

RESEARCH PARTICIPANT CONSENT FORM

Healthy Digital Habits in Parents of Infants

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1. Key Study Information:

The focus of this project is to learn more about parent phone use, so we can use this information to assist parents in the future with understanding their phone habits. It does not matter how you feel about your phone use. We wish to understand all parents' perspectives regardless of whether you view your phone use positively, negatively, or simply don't have any strong feelings about it. This study will ask you about your technology use, parenting, your relationships, your infant, and your well-being.

We seek parents of infants age 12 months old or younger (see more information in Section 2).

You will be asked to complete a baseline online survey, 8 days of nightly online surveys, and a follow-up online survey. During the 8 days of nightly online surveys, your phone use will also be passively sensed via a study app which you install on your phone.

Finally, about 30 to 50 parents will be selected from the approximately 250 to 300 parents who participate in this study to complete a follow-up phone or video-conference interview as well as participate in a focus group (in-person or via video conference, depending on the state of COVID, distance of participants, and other factors). For more information on what happens in this study, see Section 3.

Participants will be compensated for their participation in the study (see Section 6).

Potential risks and what we will do to keep your data safe and secure are described in Section 8 and Section 9.

2. Who May Participate in this Study?

In order to participate in this research, you must meet all the following criteria:

- Be 18 years of age or older
- Be the legal and custodial guardian of a 1- to 12-month old infant
- A frequent caregiver of the child
 - i.e., engages in daily child tasks such as feeding, bathing, play, caring for child, etc. Can include both mothers and fathers—although only one from each family can participate. Also includes those who work outside the home. Typically, should be with their infant at least 2 hours per day, not including while parent is sleeping or infant night waking.
- Live with the child
- Live in the U.S.
- Read and understand English
- Own a smartphone (this is necessary for the passive sensing of phone use)

You may not participate if:

- you do not meet all the above criteria
- you are unable to consent
- you have a spouse or partner who is already enrolled in the study
- your infant has a developmental delay which has been diagnosed by your infant’s pediatrician or physician

3. Study Procedures: What Will Happen in this Study?

This study will ask you about your technology use, parenting, your relationships, your infant, and your well-being. There are multiple parts (called “Waves”) to this research study.

Overall, as part of this research you will complete several steps. First, you will complete an online baseline survey. Then, we will email you instructions on how and when to install a study app on your phone, which will measure your phone and app use for 8 days. On those same 8 days, you will also complete 8 days of nightly online surveys. On the surveys you will report on your time use, such as wakeup time, bedtime, sleep time, time with your child, time at home, mealtimes/feeding of child, etc., and your feelings and well-being. Finally, you will complete a follow-up online survey about one month after your nightly surveys.

Your participation in this research is completely voluntary and you can withdraw from the study at any time. We may call, text, or email you during the study to make sure that everything is ok, to answer any questions you might have, to communicate about the study, and to remind you of your research participation. You will receive text messages and/or emails to remind you to complete your surveys and other parts of the study.

Additionally, about 30 to 50 parents will be selected from the approximately 250 to 300 parents who participate in this study to complete a follow-up phone or video-conference interview as well as participate in a focus group (in-person or via video conference, depending on the state of COVID, distance of participants, and other factors).

You will not need to go anywhere or travel to our lab to complete the phone use measurement or your online surveys. All of the surveys are online, and the measuring of your phone use happens in the

background on your phone via an app that you install. If you are selected for an interview, you will not have to come in to our lab as this will occur over the phone or via video-conference. If you are selected to participate in a focus group, we may ask you to travel to a Parkview facility but only if you live within 30 minutes travel time AND it is safe (i.e., COVID restrictions are not in place). If this is not possible or you live too far away, we will hold the focus groups virtually via video conference.

We will now explain the steps involved in this research.

WAVE 1:

First, you will be given an ID number and assigned a study schedule based on your availability. The schedule notes the dates of your surveys and phone measurement. This ID number and schedule will be emailed to you. You will use your ID number every time you complete one of the online surveys. We will also ask you for your name, phone number, phone model and carrier (e.g., iPhone, AT&T), and email address. This information will be used to send you the surveys, reminders, and compensation for your study participation.

We will then send you to the online consent form. You will have about 2 weeks from the time you receive our email to decide if you want to participate and to also complete your online baseline survey. If after reading the consent form you decide to take part in the study, you will enter your ID number and select "Yes" that you would like to participate in the study. Immediately after consenting, your online baseline survey will begin.

After you finish the baseline survey, the study team will email you about next steps and how to install the phone use app on your phone, your login information for the app, and instructions on how to uninstall the app. You will NOT use your personal email address or any personal information to install the app. The study team will be available via email or phone to answer any questions. Your study schedule and how to access the nightly surveys will also be emailed to you.

The app will track your phone use from the moment you install and set up the app to the moment you uninstall the app. You will be able to uninstall the app at any time if you no longer want to participate and have your phone usage tracked.

On the day the phone use measurement and nightly surveys begin, the study team will email you instructions and a link to the nightly surveys. A reminder text message and/or email will also be sent each evening of the nightly surveys.

During the 8 days, the app will track your phone use continuously, giving us the time of day, duration, and which app is running (such as Facebook, Firefox, Pinterest, Instagram, etc.). The app does not track anything you do within an app, on the internet, or in a message you send. For example, it will report when and how long you used Facebook but it does not know anything that you did inside the app like posting an update or liking a post.

Also, during the 8 days, if you are an iPhone user, we will ask you to take a screenshot each night of your battery usage screen which shows how long you used different apps on your phone that day. This screenshot would not show any personal information, only your time spent on phone apps. For example, it might show that you used Facebook for 30 minutes, Instagram for 15 minutes, Web browser for 22 minutes, etc. You will submit this screenshot each night to the study team at the end of your nightly survey. If you are an iPhone user, we will send you instructions on how to do this.

The link to the 8 nightly surveys will be emailed to you. You will need to use your ID number to enter and complete the surveys.

We ask you to complete your surveys via a computer or tablet, not your phone. The surveys are much easier to read and much faster to complete on a computer than on a phone.

We hope you will be able to complete all 8 days of phone tracking and nightly surveys, but we do understand that things come up and you might have to miss a day. We would ask that you please try not to miss a day, as it is important for us to understand how your feelings and activities may change from day-to-day. The nightly online surveys must be completed each night shortly before bed (i.e., they cannot be completed the next morning for a previous day).

After your 8 days of surveys and phone use measurement are complete, you will uninstall the study app, and your phone use will no longer be measured via the app.

WAVE 2:

About one month after the completion of your nightly surveys and phone use measurement, we will email you a link to your follow-up online survey. You will have about 2 weeks to complete your survey. We will send you text and/or email reminders to complete your survey.

Also, about 30 to 50 parents will be selected from the approximately 250 to 300 parents who participate in this study to complete a phone or video-conference interview.

If selected, you will be contacted by email and/or phone to schedule your interview. You will then be interviewed by a study team member about your phone use, concerns, habits, and so forth. You are not required to answer any questions you do not want to. The interview will last about 60 minutes (no longer than 90 minutes) and will be audio-recorded.

WAVE 3:

Based on the information we learn from this research, we will develop a healthy digital habits program for parents of infants.

About 30 to 50 parents will be selected from the approximately 250 to 300 parents who participate in this study to participate in a focus group to help the researchers assess the clarity, acceptability, content, and so forth of the parent programming.

If selected, you will be contacted by email and/or phone to schedule your focus group. These focus groups will take place near the end of the study, so they may occur about 6 to 15 months after your participation in the last wave of the study (Wave 2). Groups will consist of up to 10 parents per group. Focus groups may be in-person or online. We will only ask you to come in to a Parkview facility if you live within 30 minutes travel time AND it is safe (i.e., COVID restrictions are not in place). You will communicate with and interact with Parkview study team members and participants during the focus group. You will only attend one focus group. Groups will last about 60 to 90 minutes, will be video-recorded, and research notes will be taken. Prior to the start of the focus group, you will also be emailed a Video Release Form where you will choose the ways in which we can and cannot use your video.

END OF STUDY:

When your participation in the study is complete, we will send an email to you stating that you have finished the study and requesting that you fill out a brief informational survey that will not be connected to any of your prior survey responses or any of your other data. In this separate survey, you will indicate whether it is ok or not for us to contact you about future studies or study news and if you wish you can provide your name, email address, and other optional information. It is not required that you give us this information.

4. How much of my time will be needed to take part in this study?

The online baseline survey will take about 20 to 45 minutes to complete.

The 8 days of phone measurement will not take any of your time during the 8 days, as it works in the background on your phone. However, it will take you about 10 to 30 minutes to install and set up the study app on your phone and then about 10 to 30 minutes to uninstall the app once your participation in that wave of the study is complete.

The 8 days of nightly surveys will take about 10 to 20 minutes to complete each night.

If you are an iPhone user, the taking and uploading screenshots of your battery screen during the 8 days of nightly surveys may take about 5 to 10 minutes to complete each night.

The online one-month follow-up survey will take about 20 to 45 minutes to complete.

If selected for the follow-up interview, the interview will last about 60 to 90 minutes.

If selected for a focus group, the focus group will last about 60 to 90 minutes.

After being recruited into the study, most subjects will participate in the study for around 2 to 4 months (including allowing time for your baseline survey to be completed, the setting up and completion of your 8 days of phone measurement and nightly surveys, and the completion of your follow-up survey).

About 30 to 50 parents will also participate in interviews and follow-up focus groups. If you are selected for these parts of the study, this could extend your time in the study to about 10 to 18 months.

5. How could I benefit if I take part in this study?

There are no direct benefits, although you may learn about and reflect on your experience and interactions in parenting.

6. Will I be paid or given anything for taking part in this study?

You will be compensated via Amazon gift card codes at the completion of each part of the study. The code will be emailed to you within 3 weeks of your completion of each part. You will receive \$20 for completing the completion of their baseline online survey, \$4 per nightly survey completed plus a \$10 bonus if you complete at least 7 days of your nightly surveys and phone use measurement, and \$20 for the completion of your follow-up online survey. If you are chosen to participate in an interview and/or focus group, compensation also includes \$25 for the completion of your interview and \$40 for your participation in the focus group. Again, these are all via Amazon gift card codes.

We will use your name and email address to email your gift card code compensation to you.

The compensation is summarized below:

Wave of Study	Research Activity	Compensation
Wave 1	Baseline survey	\$20
Wave 1	Phone use tracking via app and daily surveys for 8 days (also includes screenshots of minutes on apps for iPhone users)	Up to \$42*** ***\$4 per completed day (of phone app tracking and nightly survey) plus a \$10 bonus if complete at least 7 days.
Wave 2	Follow-up survey	\$20
Wave 2	Interview	\$25
Wave 3	Focus group	\$40

7. Ending Your Participation in the Study:

If I want to stop participating in the study, what should I do?

You are free to leave the study at any time. If you leave the study before it is finished, there will be no penalty to you. You will not lose any benefits to which you may otherwise be entitled. If you choose to tell the researchers why you are leaving the study, your reasons for leaving may be kept as part of the study record. If you decide to leave the study before it is finished, please tell the research team by emailing them at HDH@Parkview.com.

Could the researchers take me out of the study even if I want to continue to participate?

Please note that we will withdraw you from the study if you are unresponsive to our attempts to contact you. We will make at least three contact attempts before withdrawing you from the study. We will also withdraw you from the study if you do not follow study procedures for installing the phone app for the passive sensing of your phone use or completing your nightly surveys. We may also withdraw you from the study if you become ineligible to participate, if the researchers believe it is not in your best interest to stay in the study, or if the study is suspended or canceled.

Will I still receive compensation if I stop participating or am withdrawn from the study?

If you have completed part of the study and then withdraw or are withdrawn, you will still receive compensation for the part of the study you completed. For example, if you completed your baseline

survey and were then unresponsive to us and were therefore withdrawn from the study, you will be compensated for the completion of your baseline survey.

8. What risks will I face taking part in this study?

The risks to you are not greater than those ordinarily encountered in daily life. Your participation in this study might make you feel emotional as you remember specific parenting interactions or daily activities. If you become emotionally distressed and feel you need help, you can speak to your physician to ask for local resources or a local counselor. You can also call 211 or go to <http://www.211.org/> to find the resources you need. If you need immediate help, you should call 211. The following are also available to you 24/7 to contact: National Parent Helpline 1-855-427-PARENT (2736); SAMHSA's National Helpline 1-800-662-HELP (4357); and National Suicide Prevention Lifeline 1-800-273-8255.

As with any research study in which there are data points collected, there is the potential risk of breach of confidentiality and loss of privacy. In the next section (Section 9), we review the steps we take to minimize this risk and to protect your identity.

9. Confidentiality: How will the researchers protect my information?

Strict confidentiality of the data will be upheld. Your responses will not be associated with any identifying information; only your ID number will be connected to your data, and your name will not be attached to your responses at any point. We will require that you use your ID number on all surveys. Your email and other contact information may be collected but will only be used to contact you in regard to this research study, compensation, or in other ways for which you gave us permission. Your name, email address, and other identifying information will be destroyed within approximately one month after the study has been completed, unless you have given us permission to use your information to contact you about future research studies or newsletters/results. The de-identified data may be used for future research. The project's research records may be reviewed by the Parkview Health Institutional Review Board and/or the NIH and/or other government officials or auditors who may need the information to make sure the study is done in a safe and proper manner. Your confidential electronic data will be kept on secure servers, in password-protected files or folders, and/or on a password-locked computer. All physical records or data (e.g., feedback forms during focus groups, backups of audio and video recordings on hard drives) will be stored in a locked office or cabinet. Only the principal investigator (the lead researcher in charge of the study) and study personnel will have access to any identifiable data. The information you give to us in this study will only be used in ways that will not reveal who you are. You will not be identified in any publication, presentation, online article, or newsletter resulting from this study or in any data files shared with other researchers. Any personal information that could identify you will be removed or changed before files or results are shared with other researchers or the public.

All phone use data stored on RescueTime or Chronicle app servers will be deleted from those servers within approximately one month of the completion of all data analysis for this study. Below is more information about the RescueTime and Chronicle app and data protections. If you own an Android smartphone, you would install the Chronicle app. If you own an iPhone, you would install the RescueTime app.

The passive sensing app (RescueTime or Chronicle) will measure your phone use continuously. This will give us the time of day, duration, and which app is being used on your phone. This application does not track any information about the private content of your phone use. In other words, while it can note when certain apps are running – such as Internet browser, Facebook, etc. – it cannot and does not track

any contacts made through those apps, what is posted on social media, the content of emails or texts, phone numbers dialed or messages/calls received, etc. See below for an example of what this data would look like. This example data is for 10:20am through 10:30am, broken down into 5 minute periods. For the study, we would have 8 days of your continuous phone use data.

10:20 AM

Total time: 2m 13s

Rank	Totals	Activity
1	37s	Calendar
2	37s	Gmail
3	16s	Firefox
4	15s	Instagram
5	10s	Facebook
6	9s	MS Outlook
7	6s	MS Word
8	3s	Text messaging

10:25 AM

Total time: 4m 56s

Rank	Totals	Activity
1	3m 59s	Instagram
2	33s	Firefox
3	20s	Facebook
4	4s	Adobe Acrobat

If you are an Android smartphone user, you will use the Chronicle app. The Chronicle app was developed in part by Dr. Jenny Radesky (University of Michigan, co-investigator on this research) for research purposes and only tracks mobile device use in terms of whether the phone is on or off, and which apps are running and time of day apps are used. Chronicle’s data, which do not contain any identifying information, will be automatically uploaded through a privacy-protected network to servers managed by Open Lattice (<https://openlattice.com/>). Open Lattice uses the highest possible security settings to protect the device data. Data is temporarily stored on Open Lattice servers until transferred for storage and data cleaning on securely encrypted University of Michigan servers. Finally, the data is transferred to secure servers at the Parkview Research Center. To further protect your data and identity, there will be no identifiable data on OpenLattice servers as device use data is only linked to dummy ID numbers which we create for each participant. OpenLattice as well as University of Michigan research staff will only have access to these dummy ID numbers, while Parkview research staff will have access to the master list which links the dummy ID numbers to participants’ actual ID numbers. OpenLattice and Michigan research staff will not have access to any other identifying information. OpenLattice and Michigan study team members will never be provided the master list / code key.

If you are an iPhone smartphone user, you will use the RescueTime app. When you install the app on your device and log in, the app begins tracking phone use and transfers the data to RescueTime’s servers. This use data is always encrypted in transit and when sitting on these servers. The study team will email you a generic login for the RescueTime app. This will further limit your personal data exposure as you will not need to share personal information to setup an account with RescueTime. Although it is highly unlikely, if there was a breach in data protections at RescueTime, no one could possibly know who the data belonged to as it was only connected to our generic login and not you. Parkview study personnel will access the data by logging into RescueTime online and downloading the data onto a password protected computer.

RescueTime will never sell, rent, or otherwise share personal information, with or without personally identifying information. Furthermore, they will never share anonymized selections of individual data. That includes any government (foreign or domestic) unless compelled by law. If they are required by law to disclose any of the information collected, they will attempt to provide notice (unless prohibited) that a request for information has been made in order to give an opportunity to object to the disclosure. They will attempt to provide this notice by email. They will independently object to overly broad requests for access to information about users.

RescueTime may share information about user behavior in the aggregate only (i.e., at the group level instead of the individual level). For example, they could share information like, "which day of the week do people in the U.S. general spend the most time in front of their computer?" This type of analysis is used to enrich the product, and to represent their domain expertise to their audiences. Again, this is at the aggregate level and does not identify any individual users.

RescueTime can delete the data at any time. A user can also delete their account at any time. Deleting the account deletes all the data from the RescueTime databases.

As a reminder, all phone use data stored on the Chronicle servers, RescueTime servers, and University of Michigan servers will be deleted within approximately one month of the completion of all data analysis in this research study.

We are required by law to report suspected child abuse. If you express or describe actions involving child abuse in survey open response fields or during interviews or focus groups, we will report this information to the local authorities and local child abuse hotline.

Voluntary Nature of Participation: You do not have to participate in this research project. If you agree to participate, you can discontinue participation at any time without penalty. Any questions you may find objectionable, you are not required to answer. If you no longer want your phone use to be measured, you may uninstall the phone tracking app.

Questions about the Research: If you have any questions about this research project, you can contact Dr. Brandon McDaniel and hist study team at 260-266-7771 or via email at HDH@Parkview.com. If you have questions about your rights as a subject/research participant in this research or concerns about the treatment of research participants, you can contact the Parkview Health Institutional Review Board at 260-266-8195 or via email at irbcoordinators@Parkview.com.

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