

# Living Lab at Home Kit Instruction Manual

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## Instructions for Saliva Collection

### Your kit contains:

- i. Picture of swollen sorbette
- ii. 8 sorbettes in small plastic Ziploc bags w/ labels
- iii. 1 medium Ziploc to store 8 saliva sample

### Instructions: Please collect three saliva samples, every day, for the first eight (8) days of the 14-day data collection period

- *Morning Sample #1* — *as soon as you wake up (before food or drink)*
- *Morning Sample #2* — *15 minutes or more after the 1<sup>st</sup> sample (before food or drink)*
- *Evening Sample* — *between 5pm & 7pm*

**You will receive a text message reminding you take the saliva samples in the morning. The message will have a link for you to fill out your saliva diary. The researcher will ask you what time you usually wake up, and you will receive a text message reminding you take the saliva samples in the morning and evening with a link to fill out the saliva diary questionnaire.**

### *For all samples:*

1. You must not eat or drink anything (other than water) for at least 30 minutes before you collect the sample. Water can be drunk up to 10 minutes before you collect the sample. Wait at least 1 hour if you have eaten your evening meal.
2. Do not brush your teeth for at least 3 hours before you collect the sample.
3. Place the sorbette in your mouth until it is very wet and swollen (see attached picture). Hold onto the handle of the sorbette while you move it around the inside of your mouth.
4. Place the wet sorbette inside the Ziploc bag and seal tightly. Write the date and time on the Ziploc label. Store the saliva samples in the medium Ziploc to minimize the chances of the samples drying out.
5. Keep saliva samples refrigerated.
6. Answer the questions on the diary sheet (click on the link in the text message reminder to access this).

## Instructions for using the Activity Monitor.

### **Your kit contains:**

- i. 1 fully charged Actigraph GT9X Link
- ii. 1 Belt clip or 1 wrist band
- iii. Alcohol wipes

### **Instructions:**

1. At the beginning of the 14-day block of data collection, insert the Actigraph Link into the provided belt clip or watch band:
  - i. With the logo facing up, position the plastic notch on the bottom edge of the Link into the matching groove in the bottom edge of the belt clip.
  - ii. Gently push down on the upper part of the Link until it snaps into place.
2. If you are wearing the accelerometer on the wrist, place provided watch band on your non-dominant wrist. If not, place provided belt around waist. It should be snug, but not too tight. The Link will begin collecting data once the start time elapses.
3. Take off the accelerometer before you go to sleep. You will get a text message in the morning to remind you to put it back on.
4. At the end of the 14-day block of data collection, remove the Actigraph Link from the belt clip and place it in the box provided:
  1. Firmly grasp the Link with one hand while gently lifting the plastic tab on the top edge of the belt clip.
  2. Lift up on the Link until it pops out of the belt clip

### **Notes:**

The activity monitor is water resistant, but not waterproof. If you are going for a swim, please take the activity monitor off and place it in a safe place.

Please only clean the activity monitor with the wipes provided. Cleaning it with anything else can damage the device.

Please wear the activity monitor only with the provided belt clip. Failure to do so could result in device malfunction and possible skin irritation caused by direct contact with conductive materials on the back of the device.

Please contact us if you have any questions!

## Instructions for EMA (Ecological Momentary Assessment, a.k.a. smartphone questionnaires)

*Adapted from Smith et al. 2019 instructions*

### How do I know when it's time to fill out the questions?

EMA is a series of questions you will be asked to fill out a couple of times a day. The questions should take no more than 5 minutes to answer each time.

The reminders to fill out the EMA and to do the saliva collection will be sent to you by SMS text message. You don't need to have WI-FI or data to receive them. However, you will need internet access to answer the questions! The text messages will come from this number: [*currently 604-800-7195*].

You will receive 6 reminders a day: 3 for the saliva samples (wake-up sample, a second sample 20 minutes later, and one in the evening) and 3 for the EMA (morning, afternoon, and evening). You will get to choose what time the reminders are sent.

Try to fill out the questions as soon as possible after you receive the reminder. You have until the next survey to fill it out (e.g., when you get the 8am survey link, you have until noon to fill it out). The survey keeps track of what date/time you filled it out, so don't go back to fill in old surveys that you missed.

Make sure the sound/vibration is on for your phone, so you don't miss the notifications!

### Is there anything parents need to know about borrowing a smartphone from the research team?

- We have taken precautions to restrict usage of the phone, but we cannot guarantee that your child will not have access to internet content or that your child will not receive calls or texts from others while using this phone.
- Your child's use of the smartphone will be at your discretion.
- Once the phone has been returned to the research team, we will restore it to factory settings to protect you/your child's privacy should another research participant use the phone. Please do not save anything to the phone, as it will be deleted when you return it.

### How do I answer the questions?

- When you get the text message reminder to fill out the EMA or saliva diary, click on the link to open the questions. The link should open in any web browser you have on your phone (e.g., Chrome, Safari, Firefox, etc.)
- Keep your phone on whenever you can during the day, so you don't miss any reminders. Charging the phone overnight can help make sure you don't run out of battery during the day.
- You can skip any question you don't want to answer by pressing the button "Next Page". You can also go back and see/change your answers by pressing "Previous Page".
- Your answers are saved every time you press "Next Page".
- When you are looking at the questions on your smartphone, in the top right corner you can adjust the size of the font on the page by pressing the plus (+) or minus (-) button.

- The questions can also be answered on a computer, if needed. You can do this using the link that was texted to you.
- Keep going until the survey says you are finished.
- If you need more information about what the questions mean, check out the question guide on the next page of this document.

Remember, there are no right or wrong answers, just answer as honestly as possible!

#### Why do some of the questions look different?

- There are different types of questions:
  - **Multiple choice where you choose one answer only:** You will see either little circles next to each option or a drop-down menu. If there is a little text box next to one of the options, this means you can type in an answer. You can press the “reset” button to get rid of your answer.

Since the last survey, ***my interactions with other teens have been:***

- Very positive
- Somewhat positive
- Somewhat negative
- Very negative
- I haven't had any interactions with other kids since the last survey

reset

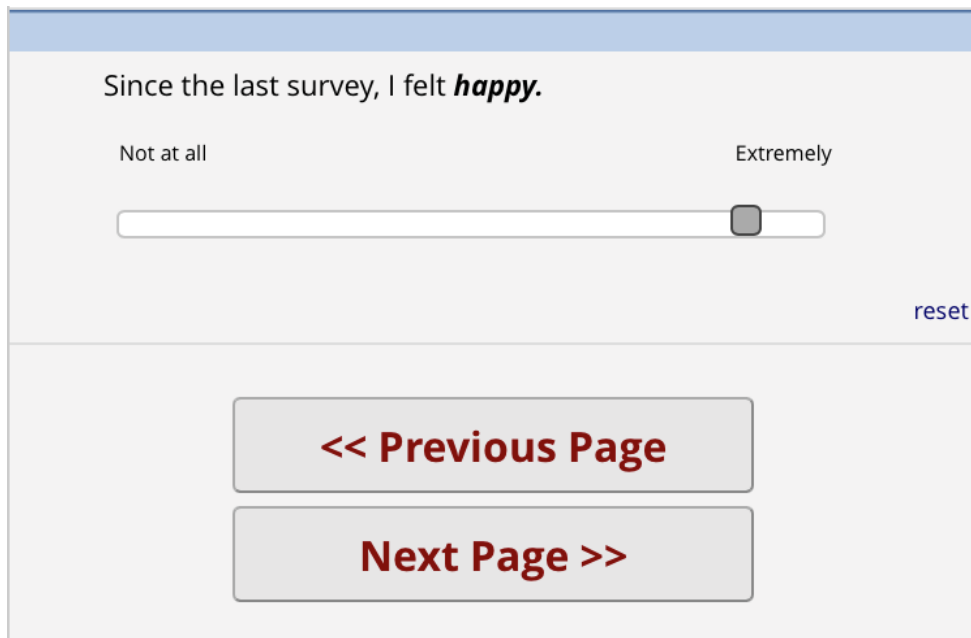
Last night, I ***fell asleep at:***

10:00pm ▼

This morning, I ***woke up at:***

5:00am ▼

- **Slider:** Move the slider to show how you are feeling on the scale. To move the slider, tap the little grey box and drag it with your finger/mouse. Pressing “reset” will send the slider back to the middle. Make sure you tap the box, even if you don’t want to move it. If you don’t tap the box, the system will not record your answer.



Since the last survey, I felt *happy*.

Not at all Extremely

[reset](#)

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- **Multiple choice where you select as many options as you want:** You will see little squares next to each option and it will say “Choose all that apply” at the bottom. If there is a little text box next to one of the options, this means you can type in an answer.

Since the last survey, I felt these **physical symptoms**:

- Stomach ache
- Headache
- Pain in my lower back
- Faintness or dizziness
- Pain in my arms or legs
- My heart was beating too fast
- Nausea or upset stomach
- Other
- No symptoms

Choose all that apply

- **Type your answer:** you will see a large text box. Tap the box to type your answer.

What are you **most** worried about happening today?

Being the last one picked at gym class

Expand

### What if I don't understand what the question is asking me?

First, check out this guide below! We have a description of what each question means. You can also ask a parent or another adult for help. If you still have questions, please contact us.

Remember, when you are answering the questions, any time the question says "survey" (e.g., "Since the last survey, I felt..."), it means the last time you filled out questions for this study. The first time you fill out the EMA, this will mean the time since you filled out the demographic questionnaire (which you will fill out the day before you start the EMA). Every time after that, this will mean the time since you last filled out the EMA.

Below are each of the questions you will be asked during the EMA. If we have extra instructions for that question, we have provided them below.

- **“Who is filling out this survey?”**
  - This is where you let us know if you are filling out the survey (youth), or if someone else is filling it out on your behalf (e.g., a parent/caregiver if you’re not able to fill it out). Note: If a parent or caregiver is filling it out, they should still be answering about how YOU are feeling, not how they are feeling.
  
- **“Last night, I fell asleep at:” and “This morning, I woke up at:”**
  - Choose the hour that is closest to the time. For example, if you fell asleep at 7:15pm, choose 7pm. If you fell asleep at 8:40pm, choose 9:00pm.
  - Choose the time when you *actually* fell asleep/woke up (not when you got in/out of bed)
  
- **“How well did you sleep last night?”**
  
- **“What are you most worried about happening today?” and “The thing I am MOST worried about today involves...” and “How worried are you about this?” and “How certain are you that it will happen?” and “How bad do you expect it to be?”**
  - You will get these questions every morning.
  - *Think carefully about something that you’re worried about that day. It can be anything. It can be about school, friends, family, health, and so on.*
    - *For example, if you have an important test that day, you may be most worried about that...*
    - *Or if someone in your class wrote a mean comment on your Instagram photo and you have to see them in a few hours.*
    - *Or if your mom has a doctor’s appointment that day and you’re worried she is sick.*
  - The second question asks you what category of things your worry involves. Some of the options are:
    - **“People I don’t know well”** for example, a kid from a different class or school, a new teacher, or someone you’ve never met before.
    - **“Nothing in particular,”** Use this option when you are worried or scared but it’s not about something specific like “family” - you just can’t figure out why.
    - **“Other,”** In general, you should use “other” when the right answer for you is not listed. For example, if you were worried about climate change.
    - You can choose more than one option (e.g., if you were scared about going to a sleepover and being away from your mom, you would choose ‘Friends/peers’ and ‘Family’)
  - How certain are you that it will happen is asking how *likely* you think it is that the thing you are worried about will actually happen.
  - How bad you expect it to be is how bad you think it would be if the thing you were worrying about actually happened.
  
- **“Earlier, you said that the thing you were most worried about happening today was {answer from earlier}. Did the thing you were worried about earlier happen?” and if yes, “How bad was it?” and “Did you do anything to try and avoid the situation?”**
  - You will only get this question in the afternoon and evening. The survey will remind you what your answer was to the question that morning.
  - Avoiding the situation means doing something (or not doing something) so you don’t have to face the thing you are scared of. We will ask you to say if you did something to avoid the situation, and to describe what you did or didn’t do. Here are some examples:



- You stayed home from school because you were worried about getting a bad grade.
  - You didn't go on a tough bike trail because you were worried you might fall off your bike.
  - You hung out by yourself during recess because you were nervous about talking to other teens.
  - You left a party or activity because you were nervous about talking to other kids.
- **"Did you go to school today?" and if no, "Why not?"**
  - You will only get this question in the evening.
- **"Did you take off the activity monitor to do any moderate to vigorous physical activities today? If yes, please tell us what time you took it off, what activity you did, and how long you were active for."**
  - You will only get this question in the evening.
  - If you answer yes, please fill in the text box with the time, activity, and duration. For example: "4:30pm, diving for 30 minutes"
  - Remember, you only have to fill this in if you took the activity monitor off during the activity (for example, if you went in the water).
- **"Do you plan to take off the activity monitor to do any moderate to vigorous physical activity this evening?"**
  - You will only get this question in the evening.
  - This question is asking if you are planning to do any moderate to vigorous physical activity after filling out the EMA where you will have to take off the activity monitor (for example, if you are filling out the evening EMA at 7pm but you know you are going to swim practice at 8pm).
  - If you answer yes, please give as much detail as you can about what activity you will be doing, what time you will be doing it, and how long for. If you don't know, it's OK to guess.
- **"Since the last survey, I felt worried or scared"**
  - This question is asking about times where you felt nervous, afraid, worried, or scared.
  - This might be like how you feel when you are getting ready to ride a really, really scary roller coaster, when you see a spider, when you are talking to a new person at school, when you have a test coming up and you spend a lot of time thinking about how you'll do on it, or when you have a dentist appointment you think you may have to have a cavity filled.
- **"Since the last survey, I felt happy"**
- **"Since the last survey, I felt annoyed or angry"**
  - This means you felt grouchy, cranky, grumpy, crabby, annoyed, or angry.
- **"Since the last survey, I felt unhappy, sad, or miserable"**
  - This doesn't have to be extreme or unusual for you, this means usual feelings of unhappiness or sadness for you.
- **"Since the last survey, my interactions with other people my age have been:"**

- This question is asking about *any* communication with people your age. This includes in-person interactions as well as texts, DMs or other social media messages, FaceTime/Zoom/phone calls, emails, etc.
  - Positive means good, and very positive means you only had good interactions with other people your age
  - Negative means bad, and very negative means that you only had bad interactions with other people your age
- **“Since the last survey, I felt worried about my interactions with other people my age”**
  - **“Since the last survey, I felt worried about experiencing physical symptoms”**
    - Physical symptoms mean any sensation you feel in your body. It doesn’t matter what is causing the symptom.
  - **“Since the last survey, did you experience any physical symptoms?”**
  - **“Since the last survey, I felt these physical symptoms:”**
    - Choose all the symptoms you felt since the last survey. If you choose “Other,” you can type in what kind of symptom it was.
  - **“Since the last survey, how intense were your physical symptoms?”**
  - **“Since the last survey, did you do anything about your physical symptoms?”**
    - Answer Yes or No to say if you did anything about your physical symptoms. Some examples might be taking a medication, resting or napping, using a coping strategy like distraction or deep breathing, stretching, staying home, etc. If you say “Yes,” you can type what you did into the box.

At the end, if you chose to track any other questions (e.g., other symptoms, emotions, experiences), you will have the chance to do that on the 0 to 100 scale. There is also a text box at the end of each survey for you to make a note of anything you want to, for example, to give an explanation for your answers.

[What if I still have more questions or something goes wrong?](#)

If you have any questions, technical difficulties, or other problems during the study, please contact [Marie-Noelle Wharton Cancio](#) at [mn.wharton@bcchr.ca](mailto:mn.wharton@bcchr.ca) or 604-875-2000 ext.6922. Thank you for helping us with this research study!