary, here is a brief introduction to our syntax standards. The syntax used in the conditional statements is as follows: '=' is equal to, '<' is less than, '>' is greater than, and '!= ' is used for does not equal. When a variable is set to some number N, the statement looks like 'variable := N'.

The formatting of the questions and routing are designed to make it easier to interpret what is occurring at any given point in the survey. Question ID is the bold text at the top of a question block, followed by the question text and the answer selections. When a question or variable has associated data, the name links to the appropriate data page, so you can easily get directly to the data. Text color is used to indicate the routing: **red** is conditional logic, **gold** is question grouping, **green** is looping, and **orange** is used to document randomization and other complex conditional logic processes. The routing is written for a computer to parse rather than a human to read, so when the routing diverges significantly from what is displayed to the respondent, a screenshot of what the respondent saw is included.

The name of the randomization variables are defined in proximity to where they are put into play, and like the question ID the names of the randomization variables can be used to link directly to the associated data page.



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## 7 SURVEY WITH ROUTING

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### Start of section **Consent**

cn001 (Section Consent)

**We are inviting you to participate in a year-long NIH-funded study that uses Fitbit data to understand day-to-day health, called American Life in Realtime (ALiR).**

If you are interested in participating, we will ask you to: Confirm your mailing address so we can send you a FitbitDownload and install the ALiR and Fitbit apps on your smart phone or tabletWear the Fitbit on your wrist all the time (including while you are sleeping) for a yearAnswer very short surveys through the ALiR study app on a regular basis for a yearIf you complete all study activities, which will take about 3 hours of time over the year, you will earn \$126 in UAS rewards AND the Fitbit (worth \$120) will be yours to keep.

In the next screens you will find all of the study details, and at the bottom of the page you will have a chance to let us know if you are interested in participating. Feel free to write or call the helpdesk if you have any questions, uashelp@usc.edu and 855-872-8673. Once you have reviewed the details you will be able to consent or decline participation in this project.

cn002a (Section Consent)

### **STUDY DETAILS AND PROCEDURES**

As ALiR is part of UAS, the main UAS study details still apply. Below you will find additional details that are unique to participation in ALiR.

**Participants:** We will be asking about 1000 individuals to take part in this study.

**Duration:** The study period is one year starting when you download the ALiR study app and connect your provided Fitbit.

**Enrollment:** After consenting to this study, UAS staff will mail you a Fitbit device. Once you receive your Fitbit, we will ask you to install the ALiR and Fitbit apps on your smartphone or tablet **within 1 week**. The ALiR study app (as well as the enrollment guide included in the package) will help you setup your Fitbit device and account, and enroll in the study. This should take you about 10 minutes and the UAS help desk will be available to provide assistance if you need it.

Both apps that are needed for the study are free and you can remove them after the study is done. You will need to share your location information with the apps; however, we do not collect this information and it will only be used to obtain your time zone.

Once you are enrolled, we ask you to participate in two main activities for this study: (1) wearing your Fitbit on your wrist at all times; and (2) answering very short surveys on a regular basis.

**Wearing your Fitbit:** We ask that you wear your Fitbit on your wrist **at all times**, including when you are sleeping, for a whole year. You can take it off for charging, special occasions, or other reasons - just please wear it as much as possible. This means keeping your Fitbit charged and syncing with your phone or tablet as needed. **Charging** takes 1-2 hours and we recommend charging the device every 3-4 days. Your device will also notify you when your battery is low and needs to be charged through a push notification to your phone or tablet. **Syncing** should happen automatically through Bluetooth once your apps are setup. Your device is water resistant up to 50 m (164ft), so you can shower and swim with it on after turning on the "**water lock**" (instructions will be provided). However, this is not required, and you may take your device off to shower or swim. If you **lose or break your device**, please contact the UAS help desk (uashelp@usc.edu) for next steps. We will do our best to replace it.

cn002b (Section Consent)

#### STUDY DETAILS AND PROCEDURES, CONTINUED

**Answering surveys:** We will also ask you to answer three kinds of regular surveys about your health through the ALiR study app. We recommend completing all available surveys in one sitting. There are six **core surveys** that should each take you about 3-5 minutes to complete. You will receive one core survey a day for the first five days of the study. The final core survey will be sent to you at the end of the study. Please complete these as soon as possible. You will be asked to answer a **recurring survey** once every 3 days starting on day six of the study. Each survey should take you no more than 1-2 minutes and you will have 7 days to complete them before they expire. These surveys are repeated every month to get a sense of how your health changes over a year. **One-time surveys** will be sent to you once a month, should each take you no more than 1-2 minutes, and you will have 7 days to complete them before they expire. These surveys are about special topics. **Total study time:** Over the whole year, we expect you to spend 10 minutes setting up the ALiR app and Fitbit, 15-20 minutes to answer all the core surveys, and 12-15 minutes per month to answer the recurring and one-time surveys. **Overall, this equals roughly 3 hours of total study time spread out over a full year.**

**Communication:** During the study, we will send you push notifications with announcements and reminders to complete surveys and to wear and sync your Fitbit through the ALiR app. In addition, through the app's **Activity Feed** you will be able to see: When you need to complete a survey; Which activities you have already completed; Points you have earned so far; Whether your Fitbit has been syncing; Whether you have reached the 90-day threshold for keeping your Fitbit; Your daily study participation, total step count, and sleep history as recorded by your Fitbit; and Answers to frequently asked questions.

cn003 (Section Consent)

## COMPENSATION AND INCENTIVES

You will earn up to \$126 (\$10 per month on average) and your Fitbit Inspire 2 device (worth \$120) for completing all study activities. You can keep your Fitbit if you wear it for at least 90 days within the first 5 months (150 days) of the study.

**Points and monetary compensation:** You will earn points for each study activity you complete in full and on time. You will not earn points for activities you do not complete in full; you will not receive partial points for partially completed activities such as a partially completed survey. Core surveys are worth 50 points each; recurring and one-time surveys are worth 30 points each. Most surveys will expire after 7 days and you will not be able to answer them or earn points after they expire. Each day you wear and sync your Fitbit, you will earn 5 points. If you wear your Fitbit for more than 3 days in a row, you will earn an additional 5 points per day in your streak. You will earn **\$5 for every 300 points** you have accumulated, which will be added to your UAS rewards each month in increments of \$5. If you complete all study activities, you will earn an average of \$10/month (600 points). Points that haven't been converted into dollars at the end of one month will roll over to the next. At the end of the study period, any remaining points will be prorated to the nearest cent.

**Monitoring your Fitbit contribution:** If you contribute at least 90 days of Fitbit data in the first 150 days of the study, **you can keep your Fitbit**. Throughout the study, the UAS study team will reach out to you if we have not received Fitbit data on a weekly basis to ask about any troubles you may be experiencing.

If you are unable to contribute Fitbit data for at least 90 days in the first 150 days, we will send you a prepaid envelope to return the device. However, you may remain enrolled in the study and earn compensation for survey contribution, even if you are asked to return your device.

**Withdrawal:** If you decide to withdraw from the study at any point, you will still receive any compensation you have earned before withdrawing. If you withdraw prior to contributing 90 days of digital data in the first 150 days, we will send you a prepaid envelope to return the device.

Payments for research participation are considered taxable income and participants may be required to pay taxes on this income. If participants are paid \$600 or more in total within a calendar year for participation in one or more research studies, the University will report this as income to the IRS and participants may receive an Internal Revenue Service (IRS) Form 1099. If you have any questions or concerns about this, please contact your UAS help desk staff. This does not include any payments you receive to pay you back for expenses like parking fees.

**cn004** (Section Consent)  
**DATA COLLECTED**

We will collect three types of data. First, the self-reported demographic and health data you provide to UAS on a regular basis. Second, our core and recurring surveys will collect information about your health such as your self-reported physical and mental health, diet, sleep habits, experiences with the healthcare system and providers, etc. Finally, we will collect data from your Fitbit outlined below.

Steps: steps per minute  
Heart rate: resting heart rate  
Device: battery level, device version, last sync time  
Sleep: sleep stage; efficiency; minutes asleep; minutes in bed all day; start time; minutes asleep all day

Using these metrics, we will calculate a set of secondary metrics including daily resting heart rate, average daily steps, sleep architecture, and circadian rhythm.

**cn005a** (Section Consent)

#### **HOW WILL YOUR DATA BE KEPT SAFE**

We take several steps to keep your Study Data confidential. First, only UAS staff will have access to any personally identifiable data. The ALiR study team will only have access to DEIDENTIFIED study data that is linked only to your ALiR study ID number.

When you setup your Fitbit account, any information (including personal information) you provide on the Fitbit app will be transmitted to Fitbit as part of their Terms of Service. However, Fitbit does not retain personal information, and **no personal information will be sent from Fitbit to the study**. UAS will continue to securely maintain your personal or contact information.

Your Deidentified Study Data will be stored securely at all times on limited access, encrypted servers. Only authorized staff can view Study Data and all analysis will be conducted using Deidentified Study Data.

We will keep your records for this study confidential as far as permitted by law. However, if we are required to do so by law, we will disclose confidential information about you. Efforts will be made to limit the use and disclosure of your personal information, including research study and medical records, to people who are required to review this information. We may publish the information from this study in journals or present it at meetings. If we do, we will not use your name.

The University of Southern California's Institutional Review Board (IRB) and Human Subject's Protections Program (HSPP) may review your records. Organizations that may also inspect and copy your information include the study sponsor, National Institutes of Health (NIH).

Your data collected as part of this research will be used or distributed for future research studies without your additional informed consent. Any information that identifies you (such as your name) will never be in the data when it is shared with others or used in future research studies.

This research is covered by a Certificate of Confidentiality from the National Institutes of Health. This means that the researchers cannot release or use information, documents,

or samples that may identify you in any action or suit unless you say it is okay. They also cannot provide them as evidence unless you have agreed. This protection includes federal, state, or local civil, criminal, administrative, legislative, or other proceedings. An example would be a court subpoena.

There are some important things that you need to know. The Certificate DOES NOT stop reporting that federal, state, or local laws require. Some examples are laws that require reporting of child or elder abuse, some communicable diseases, and threats to harm yourself or others. The Certificate CANNOT BE USED to stop a sponsoring United States federal or state government agency from checking records or evaluating programs. The Certificate DOES NOT stop disclosures required by the federal Food and Drug Administration (FDA). The Certificate also DOES NOT prevent your information from being used for other research if allowed by federal regulations.

Researchers may release information about you when you say it is okay. For example, you may give them permission to release information to insurers, medical providers or any other persons not connected with the research. The Certificate of Confidentiality does not stop you from willingly releasing information about your involvement in this research. It also does not prevent you from having access to your own information.

**cn006a** (Section Consent)  
**RISKS OR DISCOMFORTS**

This is a minimal risk study, which means that the risk of experiencing any harm or discomfort in this study is not greater than the risk you would encounter in daily life. Some questions may make you feel uncomfortable or distressed. You can choose to stop the study at any time or skip any question. There are potential privacy and security risks that your study information could be subject to unauthorized access or your data could be linked to you. We plan to minimize the possibility of a breach of confidentiality by instituting data safeguarding procedures and state of the art encryption.

**cn007a** (Section Consent)  
**BENEFITS**

You may or may not receive any benefit from being in this study. You will not receive any treatment as part of this study. You may gain new insight about your activity, fitness, sleep, and overall health through wearing your Fitbit and viewing your Fitbit data. If you take part in this study, the results may help the investigators study how digital technologies can better be used to collect health data.

**cn005b** (Section Consent)  
**ALTERNATIVES**

An alternative would be to not participate in this study. Whether you participate in this study or not will not impact your participation in other UAS studies.

**cn006b** (Section Consent)  
**VOLUNTARY PARTICIPATION**

It is your choice whether to participate. If you choose to participate, you may change your mind and leave the study at any time. If you decide not to participate, or choose to end your participation in this study, you will not be penalized or lose any benefits that you are otherwise entitled to.

**cn007c** (Section Consent)  
**PARTICIPANT TERMINATION**

You may be removed from this study without your consent for any of the following reasons: you do not follow the investigator's instructions, at the discretion of the investigator or the sponsor, or the sponsor closes the study. If this happens, the investigator will discuss other options with you.

**cn007b** (Section Consent)  
**CONTACT INFORMATION**

If you have questions or concerns about this study, you can get in touch with Tania Gutsche at tgutsche@usc.edu and (213) 821-1819.

This research has been reviewed by the USC Institutional Review Board (IRB). The IRB is a research review board that reviews and monitors research studies to protect the rights and welfare of research participants. Contact the IRB if you have questions about your rights as a research participant or you have complaints about the research. You may contact the IRB at (323) 442-0114 or by email at irb@usc.edu.

**q001** (consented or not in section Consent)  
Are you willing to participate in the American Life in Real Time (ALiR) project?  
1 I consent to participate in the ALiR project  
2 I do not consent to participate in the ALiR project

**IF q001 = 1 THEN**

**q002** (agree to share location information and update device in section Consent)  
Great! We will reach out to you by email to confirm your mailing address.

In addition, there are a few things that may affect your study experience. First, you will need to share your location information with the Fitbit and ALiR apps. Remember, we will not collect this information and it will only be used to obtain your time zone. Second, you may need to update your mobile phone or tablet device to the most recent operating system. This is both for your security and to make sure the apps work properly. Do you agree to share your location information with the Fitbit and ALiR apps and update your mobile phone or tablet device to the most recent operating system if

needed?  
1 Yes  
2 No

END OF IF

End of section **Consent**

Start of section **Closing**

**CS\_001** (HOW PLEASANT INTERVIEW in section Closing)

Could you tell us how interesting or uninteresting you found the questions in this interview?

- 1 Very interesting
- 2 Interesting
- 3 Neither interesting nor uninteresting
- 4 Uninteresting
- 5 Very uninteresting

**CS\_003** (comments in section Closing)

Do you have any other comments on the interview? Please type these in the box below.(If you have no comments, please click next to complete this survey.)

STRING

End of section **Closing**

/\* Please note that although question CS.003 is listed in the routing, the answers are not included in the microdata in the event identifiable information is captured. Cleaned responses are available by request. \*/