



driftoff sleep app – individual interviews

INFORMATION SHEET FOR PARTICIPANTS

You are invited to take part in this research. Please read this information before deciding whether or not to take part. If you decide to participate, thank you. If you decide not to participate, thank you for considering this request.

Who am I?

My name is Dan Archer and I am a Doctoral student in Public Health at Te Herenga Waka—Victoria University of Wellington. This research project is work towards my thesis.

What is the aim of the project?

driftoff is a mobile app to support your sleep. It was designed and developed during my PhD research project alongside university students at Te Herenga Waka | Victoria University of Wellington.

This research has been approved by the Te Herenga Waka—Victoria University of Wellington Human Ethics Committee #2024/HE000074.

How can you help?

You have been invited to participate in an individual interview because you used the driftoff sleep app. If you agree to take part, I will interview in person or online. I will ask you questions about your experiences using the driftoff app. The interview will take about 30 minutes. I may ask you to open the app on your own device and show me your experience to gain better understanding of your answers. I will audio record the interview with your permission and write it up later. You can choose to not answer any question or stop the interview at any time, without giving a reason. You can withdraw from the study by contacting me at any time before 30 September 2025. If you withdraw, the information you provided will be destroyed or returned to you.

What will happen to the information you give?

This research is confidential¹. This means that the researchers named below will be aware of your identity but the research data will be combined and your identity will not be revealed in any reports, presentations, or public documentation.

Only my supervisors and I will read the notes or transcript of the interview. The interview transcripts, summaries and any recordings will be kept securely and destroyed after 5 years on 01 September 2030.

What will the project produce?

The information from my research will be used in my PhD dissertation and/or reports, conference presentations, and publications. This research may also lead to the ongoing development of a the driftoff mobile app which is commercialisable intellectual property.

If you accept this invitation, what are your rights as a research participant?

You do not have to accept this invitation if you don't want to. If you do decide to participate, you have the right to:

- choose not to answer any question;
- stop the interview or test at any time;
- ask for the recorder to be turned off at any time during the interview;
- withdraw from the study before 01 September 2025;
- ask any questions about the study at any time;
- receive a copy of the interview summary;
- be able to read the final report of this research by emailing the researcher to request a copy.

¹ Confidentiality will be preserved except where you disclose something that causes me to be concerned about a risk of harm to yourself and/or others.

If you have any questions or problems, who can you contact?

If you have any questions, either now or in the future, please feel free to contact either:

Student:

Dan Archer

dan.archer@vuw.ac.nz

Supervisors:

Associate Professor Terry Fleming

School of Health (Te Herenga Waka | Victoria University of Wellington)

terry.fleming@vuw.ac.nz

Professor Lisa Te Morenga

Centre for Public Health Research (Massey University)

L.TeMorenga@massey.ac.nz

Human Ethics Committee information

If you have any concerns about the ethical conduct of the research you may raise this with the HEC Convenor, Te Herenga Waka — Victoria University of Wellington, by emailing human-ethics@vuw.ac.nz or phoning the University's service centre on 0800 04 04 04.