

Wearable technology and its impact on eating habits

Investigators

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Reason for the study

This study aims to identify how the data obtained via wearable technology such as calorie consumption and exercise impacts the way people eat.

What is involved in the study?

During this study wearable device users, such as Apple Watches, will be asked to participate and complete a questionnaire to gather their perception on how wearable technology may impact your eating habits.

The questionnaire will take no longer than 15 minutes to complete.

All data will be anonymised. Data will be stored securely in accordance with the University of the West of Scotland's (UWS) guidelines, Data will be retained for no more than 5 years and stored anonymously on the UWS One Drive cloud storage system. At no time will your identity or the identity of your organisation be shared. Only the Lead investigator and research team will have access to the data. Any data subsequently used for publication in a peer review journal or presentation will be anonymous.

Right to withdraw

As your data is anonymous, on completion of the questionnaire your data cannot be withdrawn, but you can terminate during the completion of the questionnaire at any point, without reason.

Further information

If you have any further questions, or would like to view any subsequent publication your data is used in, please contact Dr Ashley Warner before consenting to participate (ashley.warner@uws.ac.uk).

If you would like an independent contact for further information or to discuss concerns, please contact Prof.

Nicholas Sculthorpe (Nicholas.sculthorpe@uws.ac.uk).

- ☐ I confirm that I have read and understand the information above. I understand my participation is voluntary and that I'm free to withdraw before submitting my questionnaire. I Agree to take part in the study,
-

* Do you own a wearable device?

☐ Yes

☐ No

What is your biological sex?

☐ Male

☐ Female

☐ Prefer not to say

What is your age group?

☐ 18-24

☐ 25-34

☐ 35-44

☐ 45-54

☐ 55-64

☐ 65+

What is your race/ethnicity?

- ☐ White/Caucasian
 - ☐ Black/African American
 - ☐ Hispanic/Latino
 - ☐ Asian/Pacific Islander
 - ☐ Native American/Indigenous
 - ☐ Other (specify)
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What is your highest level of education?

- ☐ High School
 - ☐ Associate's Degree
 - ☐ Bachelor's Degree
 - ☐ Master's Degree
 - ☐ Doctorate
 - ☐ Other
-

How often do you exercise?

- ☐ Never
 - ☐ Rarely (less than once a week)
 - ☐ Sometimes (1-2 times a week)
 - ☐ Regularly (3-4 times a week)
 - ☐ Frequently (5 or more times a week)
-

What Wearable device do you currently use?

How long have you owned a wearable device?

- ☐ < 1 year
- ☐ 1-2 years
- ☐ 2-3 years
- ☐ 3-4 years
- ☐ 5+ years

Can you describe your reasons for purchasing your wearable device?

Do you monitor your exercise via your wearable device?

- ☐ All of the time
- ☐ Most of the time
- ☐ Sometimes
- ☐ Not usually
- ☐ not at all

Do you monitor your calorie expenditure via your wearable device?

- ☐ All of the time

- ☐ Most of the time
 - ☐ Sometimes
 - ☐ Not usually
 - ☐ not at all
-

Do you monitor you calorie intake?

- ☐ All the time
 - ☐ most of the time
 - ☐ Sometimes
 - ☐ Not usually
 - ☐ Not at all
-

Please indicate how much you agree or disagree with each statement below.

Completing my calorie goal (set by my wearable?) is important to me

- ☐ Strongly agree
 - ☐ Agree
 - ☐ Somewhat agree
 - ☐ Neither agree or disagree
 - ☐ Somewhat disagree
 - ☐ Disagree
 - ☐ Strongly disagree
-

Balancing my calorie expenditure and the amount of calories I consume is important to me

- ☐ Strongly agree
 - ☐ Agree
 - ☐ Somewhat agree
 - ☐ Neither agree or disagree
 - ☐ Somewhat disagree
 - ☐ Disagree
 - ☐ Strongly Disagree
-

Since using a wearable device, I pay more attention to the quality of the food I eat

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree
- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

Tracking my physical activity makes me more conscious of how much I eat.

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree

- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

I am more likely to choose healthier foods when I see that I've met my activity goals

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree
- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

When I don't meet my activity goals, I tend to eat less.

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree
- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

I tend to reward myself with food when I meet or exceed my physical activity goals.

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree
- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

Tracking physical activity encourages me to be more mindful of my portion sizes.

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree
- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

I use information from my wearable device (e.g., calorie expenditure, activity performed, steps completed) to guide my food choices.

- ☐ Strongly agree
- ☐ Agree

- ☐ Somewhat agree
- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

I believe wearable devices are accurate at measuring my calorie expenditure

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree
- ☐ Neither agree or disagree
- ☐ Somewhat disagree
- ☐ Disagree
- ☐ Strongly Disagree

When you achieve your calorie goal on your wearable device, can you describe the dietary behaviour changes you make, if any?

When doubling your calorie goal (200%) on your wearable device, can you describe the dietary behaviour changes you make, if any?

How often do you consume breakfast?

- ☐ Daily
- ☐ Most days
- ☐ Some days but not all days
- ☐ Sometimes
- ☐ No days

How often do you consume at least 2 portions of fruit and vegetables?

- ☐ Daily
- ☐ Most days
- ☐ Some days but not all days
- ☐ Sometimes
- ☐ No days

What type of bread do you consume?

- ☐ Wholemeal only
- ☐ Sometimes brown or granary and some wholemeal
- ☐ Brown or granary sometimes wholemeal, and sometimes white

- ☐ Sometimes white and sometimes brown and granary
- ☐ White only
- ☐ I do not consume bread

What type of milk do you consume?

- ☐ whole milk
- ☐ Semi skimmed
- ☐ Skimmed
- ☐ I do not consume milk