

What do I need to do if I go through a metal detector (e.g. at an airport) or a medical scanner?

The monitor should not set off a metal detector or scanner. However, if you will be passing through an airport security checkpoint whilst wearing the monitor, we suggest that you temporarily remove the monitor and put it in the tray to be screened. We also suggest that you temporarily remove the monitor if you go through a medical scanner.

When should I NOT wear my activity monitor?

The activity monitor can be worn for all activities, except those undertaken in extreme environments such as diving or a sauna, so please wear it continuously (24 hours per day) for 8 days and nights.

What if the activity monitor breaks or is lost?

Don't worry. If the monitor gets broken just return it to us in the envelope provided. We should be able to retrieve any information that has already been recorded. If you lose the monitor then please let us know by telephoning 0800 652 4574. The activity monitor does not contain any information that could identify you directly.

What if I am sick or I cannot do much physical activity for any reason during the week I am wearing the activity monitor?

Please wear the activity monitor as normal. We are interested in your patterns of movement even if they differ from your usual activity.

What will happen to the information that is collected?

All information that is collected will be handled in accordance with data protection legislation and used for research purposes only.

The data collected by the activity monitor will not be directly linked to your name, address or other personal identifiable information. Results from the study will not be published in a way that reveals your identity.

The anonymised activity monitor data will be shared with researchers at UCL and the University of Oxford, who are responsible for analysing the findings of this part of the study.

Anonymised data collected by the activity monitor will be linked with the other information you have provided in the ELSA study, so that researchers can use this information to carry out more detailed analysis of activity patterns.

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Monitoring Physical Activity

Participant Information Leaflet

Measuring your physical activity

We would like you to wear an activity monitor, a small device that records body movements during normal daily activities such as standing, walking, cycling or running. It also captures inactive periods such as time spent sitting, lying down or sleeping.

Physical activity is known to affect physical and mental health in many ways. However, it can be hard to measure accurately. Many studies rely on asking people to remember the amount of time they have spent doing different activities which can give inaccurate results.

Information collected with these activity monitors will help researchers to understand better how physical activity affects health.

What is activity monitoring?

The activity monitor records information about the duration, frequency and intensity of all kinds of activity, from sleeping to vigorous physical activity. It does this by measuring movement in three directions (up/down, forwards/backwards and left/right). Researchers will be able to determine how active a person has been based on the information collected by the activity monitor.

How do I wear the activity monitor?

Please wear the activity monitor like a watch using the wrist band provided. Please wear on the wrist of the hand you usually write with.

- If you are **RIGHT-handed** you should wear the monitor on your **RIGHT wrist**.
- If you are **LEFT-handed** you should wear the monitor on your **LEFT wrist**.

If for some reason you cannot wear the monitor on the wrist of the hand that you usually use to write with, then please wear it on the other wrist.

The monitor will be placed in the wrist band for you. Please do not remove it. If the monitor is taken out of the wrist band, it needs to be replaced by aligning the arrow on the monitor with the arrow on the wrist band (see image below).

Please don't give the monitor to anyone else. Please keep it away from children and pets to avoid accidents.



How long do I need to wear it for?

We would like you to wear the activity monitor **continuously (24 hours per day) for 8 days and nights**. If you take the monitor off at any time during this period, the data collected during that time will not reflect your true activity levels. The monitor can be worn comfortably at night.

Should I take it off when I am in the shower?

No. It is waterproof. You can even wear it in the bath or while swimming. We would like you to wear it when you are doing all activities, except those done in extreme environments such as diving or a sauna. You can loosen the wrist strap to dry underneath after taking a shower or bath.

Will I get any feedback about my activity levels?

Yes, we will send you a summary report about your physical activity during the 8 days and nights you wore the activity monitor. The report will be sent to you a few weeks after receiving your monitor back in the office.

What do I do after I have worn the activity monitor for 8 days and nights?

Once your 8 days and nights are over, you will receive a text message and email to remind you that the monitor can be taken off and returned. Please post the activity monitor back to us in the pre-paid envelope provided as soon as you can.

If you lose the return envelope and need another one please contact 0800 652 4574.

I have changed my mind and do not want to wear the monitor

If you decide you do not want to wear the monitor, please post it back to us in the pre-paid envelope provided as soon as you can.

What if I have any other questions about the activity monitor?

If you have any other questions, please call 0800 652 4574.

Frequently Asked Questions

Will the activity monitor harm me in any way?

No, the activity monitor cannot harm you. It doesn't give out radiation, electrical current, vibration, or heat. In very rare instances people can experience mild skin irritation, if this occurs please remove the monitor immediately and return it in the envelope provided.

How are the monitors cleaned?

All monitors and wrist bands have been thoroughly cleaned using alcohol-based wipes ahead of postage. If you need to clean the device, please use an isopropyl alcohol-based wipe (70% concentration).

Can the monitor track my whereabouts?

No, the monitor has no GPS technology or camera, and cannot track your whereabouts.