

# ACTIVITY TRACKER STUDY

## ABOUT THE STUDY

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SCAMP is the largest study in the world to examine the relationship between adolescent mobile phone use and mental health, with approximately 11000 participants engaging in our studies - including you!

As part of our research, we want to understand how physical exercise and sleep impact adolescent mental health and digital technology use, and so we are launching an Activity Tracker Study using Fitbit Inspire devices (a type of health and fitness tracker) to collect information on the following:



**DAILY ACTIVITY**



**EXERCISE**



**SLEEP**

## WE NEED YOUR HELP!

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We are recruiting participants to wear a Fitbit Inspire wristband for up to two months for the data collection phase of this study. Participants will need to download the Fitbit App, sync their data and allow SCAMP researchers to access it.

You will be eligible for rewards throughout the study and once the Fitbit Inspire is returned to us, you can claim these rewards!

This is a unique opportunity to shape world class research and work with researchers at Imperial College London to improve the lives of young people.

## **WHAT YOU GAIN**

- Earn reward points based on the numbers of days you wear the Fitbit and after device return
- Redeem points and receive rewards such as coffee, a meal out with friends, or vouchers – the SCAMP team will contact you when they rewards are ready
- Access paid opportunities and work experience at Imperial College London and industry partners
- Contribute to pioneering research which will improve the lives of future generations

- Wear a Fitbit wristband for up to two months
- Download the Fitbit App and sync your data
- Allow the SCAMP team to access your Fitbit data through the Fitabase platform
- Return the Fitbit to us via a pre-paid envelope

## **WHAT WE NEED**

## **WHAT WE ACHIEVE**

- Gain an accurate and comprehensive understanding of young peoples health behaviours
- Understand how physical exercise and sleep modify the association between digital technology use and mental health in adolescence
- Inform research and promote good health in young people

- You have taken part in the SCAMP study previously and made an important contribution
- You are at a key phase of life for cognitive and behavioural development (between 16 to 24 years)
- Your continuous participation will help us understand the changes over time

## **WHY WE HAVE CHOSEN YOU**

Your participation is completely voluntary and you have the right to withdraw from the study at any point without explanation. If you are interested in taking part but would like more information or have specific questions you would like to discuss with a researcher first, please do not hesitate to get in touch by emailing us at:

[scamp@imperial.ac.uk](mailto:scamp@imperial.ac.uk)