



STUDY MEMBER GUIDE

Burst 3

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The Pennsylvania State University
114A Henderson Building
University Park, PA 16802

Our website: <http://isahib.weebly.com>

Introduction to Study

Welcome to Burst 3 of the Intraindividual Study on Aging, Health, and Interpersonal Behavior, otherwise known as iSAHIB. We are excited about the quality and quantity of the data collected thus far. Thank you for your contributions to this study!

The iSAHIB study is a unique and groundbreaking study. Throughout the study, you are using a smartphone to record information about your social interactions and how you felt as they occurred. In the past, similar studies have been done using pencil-and-paper questionnaires and the post office. Using smartphones in this study allow us to collect the stream of data you provide in near real-time. By doing so, we are able to document the highs and lows of your day over many days for a more comprehensive, timely, and accurate record of your experience. If you were not able to completely represent your daily life in the first burst of data collection, please strive to do so for Burst 3.

Your contributions in providing this data will help us to understand (a) how your daily life is patterned, (b) how the patterns of your interpersonal behavior and feelings change over time, and (c) how those patterns relate to changes in your health. Together we are embarking on a journey to investigate important questions about human behavior, health, and emotions.

Sincerely,

Nilam Ram, Ph.D., Aaron L. Pincus, Ph.D., David E. Conroy, Ph.D., & the iSAHIB Research Team

What to expect

As a member of this study, you will be asked to log the social interactions you have with others for three 21-day periods that we call “bursts.” Data collection can be scheduled for the 21 days that work well for your schedule. Each of the 3 burst periods will be followed by a quiet period in which you are not recording interactions. At the beginning and end of each burst, you will have a lab appointment.

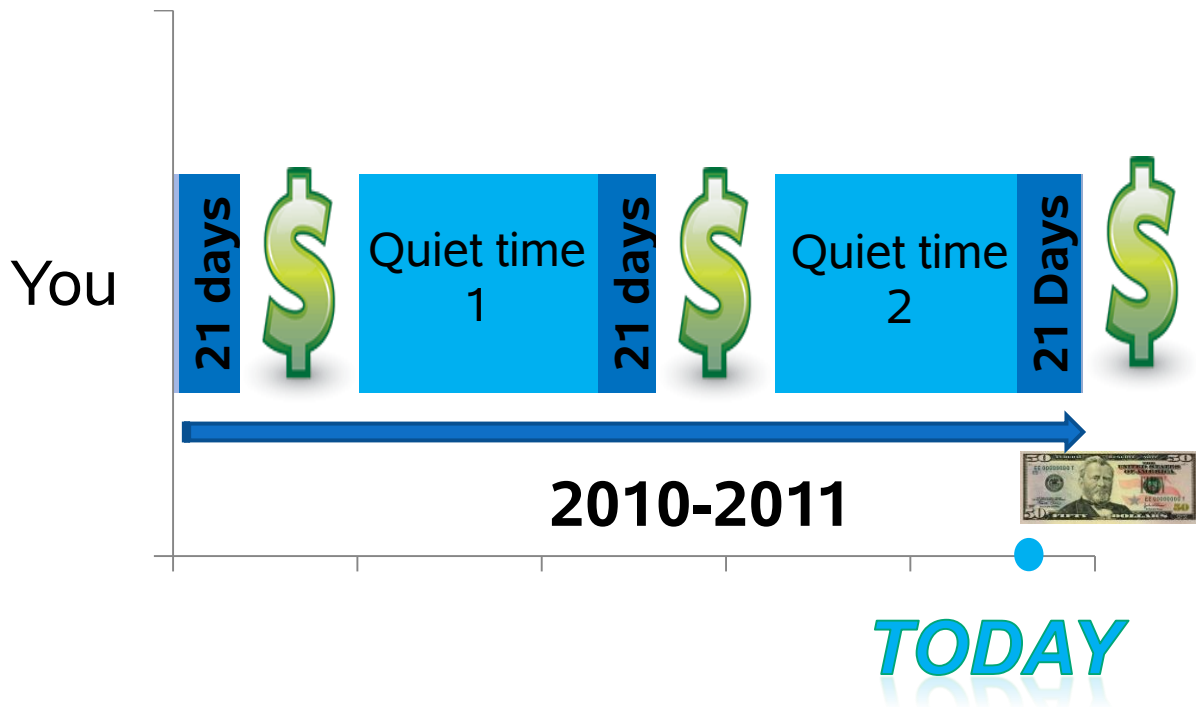
In the **pre-burst lab appointment**, you will 1) complete a battery of questionnaires, 2) receive training on how to report on your experiences during the burst using each survey, and 3) be trained on how to use the smartphone to document your social interactions and day. The first pre-burst lab session will be the longest because of the smartphone training; the other lab visits will be shorter. Plan to spend 3 hours for the first lab session and about 90 minutes for every other pre-burst lab visit.

In the **post-burst lab appointments**, you will complete a battery of questionnaires and return the smartphone. You should plan about 1 hour for each post-burst session.

During each burst, you will be asked to provide data following social interactions throughout each day and complete a final survey at the end of each day. For each *social interaction* you have during the day, you will answer a series of questions regarding your behavior and how you felt during the interaction using the smartphone. *Before bed*, you will use the smartphone to answer general questions about how you felt about your day as a whole and to summarize your personal health behaviors.

The information you provide during the study will help us gain a better understanding of the patterns in your social behavior and feelings. We will use this information to increase our understanding of how the different ways adults organize their behavior and feelings impact their health and well-being over the course of the study. We will also explore how the aging process influences these patterns linking your behavior, feelings, and health.

Study timeline



Contact information

If at any time throughout the study you have any questions or concerns, please feel free to call our research lab at (814) 470-0123. We are best able to answer questions between 8 AM and 7 PM. If we are unable to respond to your call immediately, please leave a message with your phone number so that we can respond as soon as possible. You may also email us at smartphone@psu.edu.

Informed Consent



Informed Consent Form for Social Science Research The Pennsylvania State University

Title of Project: Intraindividual Study of Affect, Health, and Interpersonal Behavior

Principal Investigator: Nilam Ram, Ph.D., Assistant Professor of Human Development & Family Studies
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(814) 865-7038; nilam.ram@psu.edu

Other Investigator(s): Aaron L. Pincus, Ph.D., Associate Professor of Psychology
David E. Conroy, Ph.D., Associate Professor of Kinesiology
Amy E. Lorek Dattilo, Ph.D., Research Associate, Gerontology Center
Amanda L. Hyde, Graduate Student (Kinesiology)
Mike Roche, Graduate Student (Psychology)
Undergraduate Research Team

1. **Purpose of the Study:** The purpose of this research is to investigate links between one's perception of their achievement motives and variation in interpersonal behavior and feelings over time.
2. **Procedures to be followed:** This study involves you answering questions about your beliefs, feelings, and other personality characteristics after social interactions and at the end of each day for 21 days. After each social interaction lasting more than 5 minutes, you will be asked to a short survey that focuses on the situation you were in, how you felt during that interaction, how your partner treated you, and how you treated your partner. At the end of each day, you will be asked to a second short survey about the type of day you had and your feelings throughout the day. Your responses to questions will be transmitted to a secure database using a smart phone. Responses you give over the course of the study will be combined to create a representation of your interpersonal change over time.
3. **Discomforts and Risks:** You may feel self conscious while completing questionnaires about yourself or your interaction partners.
4. **Benefits:** You might learn more about yourself by participating in this study. This research might provide better understanding of how motivation and feelings influence interpersonal behavior. You will also have free texting and web browsing available to you when using the study smart phones. Payment for participation in this study is detailed in a separate section of this document.
5. **Duration/Time:** It will take approximately 20 minutes over the course of each day of the study to complete the questionnaires about your interactions and feelings (21 days are scheduled for each data collection period). Three data collection periods are planned over an 18 month long study.
6. **Statement of Confidentiality:** Your participation in this research is confidential. Your responses are linked by a common ID number so they can be paired in our analyses, but they do not ask for any information that would identify who the responses belong to. A key linking names to ID numbers will be maintained until data collection is complete, at which point it will be destroyed. The data will be encrypted and stored securely at the Survey Research Center, University Research Park Campus in a password protected file. Publication or presentations resulting from this research will not contain any personally identifiable information nor will it be shared. Your confidentiality will be maintained to the

degree permitted by the technology used. Specifically, full guarantees cannot be made regarding the interception of data sent via the internet by any third parties. Penn State's Office for Research Protections, the Institutional Review Board, and the Office for Human Research Protections in the Department of Health and Human Services may review records related to this project.

7. **Right to Ask Questions:** Please contact Dr. Amy Lorek Dattilo at (814) 863-7903 or Dr. Nilam Ram at (814) 865-7038 with questions, complaints or concerns about this research. You can also call this number if you feel this study has harmed you. If you have any questions, concerns, problems about your rights as a research participant or would like to offer input, please contact Penn State University's Office for Research Protections (ORP) at (814) 865-1775. The ORP cannot answer questions about research procedures. Questions about research procedures can be answered by the research team.
8. **Payment for participation:** The primary study consists of three periods ("bursts") of data collection spread over 18 months. Each burst employs the same procedures. Monetary compensation is scaled incrementally with the frequency and level of continued participation. Specifically, you will receive \$50 for initial enrollment in the study and completion of initial training, baseline assessments, and return of equipment to the lab, prorated amount (\$2.35) for each day of study participation. An additional bonus of \$75 will be given to all participants who participated for at least 18 of 21 days. In total, a participant may receive \$125 during Burst 1 (the first 21 day period). Compensation increases incrementally with continued participation in future bursts. Participants who continue to participate in Burst 2 will have the possibility to receive an additional \$150 (\$2.35 for each day of study participation plus full completion bonus of \$100) and in Burst 3 an additional \$175 (\$2.35 for each day of study participation plus full completion bonus of \$125). Further, an additional bonus of \$50 will be given to study participants who complete all three data bursts at or above the minimum standards. By the end of the study participants will have the opportunity to receive up to \$500 for full participation in all three data collection bursts. Total payments within one calendar year that exceed \$600 will require the University to report these payments to the IRS annually. This may require you to claim the compensation that you receive for participation in this study as taxable income.
9. **Voluntary Participation:** Your decision to participate in this study is voluntary. You can withdraw at any time. You do not have to answer any questions you do not want to answer. Refusal to take part in or withdrawing from this study will involve no penalty or loss of benefits you would receive otherwise. Your compensation will follow standards described above.

You must be between 18-90 years of age to take part in this research study. If you agree to take part in this research study and the information outlined above, please sign your name and indicate the date below. You will be given a copy of this form for your records.

Participant Signature

Date

Person Obtaining Consent

Date

☐ Yes ☐ No I would like to be contacted for participation in future studies.

Burst 2:

I have reviewed the study description again and reconfirm my consent to take part in this research study.

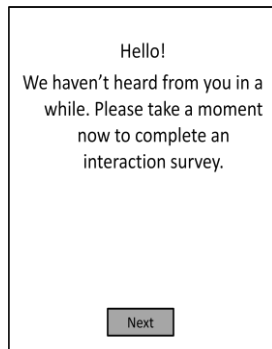
____ (Initials) _____ (Date) _____ iSAHIB Staff

Burst 3:

I have reviewed the study description again and reconfirm my consent to take part in this research study.

____ (Initials) _____ (Date) _____ iSAHIB Staff

The Interaction survey

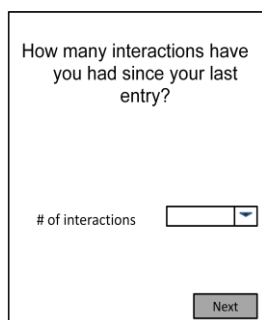


Hello!

We haven't heard from you in a while. Please take a moment now to complete an interaction survey.

Next

This screen automatically appears when no interaction entries were completed within the preceding 2 hours. This is a reminder prompt to enter any previous interactions in case you forgot to do so. When this screen appears, you will hear a beep. Touch "Next" to continue.

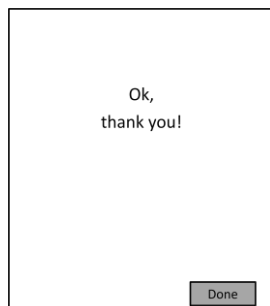


How many interactions have you had since your last entry?

of interactions

Next

Report the number of interactions (lasting 5+ minutes) you had since your last interaction entry. To answer, touch the Interactions drop down menu and select a number from 0 to 10+. After you have selected a number, touch "Next" to continue to the next screen. If you have had more than one interaction, you will only fill out a survey for one of these interactions.



Ok,
thank you!

Done

If you selected "0" on the previous screen, indicating you have had no interactions since your last entry, this screen will be the next to appear. Simply touch "Done" to send this report to the study server.



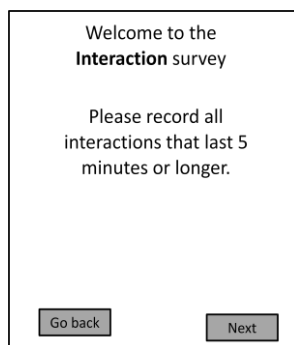
iSAHIB

Interactions

Before Bed

Exit Surveys

The screen is present as the primary screen you see on your phone. On this screen you will choose which survey you would like to complete. To log an interaction, select "Interactions;" to describe your day as a whole, select "Before Bed." If you would like to exit out of the iSAHIB application and use other smartphone features, select "Exit Surveys."

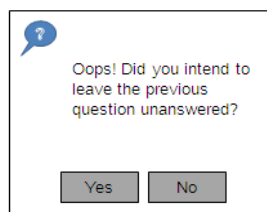


Welcome to the
Interaction survey

Please record all
interactions that last 5
minutes or longer.

Go back Next

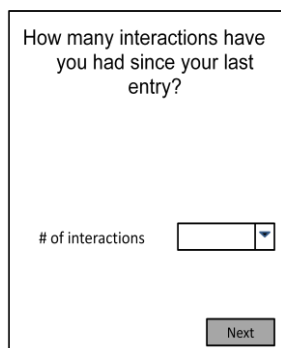
This is the Interaction welcome screen that will appear after you select the “Interactions” button on the previous screen. Here you will find a “Go Back” button to go to the main welcome screen if you made the wrong selection. If you wish to complete an Interactions survey, then touch the “Next” button.



Oops! Did you intend to
leave the previous
question unanswered?

Yes No

Anytime a question is left unanswered this window will appear. If you did not mean to leave the question blank then touch the “No” button. If you wish to leave the question blank then confirm this response by touching “Yes”.



How many interactions have
you had since your last
entry?

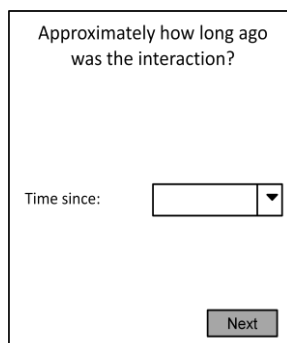
of interactions ▼

Next

This is the first screen that will appear as part of the Interaction survey. Choose the number of interactions that you have had since your last entry by using the dropdown menu on the right.

This question aims to account for missing data. If there are interactions that you have not reported and will not be reporting, identify the number here.

Select an answer and then touch “Next” to go to the next screen. If you have had more than one interaction, fill out a survey for your most recent interaction.



Approximately how long ago
was the interaction?

Time since: ▼

Next

Enter how long it has been since the interaction took place. Touch on the “Time since” dropdown box and select the appropriate time. Options range from “0” to “2 hours” and are listed in 15 minute increments. A choice of “0” means that the interaction just took place and you are reporting it very close to the time it occurred. Touch “Next” to continue.

Where were you when this interaction took place?

- ☐ Home
- ☐ Office/Work
- ☐ Class
- ☐ Store
- ☐ Café/Restaurant
- ☐ In transit (street, bus, sidewalk)
- ☐ Recreation facility (gym, park)
- ☐ Other

Next

Indicate where the interaction took place. To answer, touch the circle to the left of the best response to match your situation. Select the best option you see available. Choose only one answer. Touch “Next” to continue.

Was your “other” location...

- ☐ A friend's house
- ☐ Travel or travelling
- ☐ Place of worship
- ☐ Somewhere else

Next

This screen offers more choices for where the interaction took place if you chose the “**Other**” option. Choose one best answer. If none of these apply, you may choose “somewhere else.” Touch “Next” to continue.

What was the primary purpose of the interaction?

- ☐ Task
- ☐ Social
- ☐ Both task and social

Next

Indicate the primary purpose of the interaction – to accomplish a certain task or job (task), connect with another person (social), or both. To answer, touch the circle to the left of your response. Touch “Next” to continue.

Describe the person you interacted with ...

- ☐ Male
- ☐ Female

Next

Select whether the person you interacted with was male or female. To answer, touch the circle to the left of your response. Touch “Next” to continue.

Describe the person you interacted with ...

- ☐ Infant
- ☐ Child
- ☐ Teen
- ☐ Young adult
- ☐ Adult
- ☐ Older adult

Next

Indicate the general age of the person with whom you interacted – infant, child or teen, young adult, adult, older adult. Answer whatever age you perceive to be true. To answer, touch the box to the left of your response. Use your best estimate. Touch “Next” to continue.

Describe the person you interacted with ...

- ☐ Stranger
- ☐ Friend
- ☐ Co-worker
- ☐ Romantic partner
- ☐ Family
- ☐ Service professional
- ☐ Other

Next

Indicate the general relationship between you and the person in your interaction. To answer, touch the circle to the left of your response. Choose the answer that best matches the options available on this screen. Touch “Next” to continue

What kind of relationship do you have with them?

- ☐ Casual acquaintance
- ☐ Enduring friendship
- ☐ Lifelong relationship

Next

If you described the person you interacted with as a “**Friend**,” this will be the next screen to appear. At this screen indicate the level of relationship you have with that person. To answer, select the circle to the left of your response. Touch “Next” to continue.

What kind of relationship do you have with them?

- ☐ New relationship
- ☐ Casual relationship
- ☐ Serious relationship

Next

If you described the person you interacted with as a “**Romantic partner**,” this will be the next screen to appear. At this screen indicate the level of relationship you have with that person. Choose the option that is the best match for your relationship with that person. To answer, touch the circle to the left of your response. Touch “Next” to continue.

They are your...

- ☐ Professional colleague
- ☐ Employer/Supervisor
- ☐ Employee/Supervisee

Next

If you described the person you interacted with as a **“Co-worker,”** this will be the next screen to appear. At this screen, you will indicate what the level of relationship you have with that person. Choose the best answer. To answer, select the box to the left of your response. Touch “Next” to continue.

They are your...

- ☐ Spouse
- ☐ Child
- ☐ Parent
- ☐ Extended family member

Next

If you described the person you interacted with as a **“Family,”** this will be the next screen to appear. At this screen, you will indicate what the relationship you have with that person. Choose the best answer. To answer, select the box to the left of your response. Touch “Next” to continue.

They are a ...

- ☐ Retail worker
- ☐ Restaurant worker
- ☐ Health care provider
- ☐ Other service provider

Next

If you described the person you interacted with as a **“Service professional,”** this will be the next screen to appear. At this screen, you will indicate a further description of the other person. Choose the best answer. To answer, select the box to the left of your response. Touch “Next” to continue.


They are your ...

- ☐ Student
- ☐ Client
- ☐ Roommate
- ☐ Someone else

Next

If you described the person you interacted with as **“Other,”** this will be the next screen to appear. At this screen, you will indicate what kind of relationship you have with the person you interacted with. To answer, select the box to the left of your response. Choose the best answer. Touch “Next” to continue.

How well do you know this person?




Not at all Very Well

Next

Indicate how well you know the person. Touch the bar between “Not at all” and “Very Well” to answer. Touch “Next” to continue.

Rate how
THE OTHER PERSON
acted




Distant Friendly

Submissive Dominant

Next

Rate how the OTHER PERSON acted during the interaction. Touch the bar between “Distant” and “Friendly” and again between “Submissive” and “Dominant” to answer. Touch “Next” to continue.

Rate how
YOU
acted




Distant Friendly

Submissive Dominant

Next

Now rate how YOU acted during the interaction. Touch the bar between “Distant” and “Friendly” and again between “Submissive” and “Dominant.” Touch “Next” to continue.

Rate how
YOU
feel




Unpleasant Pleasant

Sleepy Aroused/
Activated

Next

Rate how YOU feel at the moment. Touch the bar between “Unpleasant” and “Pleasant” and again between “Sleepy” and “Aroused/Activated.” In this context, aroused means activated or alert. Touch “Next” to continue.

During this interaction, I tried to keep my emotions to myself.




Not at all Very much

Next

Indicate how much you managed your emotions during the interaction by keeping your emotions to yourself. Touch the bar between “Not at all” and “Very much” to answer. Touch “Next” to continue.

I tried to control my emotions by changing how I thought about the interaction.




Not at all Very much

Next

Indicate how much you managed your emotions by changing how you thought about the interaction. Touch the bar between “Not at all” and “Very much” to answer. Touch “Next” to continue.

I understood the other person’s feelings.




Not at all Very much

Next

Indicate how well you understood the other person’s feelings. Touch the bar between “Not at all” and “Very much” to answer. Touch “Next” to continue.

I got caught up in the other person’s feelings.




Not at all Very much

Next

Indicate how much you were caught up in the other person’s feelings during the interaction. Touch the bar between “Not at all” and “Very much” to answer. Touch “Next” to continue.

How **important** was this interaction for you?




Not important Very important

Next

Indicate how important the interaction was for you. Touch the bar between “Not important” and “Very important” to answer. Touch “Next” to continue.

How useful was this interaction for **YOU**?

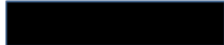


Very Costly Very Beneficial

Next

Indicate the degree to which the interaction was costly or beneficial for YOU. Touch the bar between “Very Costly” and “Very Beneficial” to answer. Touch “Next” to continue.

How useful was this interaction for **THE OTHER PERSON**?




Very Costly Very Beneficial

Next

Indicate the degree to which you thought the interaction was costly or beneficial for THE OTHER PERSON in your interaction. Touch the bar between “Very Costly” and “Very Beneficial” to answer. Touch “Next” to continue.

I have **control** over the things happening to me right now.




Not at all Very much

Next

Indicate how much control you feel you have over what is happening to you right now. Touch the bar between “Not at all” and “Very much” to answer. Touch “Next” to continue.

I have high
self-esteem
right now.




Not at all Very much

Next

Rate your level of self-esteem right now. Touch the bar between “Not at all” and “Very much” to answer. Touch “Next” to continue.

How you feel right now?

Ashamed
of myself.




Not at all Extremely

Next

Rate how ashamed of yourself you feel right now. Touch the bar between “Not at all” and “Extremely” to answer. Touch “Next” to continue.

How you feel right now?

Angry




Not at all Extremely

Next

Rate how angry you feel right now. Touch the bar between “Not at all” and “Extremely” to answer. Touch “Next” to continue.

How you feel right now?

Sad



Not at all Extremely

Next

Rate how sad you feel right now. Touch the bar between “Not at all” and “Extremely” to answer. Touch “Next” to continue.

How you feel
right now?

Happy

Not at all Extremely

Next

Rate how happy you feel right now. Touch the bar between “Not at all” and “Extremely” to answer. Touch “Next” to continue.

How you feel
right now?

Proud

Not at all Extremely

Next

Rate how proud you feel right now. Touch the bar between “Not at all” and “Extremely” to answer. Touch “Next” to continue. For example, you might feel proud because someone complimented you on an accomplishment. Or you might feel proud because you helped someone out or gave them beneficial advice.

THANK YOU

You have now completed
??
interactions today.

Please press done to
finalize your data.

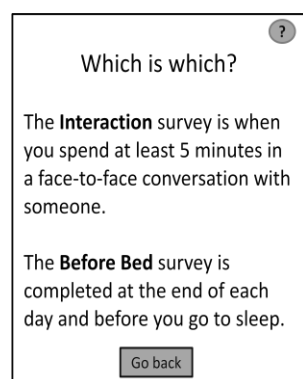
Done

This screen signifies that you have successfully completed the Interactions survey. It also indicates how many interactions you have completed today. Touch “Done” and you are finished and your data will send to the iSAHIB server.

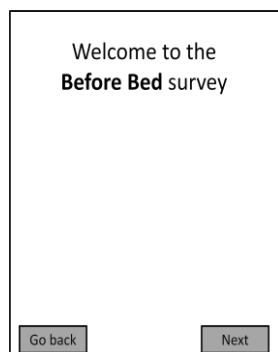
The Before Bed survey



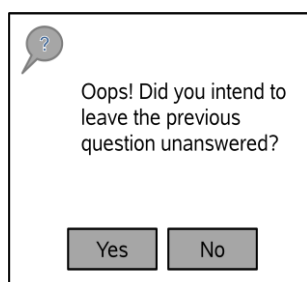
This is the iSAHIB application screen. To record information about your day, touch the “Before Bed” button. There is an information button in the top right corner depicted as a question mark. Touch it if you need any further explanations.



This is the screen that appears if you touch the “?” (**information**) button depicted as a question mark in the upper right hand corner of the welcome screen. It explains the difference between the interaction survey and the before bed survey. Touch “Go back” to return to the welcome screen.



The welcome screen for the “Before Bed” survey will appear after you select the “Before Bed” button on the iSAHIB app screen. Here you will find a “Go Back” button to go to the main welcome screen if you made the wrong selection. If you wish to complete the Before Bed Survey then touch the “Next” button.



Anytime a question is left unanswered this screen will appear. If you did not mean to leave the question blank then touch the “No” button. If you wish to leave the question unanswered then touch the box “Yes” to advance to the next screen.

How many times today did you do the following kinds of exercise for **more than 10 minutes** during your free time?

(30 activity minutes counts as 1 time and not 3 times)

Next

This screen explains general information you use to answer the questions that follow. These questions ask about the number of exercise occasions for each level of exertion. Keep in mind that each occasion should be ten minutes or longer. For example, 30 minutes of continuous exercise only counts as 1 time not 3.

Vigorous exercise ?

Heart beats rapidly – I can only say a few words without stopping to catch my breath.

More than 10 minutes each occasion

of times vig

Next

The first type of exercise is vigorous exercise. Touch the box near “# of times vig” to select the number of separate times you completed at least ten minutes of vigorous activity today. Remember each instance must be independent if you select more than one time. After you have answered this question touch “Next” to continue to the next page. An information button located in the top right corner provides examples of vigorous exercise.

Examples of Vigorous activities ?

- Running
- Jogging
- Squash
- Basketball
- Football
- Roller skating
- Hockey
- Judo
- Soccer
- Cross country skiing
- Vigorous swimming

Go back

This information screen will appear if you touch the “?” button. Here you will find a list of examples that are considered vigorous activity. To return to the previous screen touch the “Go Back” button and you will be taken back to the Vigorous exercise screen, where you can answer the question.

Moderate exercise ?

Not exhausting, increased heart rate – I can talk while I do them, but I can't sing.

More than 10 minutes each occasion

of times mod

Next

The second type of exercise is moderate exercise. Touch the box near “# of times mod” to select the number of separate times you completed at least ten minutes of moderate exercise. Remember each instance must be independent if you select more than one time. After you have answered this question touch “Next” to continue to the next page. There is an information button located in the top right corner that provides examples of moderate exercise.

Examples of Moderate activities ?

- Fast walking
- Badminton
- Volleyball
- Popular and Folk dancing
- Tennis
- Baseball
- Easy swimming
- Easy bicycling
- Alpine skiing

Go back

This information screen will appear if you select the “information” button depicted as a question mark on the previous screen. Here you will find a list of examples that qualify as moderate activity. To return to the previous screen touch the “Go Back” button and you will be taken back to the Moderate exercise screen, where you can answer the question.

Mild exercise ?

Minimal effort, normal heart rate, can easily hold a conversation.

More than 10 minutes each occasion

of times mild

Next

The third type of exercise is mild exercise. Touch the button “# of times mild” to select the number of separate times you completed at least ten minutes of mild exercise. Remember each instance must be independent if you select more than one time. After you have answered this question touch “Next” to continue to the next page. There is an information button located in the top right corner that provides examples of mild exercise.

Examples of Mild activities ?

- Yoga
- Golf
- Horseshoes
- Fishing from river bank
- Archery
- Easy walking
- Snow mobiling
- Bowling

Go Back

This information screen appears if you select the “information” button depicted as a question mark on the previous screen. Here you will find a list of examples that are considered mild activity. To return to the previous screen touch the “Go Back” button and you will be taken back to the Mild exercise screen, where you can answer the question.

How many hours of actual sleep did you get last night? ?

(This may be different from the number of hours spent in bed)


Please round to the nearest hour.

of hours

Next

This screen asks about the number of hours you slept the previous night. Keep in mind that your answer is based on the number of hours you were actually sleeping. Touch the box near “# of hours” for a drop down menu to select the number of hours you slept. Once you have answered these questions touch “Next” to continue.

Last night, how would you rate your quality of sleep?



Very Bad Very Good

Next

Next, rate the quality of last night's sleep. Touch the bar in between "Very Bad" or "Very Good." Once you have answered the question touch "Next" to continue.

Did you take a nap today?

☐ Yes
☐ No

Next

Indicate whether you took a nap or not today. If you did, select the box next to the word "yes." If you did not, select the box next to the word "no." Once you have answered the question touch the "Next" button to continue to the next screen.

How many drinks containing **caffeine** did you have today?

(i.e. Coffee, soda, tea, energy drinks).

drinks▼

Next


Indicate the number of caffeinated beverages you consumed throughout the day. Touch the "# drinks" button for a numerical drop down menu. Once you have selected your answer, touch "Next" to continue.

Looking back on everything that happened to you today and considering the day as a whole, please respond to each item.

Next

Reflect on the day's activities as a whole when answering the questions that follow. Touch "Next" to continue.

I had high
self-esteem
today.




Not at all Very much

Next

Rate your level of self-esteem for the day. Touch the bar in between “Not at All” and “Very Much.” Once you have answered the question touch “Next” to continue.

I am
satisfied with my life
today.




Strongly Disagree Strongly Agree

Next

Indicate how satisfied you are with your life today. Touch the bar in between “Strongly Disagree” or “Strongly Agree.” Once you have answered the question touch “Next” to continue.

I am
satisfied with my health
today.




Strongly Disagree Strongly Agree

Next

Indicate the degree to which you are satisfied your health today. Touch the bar in between “Strongly Disagree” or “Strongly Agree.” Once you have answered the question touch “Next” to continue.

I had control over the things
that happened to me today.




Strongly Disagree Strongly Agree

Next

Indicate the level of agreement you have about the control you felt you had over situations that occurred today. Touch the bar in between “Strongly Disagree” or “Strongly Agree.” Once you have answered the question touch “Next” to continue.

I felt like I was a bad person today.




Not at all Very Strongly

Next

Rate how much you felt like a bad person today. Touch the bar in between “Not at All” or “Very Strongly.” Once you have answered the question touch “Next” to continue.

I felt bad about something I did today.




Not at all Very Strongly

Next

Rate whether or not you felt bad about something you did during the day. Touch the bar in between “Not at All” or “Very Strongly.” Once you have answered the question touch “Next” to continue.

Today I felt

Enthusiastic.



Not at all Strongly


Next

Rate how enthusiastic you felt today. Touch the bar in between “Not at All” or “Strongly.” Once you have answered the question touch “Next” to continue. **

**Please note that during the study you will be asked a series of questions regarding how you felt about your day in addition to *enthusiastic* shown here. Expect to see the same question format for the following emotions: *disappointed, calm, nervous, sluggish, happy, peaceful, embarrassed, sad, alert, satisfied, upset, bored, proud, relaxed, depressed, excited, content, tense, ashamed, relieved, angry, grateful, snobbish, fatigued, and successful.*

Today I felt

Stress.



Not at all Strongly

all

Next

Indicate the amount of stress you felt during the day. Touch the bar between “Not at all” and “Strongly” to answer. Touch “Next” to continue.

Based on the stress you just indicated, what were the sources?


<input type="checkbox"/> Being evaluated	<input type="checkbox"/> Finances
<input type="checkbox"/> Work/Education	<input type="checkbox"/> Home
<input type="checkbox"/> Health/Accident	<input type="checkbox"/> Other
<input type="checkbox"/> None	
<input type="checkbox"/> Events that happened to others	
<input type="checkbox"/> Interpersonal tensions	

Next

Identify the sources of the stress you experienced during the day. Touch the box to the left of your response to answer. You may choose as many responses that are applicable. Touch “Next” to continue.

How much time did you spend doing ...

Work/School




None A lot

Next

Indicate the amount of time you think you spent today on work or school type experiences or activities. Touch the bar in between “None” or “A lot.” Once you have answered the question touch “Next” to continue.

How much time did you spend doing ...

Leisure




None A lot

Next

Indicate the amount of time you think you spent today on leisure type experiences or activities. Touch the bar in between “None” or “A lot.” Once you have answered the question touch “Next” to continue.

How much time did you spend doing ...

Other obligations




None A lot

Next

Rate the amount of time you spent on other obligations. Touch the bar in between “None” or “A lot.” Once you have answered the question touch “Next” to continue.

Today my activities were limited because of an impairment or health problem.




Not at all limited Extremely Limited

Next

Indicate to what extent your daily activities were limited by an impairment or health problem. Touch the bar between “Not at all limited” to “Extremely limited.” Once you have answered the question touch “Next” to continue.

How much **pain** did you have today?




None Very Severe

Next

Indicate the level of pain you felt throughout the day. Touch the bar in between “None” and “Very Severe.” Once you have answered the question touch “Next” to continue.

How much did **pain** make it hard for you to do your usual activities today?




Not at all Extremely Hard

Next

Indicate how much your pain affected your usual activities over the course of the day. Touch the bar in between “Not at all” and “Extremely Hard.” Once you have answered the question touch “Next” to continue.

Today my **physical health** was



Poor Excellent

Next

Indicate your level of physical health during the past day. Touch the bar between “Poor” and “Excellent.” Once you have answered the question touch “Next” to continue.

Today my **mental health** was




Poor Excellent

Next

Indicate your level of mental health during the past day. Touch the bar between “Poor” and “Excellent.” Once you have answered the question touch “Next” to continue

How **healthy** and **full of energy** did you feel today?




Not at all Extremely

Next

Indicate how healthy and full of energy you felt today. Touch the bar in between “Not at all” and “Extremely.” Once you have answered the question touch “Next” to continue.

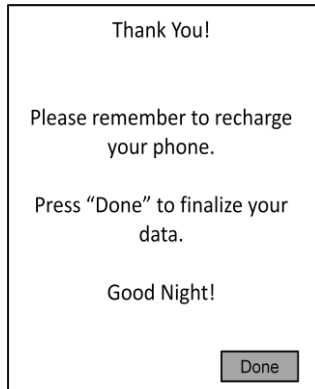
Looking ahead, I expect that **tomorrow** will be a good day for me.



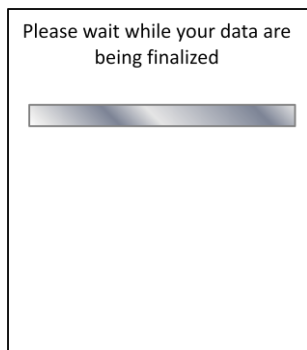
Strongly Disagree Strongly Agree

Next

Think about tomorrow and indicate whether or not you agree the day will be good. Touch between “Strongly disagree” and “Strongly agree.” Once you have answered the question touch “Next” to continue.



Thank you for responding to the Before Bed questions. This screen is the final screen before your data is sent to the server. Press "Done" and you will see one remaining screen during the time that the data leaves the phone and are transferred to the server.



This final screen appears while your data are transferred to the server. This screen automatically closes and resets the application to the first screen.

Your Smartphone

Basic phone care

Your smart phone, although somewhat durable, is an expensive piece of technology and requires proper care. Please take note of the following:

- Your phone should not get wet due to the electronic circuitry
- When not in use, keep the phone in its cover sleeve
- When eating or drinking, keep the phone stored away
- Avoid dropping, sitting on, or throwing your phone
- Keep the phone away from pets
- Avoid leaving the phone in extreme heat or cold temperatures, or direct sunlight for long period of time
- Do not leave the phone in car overnight
- Do not use anything other than the stylus or your finger to navigate on the screen of your phone in order to avoid scratches to the screen
- Do not paint or write on your phone
- Please leave the study sticker on the back of the phone intact, this helps us track the phones we have in use

Privacy and security

- All data on the phone is encrypted.
- Using the study phone looks like regular activity, so you shouldn't feel out of place filling out the interaction surveys on the phone.

Using the device

Turning the phone on and off

- Press and hold the power button found on the top left of the phone to turn the phone on.
- Press and hold this same button to turn the device off. You will be prompted on the screen as to whether or not you would like to continue. Simply touch "yes" and the phone will shut off completely. Your data will not be lost if you turn off the phone.

Power save mode

- If the screen of your phone turns black and you have not turned off your phone, the phone has gone into “power save” mode.
- To be able to access the phone, simply press the power button on the top of the phone. You **do not** need to hold this button in as you do when turning the phone on and off.
- When the phone is in this mode, a light will flash green or amber by the earpiece.
- If you wish to put your smartphone into sleep mode, simply press the power button on the top of the phone. You do not need to hold this button in unless you want to turn the phone off completely. By placing the phone in “power save” mode, the phone will not react to accidental responses when placing the phone in your pocket or purse. The phone should automatically enter this mode after approximately 45 seconds of non-use.

Using a phone with a touch screen

- There is a stylus located on the side of your smartphone. The top of the stylus protrudes slightly from the upper right corner of the phone. You will use the stylus to navigate through the different programs on the phone and to complete your interaction and before bed surveys.

Note: Only use the stylus on your screen, other objects will damage the screen.

Battery Power

- Plug in the device and charge it **EACH NIGHT**.
- The AC cord plugs into the port at the bottom end of the phone.
- To find the battery indicator... use the stylus to point to the symbol on the top toolbar of the phone. Another screen will appear; follow the battery image a second time, the next screen shows how much battery power remains.
- While charging the phone, a flashing light will appear by the earpiece, just as it does in power save mode.

Volume control

- On the upper left side of the phone, there is a small button that slides up and down. This is the button you will use to control the volume of your phone. By using this button, you can change the volume of the phone, put the phone in vibrate mode, or

silence the phone. By controlling the volume, you can keep your phone on while you are in meetings or while participating in other activities where you do not want your phone to be heard if it were beep.

- You can also adjust the volume by selecting the speaker icon on the menu at the top of the phone (located to the right of the battery power icon).

Buttons on the front of the phone

- You will notice there are 3 main buttons beneath the main screen on your smartphone that do not require you to use the stylus to touch them.
- The button on the left that appears to be green is the “talk” button. Since your smartphone does not have a voice plan on it, you should not need to use this button for anything. The button on the right that appears to be red is the end button. You can use this button to exit programs within the phone. If you ever touch on a program that you did not want to go to, you can keep pressing this button and it should take you back to the home screen.
- The large button in the center is surrounded by a navigation button. By pressing around this large center button, you can scroll through lists and menus that may appear when using your phone. Once you have selected the program or item you would like, simply press the large button.
- Using these buttons is not essential to using the phone for the study. You can do everything you need to do on the touch screen of the phone. These buttons are simply an option that you may or may not find easier to use.

Accessories and features


Live Weather updates

- Local weather updates (current temperatures, high and low for the day, sunrise and sunset times, etc.)
- 7 day forecasts
- Severe weather alerts
- Doppler radar and maps (even a lightning map for when there are thunderstorms!)

Instructions:

Touch on the start menu on the top left hand corner of the screen. For your reference, the arrow in the figure below points to the start menu.



There is an icon that looks like this  touch this icon and you will be automatically taken to the internet.

Then, touch the icon that says “Weather” with the bright yellow sun on it. To find your city, touch “change location” at the top of the screen. There will be a large rectangular box where you will enter in either your city name or zip code. Touch anywhere inside this box to make sure you are typing in it. You will have to bring up the keyboard by touching the “20” icon located at the very bottom of the smart phone screen between “menu” and “back”. Once you touch the “20” the keyboard will show up on the screen and you can either type the name of your city, or enter in the zip code, which is usually easier because only five digits need to be entered. To type in the numbers, touch the corresponding button on the keyboard, but make sure you hold the button until the number appears in the box. These buttons only need to be held for about a half second before the number appears in the box. Once you have entered your zip code, close the keyboard by hitting the “20” again and then touch “search”. The smart phone will locate your city and find the weather for it.

To access these different features, touch on the drop down menu and you will see all of the different options listed above. Touch whichever option you want to see such as “Radar & Maps”.

Personalize

Simply select Start, Settings, and Sound and Notifications. From there you can choose from a variety of sounds in order to personalize your phone.

See your favorite pictures every time you use the phone by customizing the background of your Today screen. Simply select Start, Settings, and Today. Then check off Use this Picture and browse your photo gallery to select your favorite picture.


When you are personalizing your phone please do not change the User ID. This is currently labeled as the device number associated with iSAHIB. This information is vital when your data is transferred to the study server and is a component of protecting your confidentiality associated with the study.

Web Browsing

- Check the daily news (includes top news section, business, entertainment, sports, technology, politics and more!)
- Sports from ESPN.com (check news, scores, and schedules of your favorite teams)
- Find stock quotes
- See local movie listings

Instructions:

Touch on the start menu on the top left hand corner of the screen.

There is an icon that looks like this: . Touch this icon and you will be automatically taken to the internet.


A screen will appear with multiple icons such as “News” and “Sports”.

If you touch on sports, you will automatically be directed to www.ESPN.com. Once you are at this website, simply scroll down and you can access any of the features listed above such as scores and schedules of your favorite sports teams.

Email

Here are the steps required to sync your email to your phone so you can send and receive email on your smartphone.

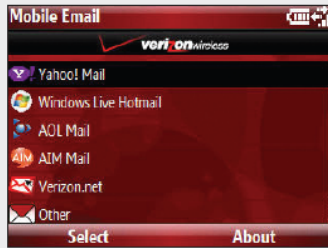
Instructions:

 <p>1 Select Start, Internet Explorer, Email and then Email and Web for Smartphone.</p> <p>If the Internet Explorer page does not display the Email and Web for Smartphone option, select Menu, Home and then Email and Web for Smartphone.</p>	 <p>2 Select the link for your device.</p> <p>NOTE: Motorola Q users, after launching Internet Explorer:</p> <ul style="list-style-type: none"> • Select Menu, Address Bar • Enter http://mobile.vzwapp.com • Select Go, Email and then Email and Web for Smartphone. 	 <p>3 If presented with Open file after download option, select it and then select Yes.</p> <p>Otherwise, just select Yes.</p> <p>The file will auto install after it downloads. When prompted, select Yes to restart your device.</p>
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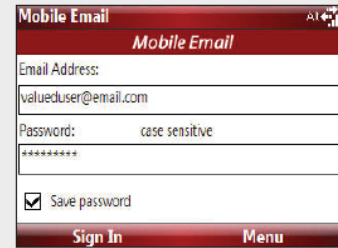
4 To launch Mobile Email on:

- Windows Mobile Professional Smartphone: Select **Start**, **Programs** and **Mobile Email**.
- Windows Mobile Standard Smartphone: Select **Start** and **Mobile Email**.



5 Select your **Email Provider**.

NOTE: If you selected **Other**, you may be prompted to enter additional information. Enter the information and then select **Sign In**. Tip: Often the user name is only the first part of the email address.

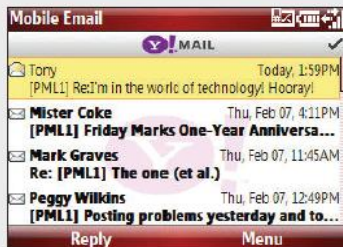


6 Enter your **Email Address** and **Password**.

If desired, select **Save Password** and then select **Sign In**.

To confirm a successful set up, send a test email to **email@vzw.com**.

- The 10-digit number of your device must be included in the email subject line.
- You will receive a confirmation email.



7 Your Inbox will appear.

NOTE: The next time you launch Mobile Email, you will be able to select the account you just set up or select **Add Account** to configure additional accounts. Screen shots depicted are from the Motorola Q9m; on other devices screen shots may vary.

Text Messaging

Create a new text message by selecting Start, Programs, and Messaging. Once in Messaging, tap Select, Menu, and New. Then select SMS and enter either the contact's name or phone number and begin typing your message.

Calendar

Select the Calendar icon on the Today screen, and then select Menu and New Appointment. Enter a name for the appointment, and enter information such as the start and end times. In order to receive an alert when your event is approaching, select the Remind Me box.

Shortcuts

Create a shortcut which will allow you to access your favorite features of the phone in the Start Menu. Simply Select Start, Settings, and Menu. Then select the features of the phone that you would like to appear in the start menu. These programs can include Internet Explorer, Camera, Games, and much more. This creates an easy way to access the programs without having to search through the phone for them.

Camera

- 2.0 Mega pixels camera
- Store pictures and create an album or slide show
- You can even record videos!

Instructions:

To access the camera, touch on the camera button which is located on the right side of the phone. There is a picture of a camera on this button for reference. This picture will help show you where the camera button is.



The camera is meant to be used with the smart phone sideways, so once you have pressed the camera button, rotate the phone counter clockwise until the camera button is facing upwards. This action mimics using a real camera with the “take picture” button conveniently placed right where your right index finger should be. This picture will help demonstrate which way your phone should be turned:



Pressing this button will also take a picture.

If you press the triangle button in the bottom left hand corner you will be taken to all the pictures you have taken and saved to your smart phone. You can even view them in a slide show by touching “slide show”.

Transferring files from your phone to your computer (including photos)

- 1) Connect phone to USB cord and plug in to computer
- 2) You may messages pop up that say, "No profiles have been created . . ." followed by "You will be able to synchronize . . ." – Press **okay** to both.
- 3) A *Synchronization Setup Wizard* will appear followed by a *Microsoft ActiveSync* window. Cancel out of both.
- 4) Open *My Computer* and *Mobile Device*
- 5) This folder will contain all the information you may want to transfer from the phone to your computer included pictures and documents.
- 6) Please copy (from the folder) and paste (to your computer) any files you would like to transfer.

Calendar

- Set appointments and reminders
- Create an agenda

Instructions:

Touch on the start menu on the top left hand corner of the screen.

There is an icon that is in the shape of a calendar located right next to the Internet Explorer icon. Touch this icon to view your agenda. Touch on the menu button to add appointments or reminders that will be saved into your phone.

At the top, it will say the current date such as "Oct 06, 10" and it will highlight which day of the week it is.

At the bottom left hand corner of the screen, it will say "Day". Touch on this icon to view your calendar to view the entire current day you are on, such as Tuesday, April 06, 2010. It will give you an hour-by-hour timeline of your day.

If you look at the bottom left hand corner again, it will now say "Week" and if you touch this you will view your entire week. You can keep touching this button in the bottom left hand corner to scroll through different views of your calendar such as an entire month, or even an entire year.

Frequently Asked Questions

Lab sessions

Where is the lab?

If you are familiar with the Penn State campus: our lab is located in Henderson building which is directly in between Old Main and the HUB.

If you are not familiar with the campus: Henderson building is located on College Avenue between McAllister and Pugh Streets, on the right. There is a parking garage on Pugh Street and alternative parking on campus (see map below). There is a children's playground in front of South Henderson Building.



Old Main



HUB



Henderson Building

Driving to campus

Directions to Hub Parking Deck, State College, PA 16802

From North Atherton Street: Head east on North Atherton Street/US-322 BUS E toward the Penn State campus. Turn left on Park Avenue. At the 3rd traffic light, turn right onto Bigler Road. Take the 2nd Right onto East Pollock Road. Take the 2nd left onto Shortlidge Road. HUB Parking Deck will be on the right.

From South Atherton Street: Head west on South Atherton Street/US-322 BUS W toward the Penn State campus. Turn right at West Beaver Ave. Turn left at South Garner Street. Continue onto Shortlidge Road. HUB Parking Deck will be on the left.

From East College Avenue: Head southwest on East College Avenue/PA-26 S. Turn right at Shortlidge Road. HUB Parking Deck will be on the left.

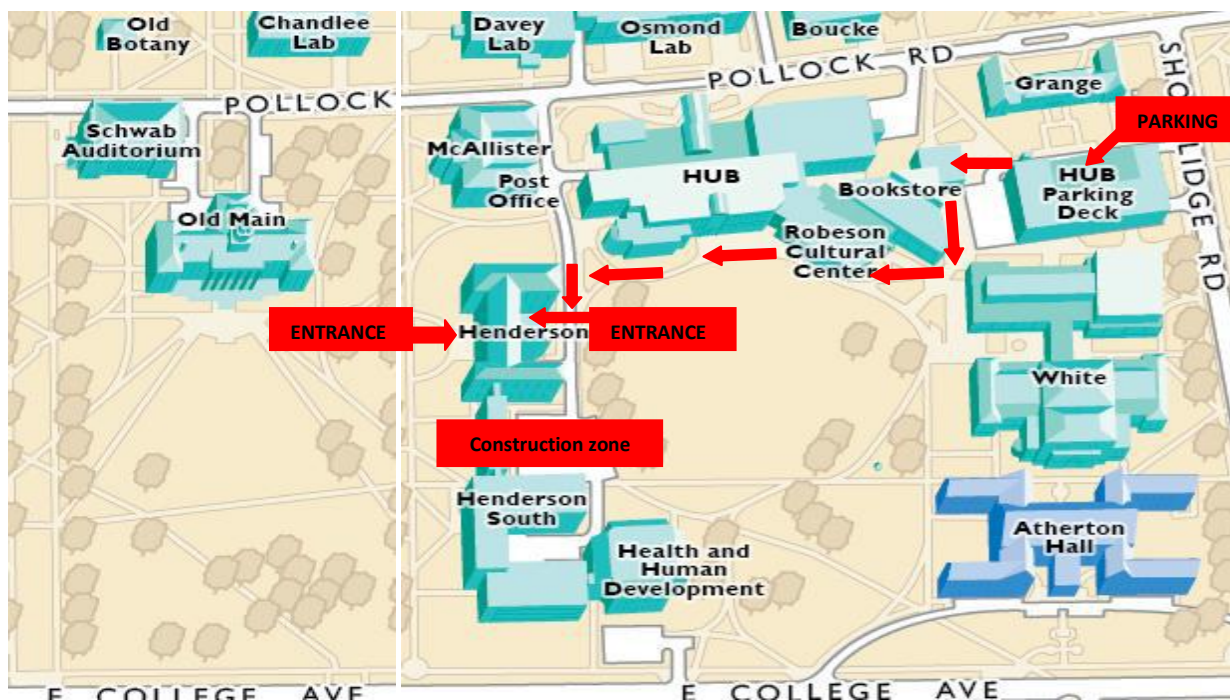
From West College Avenue: Head northeast on West College Avenue/PA-26 N toward Blue Course Drive. Turn right at South Buckhout Street. Slight left at West Beaver Ave. Turn left at South Garner Street. Continue onto Shortlidge Road. HUB Parking Deck will be on the left.

Be sure to ask the lab assistant on duty for a HUB parking permit before you leave the lab. This permit will allow you to exit the HUB parking deck free of charge.

Walking on Campus

If parking in HUB Parking Deck: Exit Hub Parking Deck. Upper level bookstore entrance will be on the right; Shortlidge Road will be on left. Walk toward bookstore entrance. Turn left once underneath overhang. Continue down the set of stairs. Lower level entrance to bookstore/HUB Robeson Center will be on right, White Building will be on left. Make a right and follow the path that runs along the outside of the HUB. At the end of the path the Post Office will be on right and Henderson building will be on left. Enter Henderson and look for room 9 (ground level).

If parking on East College Avenue: The closest cross-street to park near is on McAllister Street. From this location, walk up the side walk as though you were walking towards the HUB (Student Union with a glass façade) or OLD MAIN. If you are approaching with the HUB in front of you, take the pathway to the far left of the HUB. This will take you to HENDERSON building on your left-hand side. If you are approaching with OLD MAIN in front of you, take the pathway to the right of OLD MAIN.



Where should I park for lab training/sessions? Are there parking passes available for when I come to campus for the study? There are several parking options both on campus and off campus. When your lab appointment is scheduled, a research assistant will ask you about your parking needs; parking passes are available for HUB deck parking only.

What room is my lab session in? The lab is in the lower level of Henderson Building, Room 9. You can enter the lab through the main entrance of Henderson Building and take the stairs (or elevator) to the lower level of the building. You may also access the lab from the HUB side of Henderson. Room 9 is on the lower level. Look for our iSAHIB signs.

How much compensation will I receive?

Monetary compensation is scaled incrementally with the frequency and level of continued participation. Specifically, you will receive \$50 for initial enrollment in the study and completion of initial training, baseline assessments, and return of equipment to the lab, prorated amount (\$2.35) for each day of study participation. An additional bonus of \$75 will be given to all participants who participated for at least 18 of 21 days. In total, a participant may receive \$125 during Burst 1 (the first 21 day period). Compensation increases incrementally with continued participation in future bursts. Participants who continue to participate in Burst 2 will have the possibility to receive an additional \$150 (\$2.35 for each day of study participation plus full completion bonus of \$100) and in Burst 3 an additional \$175 (\$2.35 for each day of study participation plus full completion bonus of \$125). Further, an additional bonus of \$50 will be given to study participants who complete all three data bursts at or above the minimum standards. By the end of the study participants will have the opportunity to receive up to \$500 for full participation in all three data collection bursts. Total payments within one calendar year that exceed \$600 will require the University to report these payments to the IRS annually. This may require you to claim the compensation that you receive for participation in this study as taxable income.

How long will this study last?

This study takes place over 18 months. There are three “burst” periods of 21 days, during which you will be recording your social interactions and daily summaries. Between each burst there will be a period of “quiet time,” during which you are not recording any of your interactions.

What do I do at the end of each burst?

At the end of each data burst, you will set an appointment to return to the lab to answer some questions and return your phone.

Interaction and Before Bed survey questions

Where is the application for the interaction?

There is an iSAHIB icon on the start menu of the phone. Touch your stylus to the start menu at the top left of the screen so that all of the items in the menu appear. Look for the book icon and the iSAHIB title. Touching this icon will activate the application where the Interaction and Before Bed surveys are located.

What counts as an interaction?

An interaction is a 5 minute (or longer) exchange with another person. This can be in a group or individual setting.

What if I'm in a group setting?

Answer the questions in regard to the primary person you interacted with within the group. The primary person is the person with whom you had the most direct contact or the most frequent exchanges during the interaction. Use your best judgment to identify the person in the group who you interacted with the most or just select one person that you will focus your responses around.

What happens if I miss a question?

A screen will appear automatically asking you if you intended to skip that question. If you intended to skip the question, select "Yes" and move on to the next question. If you unintentionally skipped the question, select "No, Go back" and you will be returned to the previous question.

How many questions can I miss?

You can miss as many as you choose; however, we would like you to answer as many questions as possible. It actually takes more touches to skip questions than to answer them!

What is the difference between the "interaction" survey and the "before bed" survey?

The *interaction survey* is completed after each individual interaction you have lasting 5+ minutes. The *before bed survey* is a general overview of your interactions throughout the day.

What if the phone runs out of battery life and I have social interactions? Should I enter them after the phone charges?

If your smartphone runs out of battery life, please recharge it as soon as possible and resume recording your interactions when it is charging or after it is fully charged. You do not need to keep track of your interactions on paper and record them when the phone is charged – just start recording interactions as they occur. Please remember to plug the phone into the charger every night so you can avoid this problem.

What if the screen "freezes" in the middle of logging an interaction? Should I start that one over once the phone comes back on?

If the phone freezes while recording an interaction or the before bed survey, please restart the phone by pressing the power button, and re-enter the interaction starting from the beginning.

What if I forgot my phone at home for the day?

Retrieve your phone as soon as possible and resume recording your interactions. If you forget the phone for the entire day, make sure you still fill out the Before Bed survey at the end of the day. You do not need to keep track of your interactions on paper and record them once you retrieve your phone.

How many interactions are to be recorded on each day of the burst?

Every individual is different in how many interactions are typical in their daily lives; however, please aim to enter 10 interactions each day of the 21 day burst.

Smartphone questions

Can I use the smartphone for personal use?

Yes, but only for texting, web browsing, and using other pre-programmed phone features (games, calendar, alarms, etc). Study smartphones do **not** have a voice service plan. At the end of the burst, we will wipe everything off the phones and reinstall the software – anything you have on the phone will be erased in the process (e.g., pictures, files, messages) so please be careful about what you use the phone to do.

For the next study burst, will I have the same phone number as I did during the previous burst?

It is unlikely that you will have the same phone number for each of the 3 bursts since the phones will be collected and redistributed to study members as they start and finish each data burst.

Can I use my smartphone during the entire 18 months of the study?

No. Smartphones are checked out to study members for 21 days and then returned to the lab at the end of the 21-day burst. You will have access to the phones during each of the three 21-day bursts.

What if my phone is stolen? What happens if my phone breaks? What happens if I lose my smartphone/charger/stylus?

Please call us at (814) 470-0123 to discuss your next step.

What happens to my phone after I turn it in?

After you return your phone to the lab it will be reset and all personal information is removed. Your phone will be reloaded with the study diary surveys and assigned to another study member.

Questions and concerns

What is the email address of the study?

Our study email address is **smartphone@psu.edu**. This address is monitored daily during data collection for the study.

Who do I call with questions/concerns?

Please call our research lab at (814) 470-0123 or with any questions/concerns you may have. If there is nobody in the lab at the time, please leave a message with a phone number you can be reached at once the message is received. You can also email us at *smartphone@psu.edu*.

What if I want to drop out of the study?

You are free to drop out at any time. Please contact the lab at (814) 470-0123 if you would like to pursue this option.

What happens if I miss or need to change my lab appointment?

Please call us at (814) 470-0123 to reschedule a new time.

Notes Page/Suggestions and Questions

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.