

Participant Information Sheet

Title of Project: Early mental health crisis intervention using user-generated and biometric data, with artificial intelligence techniques (PhD Research)

Name of Researcher: Ms Elizabeth Felton

Dear Participant,

You are asked to participate in the above, named study to aid investigation into mental health crisis support through wearable devices. You have been selected through your completion of the sign-up sheet.

The study will require you to wear your Fitbit throughout the day and night. You will also be required to complete prompts about your mood via the app's interface. You will be given further training on how to use the app if you agree to participate in the study. For participation in the study, you agree to use the Fitbit and app to the best of your ability. You are asked that you only provide information that is true to the best of your knowledge.

You are required to sign into the app provided using your Fitbit account details, through a secure sign-in portal. This will allow the app to access sleep and activity data gathered by you Fitbit. You will need to fill in the mood questionnaire on the app several times daily. You will also be asked to supply some demographic data, including age, gender, and employment status. This data will help build a picture of what is likely to affect the course of a mental health condition over time, to aid in crisis intervention and support.

Data collected about you is anonymised at the point of collection, and for this reason anonymised data cannot be removed from the study. The data collected will only be used for the purposes of academic research. The data will be used in the study named here and may be made available for other researchers in similar academic fields. Only I will have access to identifying data about you, which is limited to your name as signed and printed on the consent form and a separate, securely stored document linking your name to your participant number.

If I, or named supervisor below, become aware of any immediate danger to yourself, to others, or of illegal behaviour involving yourself, we will break confidentiality to assure safety and security.

You are free to withdraw from the study at any time, and any remaining identifying data stored about you will be destroyed at your request. You should email elizabeth.felton@dmu.ac.uk if you wish to withdraw.

We would like to make you aware that this is exploratory PhD-level research. Your participation is to help research the viability of AI techniques in preventing mental health crises and does not guarantee any future app or device or your access to any such app or device.

I would like to thank you for your assistance in this research project should you choose to continue.

Yours Faithfully,

Liz Felton

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