

Wearing an activity monitor and GPS device



Why are we asking you to do this?

Physical activity is known to affect the health and wellbeing of young people. The places where we spend our time, such as home, school, parks and other local spaces also impact our health and our activity.

It is difficult to measure both of these things accurately. Many studies rely on asking people to remember the amount of time they have spent doing different activities or visiting different places. This can be hard to remember which can make the results less reliable. Using a GPS device means you do not need to remember your activity, as it is measured for you.

Information collected this way will help researchers understand more about how we can encourage physical activity in the places young people spend their time. In doing so we can help create more vibrant and valuable outdoor spaces so that more people can be healthier and happier.

What would we like you to do?

We would like you to wear an activity monitor and a GPS device. The activity monitor is a small device that records body movements during normal daily activities such as standing, walking or running. It also captures inactive periods such as time spent sitting or lying down. The GPS device records

information about how much time you spend at particular locations. Both types of technology are routinely used in smartphones or smart watches and in many apps.

What do the devices look like and how do I wear them?

The activity monitor is called an ActiGraph. It is about half the size of a bank card and is the red item shown in the photo. The GPS device is called a QStarz travel recorder. It is about the size of a bank card and is the black item in the photo.



The activity monitor is attached to an elastic belt and must be worn around your waist. Ideally, the GPS device should also be worn on the belt to ensure both devices are recording at the same time. However, the GPS device can also be put in your pocket or in your bag as long as you have it when you are wearing the activity monitor.

How long do I need to wear them for?

We would like you to wear the devices during waking hours for 8

days. We ask that you remove the devices just before going to sleep and put them on again when you wake up.

You should not wear the belt/devices when you go swimming, wash (shower/bath) or take part in activities where they might get damaged, such as contact sports.

What will happen to the information that's collected?

Just like the rest of your GUS data, all information will be handled in accordance with data protection legislation and used for research purposes only. The data collected by the devices will not be directly linked to your name, address or other information that can identify you. Results from the study will not be published in a way that reveals your identity.

The anonymised activity and GPS data will be shared with researchers at the University of Glasgow, who are responsible for analysing the findings. Anonymised data collected by the devices will be linked with the other information you have provided in GUS, so that researchers can use this information to carry out more detailed analysis of how activity is related to other aspects of your life.

The GPS data will never be used to identify you personally. The data will only be looked at once you have stopped wearing the device, so nobody will be monitoring

where you go at the same time you are there. Extra security controls are placed on the GPS data so that only approved and named researchers within the University of Glasgow will be able to use these data. It will not be shared with anyone else.

A small amount of anonymous summary information – such as time spent doing light physical activity or time spent in greenspace – will eventually be made available to other researchers alongside the main GUS data. This will not be information about individuals.

Do I have to take part?

No. Like all parts of the Growing Up in Scotland study, it's up to you to decide if you want to take part, but we hope you do. The information provided by these devices will really help researchers and the Scottish Government understand much more about young people's activity and health. This will help improve opportunities, services and facilities for young people. The more people who take part, the more powerful the data is.

What if I have more questions?

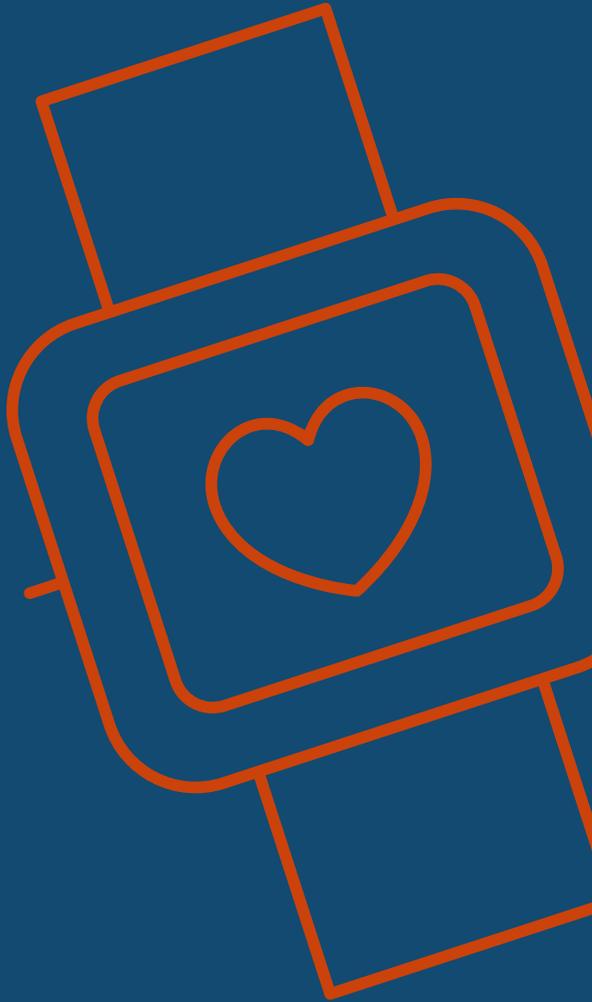
If you have any more questions, you can always ask the interviewer. You can also look at our website, growingupinScotland.org.uk, email us on gus@scotcen.org.uk, or call us on **0800 652 2704**.

Contact us

growingupinscotland.org.uk

gus@scotcen.org.uk

0800 652 2704



ScotCen
Social Research

ScotCen Social Research, Scotiabank House, 2nd Floor,
6 South Charlotte Street, Edinburgh, EH2 4AW. Tel. 0800 652 2704.
A Company Limited by Guarantee, Charity No. SC038454