



Ryerson University
Consent Agreement

You are being invited to participate in a research study. Please read this consent form so that you understand what your participation will involve. Before you consent to participate, please ask any questions to be sure you understand what your participation will involve.

TITLE OF THE STUDY

“The impact of habit trackers, healthy lifestyles and exercise motives of university students in Toronto”

INVESTIGATORS

This research study is being conducted by Assistant Professor Laurel Walzak and undergraduate research assistant Matthew Vocino from the Faculty of Communication & Design, RTA School of Media at Ryerson University.

If you have any questions or concerns about the research, please feel free to contact:

Assistant Professor Laurel Walzak
RTA School of Media
Director, Global Experiential Sports Lab, The Catalyst
Rogers Communication Centre
80 Gould St, Toronto, ON M5B 2M7
lwalzak@ryerson.ca,
416 435 2003

PURPOSE OF THE STUDY

The main purpose of the study is to determine students' exercise motivations, and to determine if habit tracking improves an individual's healthy lifestyle behaviours and understanding of the benefits of being active. In order to find answers to our three areas of focus, Ryerson undergraduate students that have never self tracked their physical activity/healthy lifestyle behaviours will be surveyed.

To participate you must be an undergraduate student at Ryerson University and have never self tracked your physical activity/healthy lifestyle behaviours.

WHAT YOU WILL BE ASKED TO DO If you volunteer to participate in this study, you will be asked to do the following things:

- Answer a survey Pre-survey that includes demographic and current physical activity level questions. In addition, you will be asked to complete a modified Healthy Lifestyle of University Students questionnaire and answer questions about the benefits of being physically active.
- After completing the pre-survey, if you meet the inclusion criteria of having never self-tracked their healthy lifestyle behaviours, you will be provided with the habit tracker. Over the course of the next six weeks, you will be encouraged to follow the tips listed in the habit tracker while also self-reporting their behaviours.
- After six weeks, you will complete another questionnaire. Again, you will be asked to complete the Healthy Lifestyle of University Students questionnaire, the Exercise Motivations Inventory - 2 questionnaire, the Self Reporting Habit index regarding using the Habit Tracker, questions about your current involvement in physical activity and questions about the benefits of being physically active.

Research findings will be made available to participants as findings will be posted on GXSLab.com.

POTENTIAL BENEFITS

By participating in this study, an individual may benefit by realizing the importance of physical activity, that they should increase their exercise levels, and may build healthy lifestyle habits

I cannot guarantee, however, that you will receive any benefits from participating in this study.

WHAT ARE THE POTENTIAL RISKS TO YOU AS A PARTICIPANT

Individuals participating in our research face low risk. However, individuals may be uncomfortable answering questions about their exercise/healthy lifestyle behaviours, activity levels, and motivations. If at any time individuals begin to feel uncomfortable during their participation, they will have the option to terminate their participation immediately or skip a specific question.

In addition, individuals may face the risk of being identified as their emails will be collected. In order to mitigate this risk, individuals emails will be stored securely on google drive and only assistant professor Laurel Walzak and assistant student research Matthew Vocino will have access.

CONFIDENTIALITY

In order to maintain confidentiality, all data will be stored on Google Drive. Only Laurel Walzak and Research Assistant Matthew Vocino will have access to the data. The data will be stored for 18 months.

INCENTIVES FOR PARTICIPATION

In appreciation of your time, you will receive a \$25 Amazon gift card and be entered into a draw to win one of 5 \$100 Amazon gift cards. Only those who complete the entire study will receive the incentive and be entered into the additional draw. For the draw, we will assign each participant a number and then will use a random number generator to choose the winners.

VOLUNTARY PARTICIPATION AND WITHDRAWAL

Participation in this study is completely voluntary. You can choose whether to be in this study or not. If any question makes you uncomfortable, you can skip that question. You may stop participating at any time. If you chose to withdraw from the study during the six week period when you are supposed to be using the habit tracker, no further action is required. By withdrawing, you will not be responsible for completing the second survey. If you choose to withdraw while completing either survey, simply close the browser window.

If you choose to stop participating, your data will be deleted by default upon withdrawal, unless you provide explicit consent for us to include your data.

Your choice of whether or not to participate will not influence your future relations with Ryerson University or the investigators Assistant Professor Laurel Walzak.

Dissemination

Our findings will be disseminated at the 2020 Sport and Society Conference, at workshops, and in journal publications.

QUESTIONS ABOUT THE STUDY

If you have any questions about the research now, please ask. If you have questions later about the research, you may contact:

Assistant Professor Laurel Walzak
RTA School of Media
Director, Global Experiential Sports Lab, The Catalyst
Rogers Communication Centre
80 Gould St, Toronto, ON M5B 2M7
lwalzak@ryerson.ca, 416 435 2003

This study has been reviewed by the Ryerson University Research Ethics Board (2019-459). If you have questions regarding your rights as a participant in this study, please contact:

Research Ethics Board
c/o Office of the Vice President, Research and Innovation
Ryerson University
350 Victoria Street
Toronto, ON M5B 2K3 416-979-5042
rebchair@ryerson.ca

“An exploration of audience expectations in live sport video game streamcasts vs. live traditional sport linear broadcasts and the analysis of consumption motivations”

CONFIRMATION OF AGREEMENT

Your signature below indicates that you have read the information in this agreement and have had a chance to ask any questions you have about the study. Your signature also indicates that you agree to participate in the study and have been told that you can change your mind and withdraw your consent to participate at any time. You have been given a copy of this agreement. You have been told that by signing this consent agreement you are not giving any of your legal rights.

Name of Participant (please print)

Signature of Participant

Date