

# UnderStandingAmericaStudy

UAS 508: FACT STUDY CONSENT



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Fielded January 9, 2023 - July 19, 2023

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# 1 INTRODUCTION

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This survey, titled "UAS 508: FACT Study Consent", asks if you are interested and eligible to join a new research project exploring mood and activity over the course of a week. This survey is no longer in the field. Respondents were paid \$2 to complete the survey. Related surveys are UAS 508 (consent survey), UAS 509 (baseline survey) and UAS 511 (final survey).

## 1.1 Topics

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This survey contains questions (among others) on the following topics: Diet Lifestyle, Health. 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 1769 UAS participants. Of those 1769 participants, 1339 completed the survey and are counted as respondents. Of those who are not counted as respondents, 26 started the survey without completing and 404 did not start the survey. The overall response rate was 75.69%.

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.%.

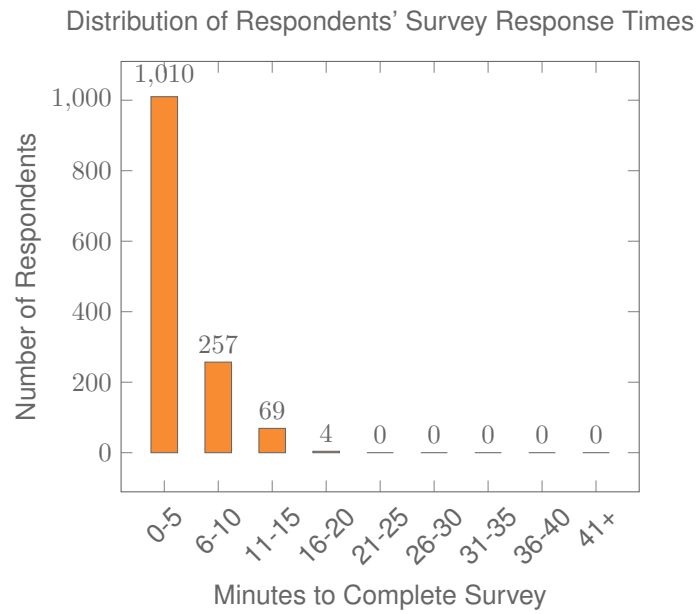
The detailed survey response rate is as follows:

UAS508 - Response Overview	
Size of selected sample	1769
Completed the survey	1339
Started but did not complete the survey	26
Did not start the survey	404
Response rate	75.69%

### 2.2 Timings

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The survey took respondents an average of 4 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.
- **hisplatin**: 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 hisplatin, 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 **Eligibility**

#### **el\_intro** (Section Eligibility)

We invite you to learn about a new research project exploring mood and activity over the course of a week. In this questionnaire, we will ask you a few questions about yourself to see if you are eligible to participate. To learn more, please click "Next" at the bottom of your screen to continue .

#### **el001** (fluent in English in section Eligibility)

Are you fluent in English?

- 1 Yes
- 2 No

#### **el002** (18 years of age or older in section Eligibility)

Are you 18 years of age or older?

- 1 Yes
- 2 No

#### **el003** (have any hearing impairments in section Eligibility)

Do you have any hearing impairments?

- 1 Yes
- 2 No

#### **el004** (any vision impairments that cannot be corrected with contact lenses or glasses in section Eligibility)

Do you have any vision impairments that cannot be corrected with contact lenses or glasses?

- 1 Yes
- 2 No

#### **el005** (work a night shift or something requires to be awake at night and asleep during day in section Eligibility)

Do you work a night shift or do something similar that requires you to be awake at night and asleep during the day?

- 1 Yes
- 2 No

#### **el006** (have stable access to an active e-mail account in section Eligibility)

Do you have stable access to an active e-mail account?

- 1 Yes
- 2 No

**el007** (require any mobility devices to be able to move around in section Eligibility)  
Do you require any mobility devices to be able to move around (e.g., a walker, wheelchair)?

1 Yes

2 No

**el008** (on bed-rest or can you move around freely in section Eligibility)

Are you on bed-rest or can you move around freely?

1 I am on bed-rest

2 I am not on bed-rest

**el009** (have daily access to wireless internet (Wi-Fi) in section Eligibility)

Do you have daily access to wireless internet (Wi-Fi)?

1 Yes

2 No

IF el001 = 2 OR el002 = 2 OR el003 = 1 OR el004 = 1 OR el005 = 1 OR el006 = 2  
OR el007 = 1 OR el008 = 1 OR el009 = 2 THEN

eligible := 2

**earlyexit** (Section Eligibility)

Thank you for your interest in this study. Unfortunately, you are not eligible to participate in this study. We appreciate your interest and thank you for your time and effort completing this questionnaire.

Exit the survey

**ELSE**

eligible := 1

**el.ok** (Section Eligibility)

Thank you for answering these questions. Based on your responses, you are eligible to participate in our study. Now we would like to tell you about what participating in the study would be like.

**END OF IF**

End of section **Eligibility**

Start of section **Consent\_section**

**cn.screen1** (Section Consent\_section)

INFORMED CONSENT FOR RESEARCH

**Study Title:** Feelings and Activity (FACT) Study

**Principal Investigator:** Arthur A. Stone, Ph.D.

**Department:** USC Center for Economic and Social Research

## textbfINTRODUCTION

We invite you to take part in a research study. Please take as much time as you need to read the consent form. You may want to discuss it with your family, friends, or your personal doctor. If you find any of the language difficult to understand, please ask questions. If you decide to participate, you will be asked to provide your consent at the end of this questionnaire.

## textbfKEY INFORMATION

The following is a short summary of this study to help you decide whether you should participate. More detailed information is listed later in this questionnaire. You are being asked to take part in this study because you meet the inclusion criteria. The purpose of this study is to understand people's daily experiences regarding mood and activity and to refine our techniques for accurately capturing this information. Your participation in this study will last approximately 8 days. Procedures will include completing daily questionnaires and wearing an activity monitor. Being in this research study is voluntary - it is your choice. There are some minor risks from participating in this study. The most common risks are discomfort from the questions, the potential for a breach of confidentiality, and discomfort from wearing the activity monitor. More detailed information about the risks of this study can be found under the "Risk and Discomfort" section. You may not receive any direct benefit from taking part in this study. However, your participation in this study may help us better understand daily moods and activities of individuals from the general population. If you decide not to participate in this research, your other choices may include not participating.

## cn.screen2 (Section Consent.section) DETAILED INFORMATION

### PURPOSE

The overall goal of this study is to understand people's daily experiences regarding mood and activity and to refine our techniques for accurately capturing this information. You are invited as a possible participant because you meet the inclusion criteria. About 300 participants will take part in this study. This study has been funded by a research grant from the National Institute on Aging (R37AG057685) of the National Institutes of Health.

## textbfPROCEDURES

Participation in this study involves completing six study components. Each component will be completed by you either online, by wearing an activity monitor or on a study smartphone that we will send you, with one part requiring you to drop off a package to your local FedEx, so there is no need to physically come to USC. We will let you know when you need to drop off the package at FedEx. Here is what study participation involves: **Receiving the Study Package:** We will also send you a package through FedEx that includes a smartphone and an activity tracker. The study smartphone is loaded with an application that you will use for completing part 3 described below, and the activity tracker is for completing part 4 described below. You will not need to download any additional software on the study smartphone or your own personal device. **Training Video and Initial Questionnaire:** You

will be asked to watch a training video (approximately 20-30 minutes) that will describe how to complete the different parts of the study as well as guide you through putting on the activity monitor. Afterward, you will be asked to complete the initial questionnaire for the study. This online questionnaire asks a bit about you and your views about your physical activity level. It will take about 5-10 minutes to complete, and it will be presented to you following the completion of the training video. We will email you the link to this training video and questionnaire if you consent to participate in this study. **Daily Short Surveys:** You will be asked to turn on your study smartphone and start completing 5 short surveys per day for the 7 days that follow the training video. Each short survey takes about 1-2 minutes to complete. The smartphone will emit an audio signal and display a screen notification every time you need to complete one of the short surveys at five random times during each day. We ask that you complete the short survey as soon as you can after you are prompted, so it is important that the phone is carried with you at all times during the day, starting from when you wake up until you go to bed at night. Please be aware that you might start receiving the short surveys early in the morning and later in the evening, but you have the option to turn off the phone overnight to avoid disruptions to your sleep. If you don't respond, or if you can't connect, the app will remind you. If you are engaged in an activity that requires your full attention at the time of the survey prompt (for example, if you are driving or crossing the street), you will have about ten to fifteen minutes to respond to the beep and answer the questions, after which the survey will expire. If you are able to reach a place where you can safely answer the survey during those 15 minutes, you can answer it; otherwise, you should skip any survey that cannot be completed in a safe setting, as we do not want you to respond if doing so will jeopardize you in any way (e.g., if you are driving). You can silence the beeps if necessary. The phone should be charged each evening. **Daily Activity Tracker Wear:** During the same 7-day period when you complete the daily short questionnaires, we will also ask you to wear the activity tracker on your thigh at all times. The activity tracker is a small device, about 1 inch by 2 inches in size, covered with a water-resistant pouch. You will be provided with a hypoallergenic adhesive to secure the device onto your thigh so that the activity tracker stays there for the 7-day period. You do not need to turn the tracker on or off or charge this device. This device simply measures your movement and privately stores that information on the device itself. It does not track your locations or transmit data wirelessly to us or anyone else. When you send the device back to us, we will be able to download the information from it. If you were to lose the device or have it stolen, there is nothing that would connect the information recorded in the device to you personally. It is completely safe, and most users find it comfortable to wear. **Final Questionnaire:** The final questionnaire asks about your activity at the end of the 7 days. We ask that you complete this questionnaire in the evening of the last day that you complete the daily short questionnaires. The final questionnaire will take about 10 minutes to complete. **Returning Study Equipment:** After you have completed the final questionnaire, you will use the pre-paid label to return the study smartphone, charger, and activity tracker to us in the original package that the devices came in. You will drop this off at your local FedEx location, and our study team can assist you in identifying the closest office near you.

**cn.screen3** (Section Consent\_section)  
 DETAILED INFORMATION (CONTINUED)

## RISKS AND DISCOMFORTS

Possible risks and discomforts you could experience during this study include: **Surveys/Questionnaires/Interviews:**

Some of the questions may make you feel uncomfortable or self-conscious. You can choose to skip or stop answering any questions you don't want to. **Breach of Confidentiality:** There is a small risk that people who are not connected with this study will learn your identity or your personal information. **Activity Tracker:** Some may find wearing the activity tracker to be uncomfortable and/or cause irritation. You may switch the leg that the activity tracker is attached at any point in the study if you would like. If you notice your skin becomes irritated or if the device is uncomfortable to wear, please remove the device from your thigh and notify the UAS helpdesk.

### BENEFITS

There are no direct benefits to you from taking part in this study. However, your participation in this study may help us better understand daily moods and activities of individuals from the general population.

### PRIVACY/CONFIDENTIALITY

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 studies 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.

Your responses, which are also called "data", will be stored with appropriate electronic safeguards, such as unique usernames/passwords, and limited to authorized study personnel. Dual factor authentication will be used if feasible. Your name and contact information will be stored separately from your study responses but linked together via code. The code key will be stored securely separately from your study data. At the completion of the study, direct identifiers will be destroyed, and the remaining de-identified data will be retained for future research purposes.

Your data and/or specimens 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 be removed from the data or specimens before being shared with others or used in future research studies.

### ALTERNATIVES

An alternative would be to not participate in this study.

**cn\_screen4** (Section Consent\_section)  
DETAILED INFORMATION (CONTINUED)

## PAYMENTS / COMPENSATION

You will be compensated as follows for each study activity you complete. \$15 for completing the training (credited after completion)\$10 for completing the initial questionnaire (credited after completion)\$2 for each short questionnaire you complete on the study smartphone (you will receive a maximum of 35 short questionnaires throughout the study, so you have the potential to earn up to \$70 for completing all the short questionnaires, credited after you return the devices)\$10 per day for wearing the activPAL (you will be asked to wear the activity monitor for 7 days today, so you have the potential to earn up to \$70 for wearing the activity monitor every day, credited after you return the devices)\$10 for completing the 7-day recall questionnaire (credited after completion)\$25 for completing all the study activity including mailing back the study materials (credited after you return the devices)You have the potential to earn up to \$200 for participating in this study.

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. This does not include any payments you receive to pay you back for expenses like parking fees.

#### textbfVOLUNTARY 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. Your personal information, including any identifiable information, that has already been collected up to the time of your withdrawal will be kept and used to guarantee the integrity of the study, to determine the safety effects, and to satisfy any legal or regulatory requirements.

#### textbfPARTICIPANT 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.

#### textbfCONTACT INFORMATION

If you have questions, concerns, or complaints, you can reach the study team by e-mailing us at [uashelp@usc.edu](mailto:uashelp@usc.edu) or by calling us at 1-855-872-8673.

This research has been reviewed by the Biomedical Research Alliance of New York Institutional Review Board at 516-318-6877. Questions, concerns or complaints about research can also be registered with the Biomedical Research Alliance of New York Institutional Review Board at <https://www.branyirb.com/concerns-about-research>.

#### **consent1** (initial consent question in section Consent\_section)

Given all the information that we have provided so far, would you be willing to participate in

the study?

1 Yes, I agree to participate in the study

2 Not sure, I need more information

3 No, I do not wish to participate in the study

**IF consent1 = 1 THEN**

| consent := 1

**ELSEIF consent1 = 3 THEN**

| consent := 2

**ELSEIF consent1 = 2 THEN**

| consent := 3

**moreinfo** (Section Consent\_section)

Thank you for your willingness to consider participating in our study! Here are some answers to frequently asked questions.

**How does it work?** If you decide to join this study, we will provide you with a smartphone loaded with an app to deliver the short questionnaires and the activity tracker to complete the study. We will contact you via e-mail about scheduling your 7-day project and give you more information about the specifics of the project and how it will be completed.

**What exactly does the activity tracker measure?** The device is an accelerometer that simply measures movement and privately stores that information in the device itself. It does not track your locations and transmit anything to us or anyone else. When you send the device back to us, we will be able to read the information from it. If you were to lose the device or it was stolen, there is nothing that would connect the information recorded in the device to you personally. It is completely safe, and most users find it comfortable to wear.

**Do I have to download something to my phone? Is it safe?** No. We will provide you with a study smartphone that is loaded with the application to deliver the short questionnaires. When the project is over, we will need you to return the study smartphone and the activity tracker to us.

**How does it work to respond to prompts during the day?** The phone app will prompt you at five random times during each day. Each time it beeps, you will answer a series of short questions in the app. You will have about ten to fifteen minutes to respond to the beep to start answering the questions.

If you don't respond, or if you can't connect, the app will remind you. You can silence the beeps if necessary, and we, of course, do not want you to respond if doing so will jeopardize you in any way, e.g., while driving.

Most participants find that they are able to manage to answer most or all of the prompts quite easily. **However, if you are not allowed or not able to use your phone during the day, you won't be able to complete most of the project activities as required by the study. So, please think about this carefully before you decide to participate.**

If you have questions, concerns, or complaints, you can reach the study team by e-mailing us at [uashelp@usc.edu](mailto:uashelp@usc.edu) or by calling us at 1-855-872-8673.

**consent2** (follow up consent question in section Consent\_section)

Having read more about it, are you interested in participating in this project?

- 1 Yes, I agree to participate in the study
- 2 No, I do not wish to participate in the study
- 3 I am still not sure

**IF consent2 = 1 THEN**

| consent := 1

**ELSEIF consent2 = 2 THEN**

| consent := 2

**ELSEIF consent2 = 3 THEN**

| consent := 3

**END OF IF**

**END OF IF**

dummy := addToFACT(prim\_key, "2023-01-13", consent)

**IF consent = 1 THEN**

**consented** (Section Consent\_section)

Thank you, we are happy that you are interested in our project! Next, we will need to ship a study package to you for this project. Please look out for an email from us confirming your mailing address.

**ELSEIF consent = 2 THEN**

**GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN**

**whynotconsent** (why not consented in section Consent\_section)

We understand and respect that you have your own reasons for not wanting to participate and hope you will share those with us. Check all that apply, and add your own if needed.

- 1 No reason, I just don't want to do it
- 2 What I do for a living, or what I do all day, will not allow me to answer prompts during the day
- 3 I don't know how to download or use phone apps or I am not sure what they are
- 4 I don't want another app on my phone / I don't use apps
- 5 I don't really understand what the project is asking me to do



- 6 It will take too much time
- 7 It will be too much trouble
- 8 It doesn't pay enough
- 9 Seven days is too many / I would do it if it were fewer days
- 10 I have medical or health issues
- 11 I don't want to wear the activity tracker
- 12 I am concerned about privacy
- 13 I can't always get a cell or wireless connection on my phone
- 14 I don't always have my phone with me so I wouldn't know if it was beeping
- 15 Some other reason (please specify):

**whynotconsent\_other** (other why not consented in section Consent\_section)  
STRING

END OF GROUP

ELSE

**unsure** (Section Consent\_section)

We understand you are still not sure about participating. If you change your mind or have further questions regarding the study, you can reach out to the UAS helpdesk at uashelp@usc.edu or by calling us at 1-855-872-8673.

END OF IF

End of section **Consent\_section**

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 questionnaire?

- 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 questionnaire? Please type these in the box below.(If you have no comments, please click next to complete this questionnaire.)

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. \*/