

WEARING AN ACTIVITY MONITOR AND COMPLETING A TIME-USE RECORD

INFORMATION FOR STUDY MEMBERS

WEARING AN ACTIVITY MONITOR

We would like you to wear an activity monitor that measures your physical activity. We'd like you to do this for one weekday and one weekend day after the interviewer has visited. The interviewer will tell you which two days we would like you to wear the monitor. It doesn't matter if what you do on these days is not what you usually do. **You cannot swap the days selected for you for different days.**

WHY?

Measuring young people's physical activity is important because it provides information about the link between physical activity and development and wellbeing.

HOW?

The monitor is worn on your wrist, like a watch, and is easy to wear. The activity monitor contains springs that move up and down when you move around. The movements of the springs are recorded onto a micro-chip inside the monitor. It **cannot** tell where you are or see what you are doing - it does not have GPS technology or a camera.

If you are happy to do this, the interviewer will explain how and when to wear the activity monitor and give you another leaflet when they visit.



COMPLETING A TIME-USE RECORD

We would like you to tell us how you spend your time by filling in a time-use record. We would like you to fill in the record on the same two days as you wear the activity monitor. The record for each day covers a 24 hour period, from early in the morning until the same time the next day. We are interested in what you do while you are awake, as well as what times you're asleep.

For each of the two days, it should take you around 30 minutes to fill in the record. The record can be completed the next day and your activities recorded in one go, or it can be filled in in stages throughout the day and finished the following morning.



WHY?

We are interested in understanding how young people spend their time, and how different activities relate to their development.

HOW?

You can complete the time-use record either online using a computer, or on an app for your Apple or Android smartphone or tablet (it will not work on Windows or Blackberry devices). If you don't have access to the Internet the interviewer can give you a paper version. You can talk to your interviewer about what method you prefer. Instructions will be provided on how to fill it in.

The record will ask you what you did on each day (for example, eating breakfast, travelling to school, watching television), as well as where you were, who you were with, and how much you liked what you were doing. You will need to choose what you did at each time from a set list of activities.

THANK YOU FOR YOUR HELP

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