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Participant Informed Consent Form - Study 2

Title of Study: Smartphones and athletes: Are they helping or hindering performance and well-being?

Principal Investigator:

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Co-Investigator:

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You are invited to participate in a novel study examining the impact of smartphones on the development and performance of athletes across Canada.

This study is important because research shows that smartphones can have positive and negative effects on performance and learning, but we do not yet understand how smartphones influence athletes who are under pressure to meet various demands (e.g., sport, performance, school).

Why am I being asked to participate?

You are being asked to participate in this study because you are part of an important group of athletes in Canada. As a competitive athlete, you have unique perspectives and experiences when it comes to pursuing excellence and we are interested in seeing how using your smartphone may facilitate and/or hinder your performance and well-being.

Purpose of the Study

The purpose of this study is to assess athletes' smartphone usage and determine if this usage impacts sport performance and well-being. The co-investigator's doctoral research is part of this project.

What is expected of me?

If you agree to participate, you will be asked to download a mobile application on your smartphone and allow it to run for the duration of 8 months (assistance will be provided as necessary). The data regarding your usage of different features and applications (i.e., time of day, frequency, and duration of use related to text messages, emails, phone calls, video games, social media, photos, videos, music, etc.) will be tracked in the 'background' of your regular phone activity and automatically downloaded to a secure web server on a bi-weekly basis. This will occur when you are connected to Wi-Fi or 3G during low usage times such as the middle of the night. **Of note, the mobile app for this study will NOT track any of the content within applications on your phone, so your privacy will not be violated.** You will also be asked to complete a demographic questionnaire via the

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mobile app one time at the beginning of the study, which will take approximately 5 minutes. You will then be prompted to complete, via the mobile app, a survey to assess various psychosocial variables and your sport participation and development, once per month for the 8 months of the study. It will take approximately 15-20 minutes to complete the survey on the mobile app each time. You will be able to complete it at whatever time is convenient for you within a 2-week time frame and do it in segments as you wish.

To be eligible, you must (a) be a competitive athlete in Canada (i.e., compete in regular competitions throughout the year), (b) own a Smartphone equipped with Google's Android operating system, (c) be 13 years of age or older, and (d) read and write in English, as the app is only available in English.

If you meet the criteria for a follow-up study and you are interested in taking part, you will be asked to provide your consent to be contacted to participate in a one-hour individual interview with one of the researchers to discuss more in depth your smartphone usage, including how you employ social media. You can choose to participate in the first study, without participating in the follow-up study. If you do not meet the criteria for the follow-up study, you will not be contacted about it.

Can I say no?

Your participation is completely voluntary. You may decline to participate in the study or withdraw from it at any time without penalty. You have the right to refuse to answer any question at any point in time. If you choose to withdraw from the study, the data collected will be securely stored as described below or destroyed if that is your preference. Additionally, once the study has been published, you may still request to have your data destroyed to prevent its use in any further publications.

What are some potential risks?

This study will involve minimal risk. Responses to questions are optional and voluntary; you reserve the right to withhold responses should you choose to do so. Should any of the questions trigger psychological or emotional concerns, please contact the co-investigator, Poppy DesClouds, at pdesc016@uottawa.ca and she will be able to direct you towards appropriate resources.

What benefits will I receive from participating in this study?

By participating in this study, you will be contributing to the enhanced understanding of how athletes may best use their smartphones to facilitate optimal performance outcomes and overall well-being. You may also gain increased awareness of your own smartphone usage, as well as the benefits and drawbacks of this usage in the various contexts of your life.

Has this study received ethics approval?

This research project has received ethics approval from the Research Ethics Board of the University of Ottawa, Carleton University, Algonquin College, and La Cité Collégiale. Your participation is completely voluntary, and you may withdraw from the study at any time and/or refuse to answer questions without any negative consequences. Should you wish to withdraw your responses after you submitted them, simply email the co-investigator, Poppy DesClouds, at pdesc016@uottawa.ca at any point during the study and your responses will be deleted from the database.

How is my personal information being protected and how will the data be conserved?

Your responses will remain anonymous and confidential. In order to minimize the risk of security breaches and to help ensure your confidentiality, we recommend that you use standard safety measures such as signing out of your account, closing your browser, and locking your screen or device when you are no longer using them / when you have completed the study.

The information that you share may be used by Dr. Durand-Bush and Ms. Poppy DesClouds in conference presentations and publications in scientific journals, however, your anonymity is guaranteed at all times. If you consent to be contacted to participate in a follow-up qualitative study should you meet the criteria, your name and contact information (i.e., email address, and phone number) will be kept in a secure, password protected participant key that links your name and contact information with your participant ID. This information will only be accessible by the research team for the purposes of selection for the follow-up study. Moreover, after installing and logging in to the mobile application, you will be identified using only a participant ID number and *no* personal identifiers. This ID will be linked to a password protected participant key, that will be accessed by the research team only.

All physical data such as printed manuscripts or reports will be safely kept in Dr. Durand-Bush's laboratory in a locked cabinet. All electronic data will be saved on Dr. Durand-Bush's or Ms. DesClouds' password protected computer. All of the data will be conserved for 5 years after completion of the project, after which they will be permanently destroyed.

Who do I contact if I have further questions?

If you have any questions regarding the ethical conduct of this study, you may contact the Protocol Officer for Ethics in Research, University of Ottawa, Tabaret Hall, 550 Cumberland Street, Room 154, Ottawa, ON K1N 6N5; Tel.: (613) 562-5387; Email: ethics@uottawa.ca. For any questions regarding this study, you can contact Poppy DesClouds at pdesc016@uottawa.ca, or Natalie Durand-Bush at ndbush@uottawa.ca.

Who do I provide my consent to participate in the study?

If you wish to participate in this study, please read the information below, type your full name, and click the button that reads, "I consent to participate in this study".

- I understand that I am being asked to participate in a study regarding the use of smartphones as an athlete.
- I have read each page of this Participant Informed Consent Form or have had it read to me.
- My questions have been answered to my complete satisfaction.
- I understand that I have the right to withdraw from the study at any point, should I see fit.
- I voluntarily agree to be a participant in this study.
- I accept that the results of this study will be published in scientific articles and presented at conferences, and I understand that my anonymity will be protected.
- I may print a copy of this consent form for my personal files