

FRAS FAQs

Our study website (<https://studies.epi.ims.cam.ac.uk/fenland/remote-assessment>) contains video instructions (as well as some written instructions) on all components of the study. We recommend that you first watch the videos and read the instructions as these might answer any questions you may have. We hope that the following FAQs may help clear any confusion.

Please note, this is a feasibility study and you'll help us test parts of the study like recruitment, procedures, and data collection. Doing a feasibility study helps us **identify problems early** and make improvements. That way, when we move on to a larger study, we can be more confident that it will work well and produce useful results.

Participation:

- **What is a Feasibility Study?**

A feasibility study is a type of research done before a full-scale study. Its main goal is to find out if the larger study can be done successfully. We use it to answer questions like:

- Can we recruit enough participants?
- Will people stay in the study until the end?
- Are the procedures and tests practical and acceptable?
- Do we need to make any changes before running a larger study?

Because this is a feasibility study, some of the procedures we're testing may not work exactly as planned. Part of the purpose of this study is to find out what works well and what doesn't. This means:

- Some parts of the study might need to be adjusted as we go.
- We may discover that certain procedures are confusing, time-consuming, or not suitable.
- Your feedback is especially valuable in helping us improve these processes.

We appreciate your patience and understanding as we learn and make improvements. Your participation is helping us design a better, more effective full-scale study in the future.

- **I have provided my consent but have yet to hear from you? Can I still take part?**

For iOS users we are limited by the number of devices we can lend to them so there could be delays in starting the study after consent. We will notify you if we have recruited the numbers we require and you are no longer able to participate. If you do not hear from us, there is a possibility you will still be able to participate.

Google Pixel Watch:

- **Which wrist should I be wearing the watch on?**

You can wear the watch on whichever wrist is more comfortable for you. If you are not used to wearing a watch it might feel a bit strange to start with, but it should become more natural over time.

- **Can I wear the watch before I have connected it to Wi-Fi?**

No. We recommend you put the watch on charge when it arrives and connected to Wi-Fi at that point following the instructions enclosed with the package and those online

- **How often do I need to charge the watch?**

The watch will need charging at least once a day (although more frequent charging will reduce the risk of the battery draining) using the cable provided. The cable is a USB type-C, if you require an adaptor, please email us at fras@ims.cam.ac.uk and we will send one out to you.

We would recommend building the charging of the watch into your daily routine. One way of doing this is by charging the watch whilst showering/bathing, or before going to bed and after waking up, for example.

Try to refrain from charging overnight as sleep data is just as important as day data.

The watch will take about 75 minutes to fully charge from 0%. However, we ask that you charge the watch if it hits 10% as data collection will stop if it falls below this. You can charge the watch in multiple 'chunks' throughout the day if you wish.

Towards the end of the enhanced assessment week, we would be grateful if you could charge the watch for longer and more regularly. This is to ensure that the data stored on the watch will transfer to us ready for the LAVA tool.

- **Why do I have to charge the watch so often?**

The watch is constantly recording your heart rate and movement which will use and drain the battery quite considerably.

By placing the watch on charge, it also starts the transfer of data from the watch back to us.

- **Why do I have to be at home to receive the device?**

Due to the value of the device, you will need to be at home to sign for it upon delivery. You can indicate which day/s you will be in as part of the consent process and the study team will do their best to accommodate this.

- **Why have I been provided with an Android Device?**

If you have an iPhone, you are unable to pair the watch to this, therefore we will loan you an Android device that is paired together.

If the battery of the watch battery drains completely there is a risk that once it wakes up during charging that it will lose the correct date and time. Therefore the **only** purpose of this device is to have it paired to the watch so if the watch does run out of battery, it will sync with the device and display the correct date and time. We kindly ask that you do not alter or change any of settings on our devices.

This device will also need connecting to your Wi-Fi – please follow the instructions enclosed within the package we sent you. If this is missing please email us at fras@ims.cam.ac.uk and we will email this to you.

Please keep this device charged and in the location where you intend to charge the watch. Do not download any apps to our device.

- **How do I connect my watch/device you have loaned me to Wi-Fi?**

Please follow the instructions provided in our email as well as enclosed within the package.

We also have a video on the website

<https://studies.epi.ims.cam.ac.uk/fenland/remote-assessment> - scroll down to Smartwatch (Day1).

- **Do I need to send the Android Device back?**

Yes, this Android Device is being loaned to you for the purposes of the study to allow time synchronisation with the watch. We will need the device back so it can be used by other participants in the study

- **How do I send the Android Device back?**

In the package we sent you, there should be a large jiffy envelope. Place the device back in its box and put it in the jiffy bag. This will need to be taken to the post office to send it back to us. The postage for return has been already been paid.

- **I cannot see my home Wi-Fi in the list on my watch. What does this mean?**

There is a small chance that your home Wi-Fi is not compatible with the Google Pixel Watch 2. In these rare cases if you have access to a different Wi-Fi location (i.e.

work) on a regular basis (that you can also charge the watch at) you could attempt to connect to that signal.

If this is not possible please email the study team at fras@mrc-epid.cam.ac.uk as it might be the case you are unable to continue within the study.

- **How long do I have to wear the watch for?**

The length of the study is 1 month (30 days). We would ideally like you to wear the watch for the entire duration, 24 hours a day (excluding the time the watch is being charged). You can take the watch off after this time.

- **When do I send back the watch?**

At the end of the study, you will be able to keep the watch should you wish to do so.

If you do not want to keep the watch (and we have provided you with an Android device) place the watch inside the enclosed jiffy bag along with the device and take the package to a post office to send it back to us.

If you paired the watch to your own device, please get in contact with the study team and they will assist in the return of the watch.

- **Can I get the watch wet?**

Yes, the watch is water-resistant to a depth of 50 meters, so you can swim, bathe or shower in it if you wish to do so.

We would recommend removing it in saunas due to the extreme temperatures.

- **Can I connect the watch to my own phone?**

If you have an iPhone, unfortunately you are unable to pair the watch to your phone. We will loan you an Android device that is already paired with the watch (please see above).

If you have Android device, you can pair the watch to it. Please follow our instructions which will show you how to do this. If you are unable to connect the watch to your phone, please inform us at fras@ims.cam.ac.uk and let us know the make, model, and operating system of your Android device. In the meantime, as long as the watch is connected to Wi-Fi, it is vitally important that you keep the watch charged above 10% as often as you can even if this is at the expense of collecting data.

- **I have finished my participation in the study and would like to keep the watch. How do I reset the watch back to its factory settings?**

In our Acceptability Questionnaire email, we have provided a link to our study website with instructions on how to do this.

If you no longer have this email, please email the study team at fras@ims.cam.ac.uk who will forward you instructions

BreathNow

- **Why do I need to download this app?**

This app enables us to receive physical activity data from your device as well as starting the Geolocation component of the study. Therefore, the app needs to be download on to your own phone and not the device we have provided.

Please download the app (on your own device, not the one loaned to you) and start the location tracking on the day prompted (please do not do this any earlier). This will allow us to display the data in our LAVA tool on time at the end of the study period. You will be able to see your movements at end of the study via our LAVA tool (please see below).

You do not need to perform the step test using this app.

- **How do I download the app?**

You can download the app from the respective app stores – these are in the email sent to you.

Play Store (Android):

https://play.google.com/store/apps/details?id=com.dkonash.breathnow&hl=en_GB

App Store (Apple iOS): <https://apps.apple.com/us/app/breathnow-blood-pressure-app/id1551799152>

The app icon can sometime look different on different models of phone in the app store. Please ensure you find the “Blood pressure app BreathNow” (Andoird) or “BreathNow – blood pressure app” (iOS) that is made by **Cardio Calm Ltd**

- **What details do I need to enter?**

You will need to enter your FRAS ID **precisely** as set out in our email – otherwise we may not be able to retrieve the data, and you may not be able to see it on the LAVA tool (please see below) at the end of the study. Please note, the FRAS ID is different to your Fenland ID. The study you will need to enter is “Fenland”

- **Why do I have to select Always Allow for Location Access?**

This is so the app does not have to be open to record your location during the 7 days. If this is not set correctly, it means the app will only record whilst it is open and will not truly reflect your movements reducing the quality of your feedback within the LAVA tool.

- **The app offers in app purchases; do I need to buy these?**

No – you are under no obligation to purchase any of the in-app purchases and they are not needed for our study.

You also do not need to use any of the features within the app for the purposes of this study.

- **The app keeps getting stuck on the heart rate/pulse screen and asking for access to camera.**

This screen is not needed for us to collect the data we need. Even though the screen may not detect your heart rate and continually appear you should still be able to click on the “Exercises” tab at the bottom to move away from this.

- **Why has the app told me that I haven’t spent any time (or less time than I did) in nature when I have been out and about?**

If you happen to see this message, please ignore it.

- **The app keeps on crashing, what do I do?**

This typically happens if your own phone is an Android and could be due to not having installed the Health Connect app first. Please delete the BreathNow app (and Health Connect if installed) then reinstall the Health Connect app followed by the BreathNow app.

- **I can not seem to set the app up?**

Please let us know at fras@ims.cam.ac.uk along with the make, model and operating system of your phone and any screen shots you can provide. You can still participate in the study without the app working, it will mean that when you receive the LAVA login details there will be no GPS data displayed, only the data from the watch.

Health Connect

- **Why do I need to download this app?**

This app is not installed as default on Android devices, so the Health Connect app will allow you to be able to share the physical activity data that is stored on your device with us. Once installed there is nothing else you need to do with the app.

- **How do I download the app?**

You can download the app via the Play Store

(https://play.google.com/store/apps/details?id=com.google.android.apps.healthdata&hl=en_GB)

Step Test

- **Why do I need to do this test?**

By doing this test, it will enable us to assess your fitness without having to leave your home to come to one of our clinics.

- **How long is the step test?**

It is 5 minutes in duration with a 1-minute recovery at the end. If you feel like stopping at any time, you are free to do so.

- **What do I have to do?**

The test entails you listening to an audio file

(https://studies.epi.ims.cam.ac.uk/files/fenland-study/fenland-remote-assessment/mrcepiunit_rampstesttest_brage2005_5.04min.mp3) that will tell you when to 'step up' and when to 'step down' (it will say "up, up, down, down"). The tempo will increase slightly over the duration of the test. You can use a fitness step if you have one, but any step around the home which you feel safe using, such as your stairs, is sufficient.

Please do not use the BreathNow app to perform the Step Test.

Please ensure you measure the height of the step and what time you started and finished the step test. You will need this information to enter into the LAVA tool.

We recommend that you do the test in presence of another person.

Self-selected test

- **Why do I need to do this test?**

By doing this test it will allow us to improve our ability to assess individual heart rate responses to different exercises. Whilst we have tests such as the step test, this style of test will allow us to see heart rate response during the forms of exercise you may be doing more regularly.

- **What exercise should I do?**

You should do the exercise that you most commonly do. For example, if you regularly cycle as opposed to run, please cycle as you will be used to that type of exercise. Please do not do a form of exercise that you are not accustomed to.

- **What intensity should I exercise at?**

We recommend that you exercise at a moderate level. You should be able to talk during the exercise but not sing.

- **Is there anything else I need to do?**

Yes- we would like you to keep a note of the time you do the exercise and a description of the intensity of the exercise, e.g. the speed and incline of a treadmill or the wattage of an exercise bike, we can also use these data to estimate your fitness.

If you are doing a weighted activity, you could record the type of that activity and the weight (e.g. 10kg) being lifted, or if you are doing an exercise class or exercise such as jogging, you can record the type and use the note section to provide additional information on intensity e.g. mild intensity yoga or high intensity sprinting.

Log this information in the LAVA tool within the notes section add as much detail as you think is necessary to help the research teams.

LAVA

- **What is the LAVA tool?**

LAVA stands for Location Activity Visualisation and Annotation tool. It uses and visualises your data from the BreathNow app.

- **What does it do?**

You can explore your own data on our secure web tool that plots your location measurements on a map alongside your movements and heart rate data.

You can also provide additional contextual information about specific time segments if you wish, for example, you can add a note that you were running at a certain time period. You can annotate as much or as little as you would like.

- **Where do I get my login details from?**

The LAVA login details will be sent to you via email on day 21.

Please note only heart rate and movement data from the watch will appear until the end of the study. The location data will be uploaded at the end of the study (by day 30).

Please access the tool from a PC or tablet, as it does not work very well from a phone. This is because you will need to use the camera on your phone to enable to multifactor authentication.

- **Why do I have to use multifactor authentication?**

Multifactor authentication provides an extra secure way of protecting your data. You will need the username and password that we have emailed you, plus a token that

changes every time you log in from the multifactor authenticator. Our website will show you how to download an authenticator and how to use it.

<https://studies.epi.ims.cam.ac.uk/fenland/remote-assessment>

- **How will this information be used?**

The contextual annotation will help us answer questions about the context of physical activity, e.g. the type of activities people do and how different types of physical activity fit into a person's daily routine. Knowledge about the interplay between physical activity, location, mood and social context is very limited but these data will allow research into this area. The collected data on activity types will also allow development of new methods for characterising behaviour from monitor data, i.e. in studies where only monitor data is available.

All the information is stored under an anonymous identification code.

- **At some points of the trace I cannot see my heart rate, why is this?**

On occasions, the watch you wore may not have been able to accurately record your heart rate. If this is the case some data may appear missing on the display. If you removed the watch at any time (for example during charging) your heart rate may not be displayed at that point.

Additionally, if the battery went below 10% or became flat, it will not record any data.

- **My location does not seem to be showing. Where has it gone?**

The location data should be available to view at the end of the intensive week as it is all stored in one file before sending.

The GPS on your device relies on being able to send & receive information from satellites. In some locations the signal may not be strong enough for the monitor to detect. This is most common in places with high rise or tightly packed buildings. Tall buildings may cause a GPS signal to 'bounce' on its way between your device and the satellites, resulting in slight miscalculations of your position. It may therefore look like you are moving small distances within the same place when in fact you are static, or that you took a slight detour and different route to the one you actually took.

If the BreathNow app was not set up successfully (i.e. the app was not set to Always Allow to use your location) it will only record when the app is being used (open) so the data you see may only be the times when the app was being used (open).

If you cannot see location data please still annotate as much as you can based on the heart rate and movement data alone.

- **Do I need to annotate everything?**

You do not need to annotate the whole month of data (unless you want to). We would appreciate you annotating as much data as you can (preferably >24hrs) as well as annotating the step test and self-selected exercise test that you completed.

- **Data has appeared in LAVA from when I wasn't wearing the watch?**

When watches are sent out, they are switched on to check their functionality. On occasion this can cause it to store a small amount of movement data. If you were sent a replacement watch for any reason, where the previous watch was switched on at set-up or when attempting transfer, this data may also appear.