

Information for Research Participants

You are taking part in a thesis study organized by the thesis worker Nischal Raj Budhathoki. This notice describes how your personal data will be processed in the study.

Participation in the study is voluntary. There will be no negative consequences for you if you choose not to participate in the study or if you withdraw from the study. However, if you withdraw from the study, data collected prior to your withdrawal may still be used in the study. For more information on your rights and how you can affect the processing of your personal data, please see section 13 of this notice.

1. Name and duration of the study

Name of the study: **Adoption and Perceptions of Smart Bands for Health Monitoring: An Analysis of Survey Data Across Different Age Groups**

Duration of the study (how long personal data is processed): **6 months after which the data is archived for future research and teaching purposes (see Section 12)**

2. Data Controller¹

Data controller: **University of Oulu**

Address: PL 8000 90014 Oulun yliopisto (Pentti Kaiteran katu 1, Linnanmaa)

Contact persons

Master's thesis student: **Nischal Raj Budhathoki**

Address: Oulu University, Interact Research Unit

E-mail: nischal.budhathoki(at)student.oulu.fi

Responsibilities: data processing (collection, storage, analysis, confidentiality, reporting, GDPR conformance) for the duration of the thesis work (6 months).

Thesis supervisor: **Dorina Rajanen**, Interact Research Unit, ITEE Faculty, University of Oulu

Email: dorina.rajanen(at)oulu.fi

Responsibilities: thesis supervision, data processing and archival after the thesis is completed, personal data processing in conformance with GDPR.

¹ "Controller" means the natural or legal person, public authority, agency or other body which, alone or jointly with others, determines the purposes and means of the processing of personal data.

Contact details of the Data Protection Officer

You can contact the Data Protection Officer of the University at dpo@oulu.fi.

3. Description of the thesis / research project and the purpose of the processing of personal data

This research aims to understand how different people in different demographics (such as age groups and motivational dispositions) use smart bands (or fitness trackers and smartwatches) for health monitoring and the factors that encourage or discourage their adoption. The data collected will help answer key questions such as:

- Why do people decide to use or avoid smart bands?
- How do age groups differ in using features like fitness tracking, heart rate monitoring, and sleep tracking?
- What are the barriers to adopting smart bands, such as cost or privacy concerns?
- How does familiarity with technology affect smart band adoption?

To answer these questions, data will be collected using an online survey form called Webropol. This survey will ask participants about their demographics (age, gender, education level, etc.), whether they use smart bands, and their thoughts on smart bands' features, benefits, and challenges.

How Data Will Be Processed

- Participants will fill out the survey anonymously. Only general information, such as age group and opinions about smart bands, will be collected. No personal identifiers, like names or contact information, will be asked. Besides age, other personal data is collected for identifying patterns and comparing the usage of smart bands between different groups based on gender, education, occupational status, and country of residence.
- The data will be securely stored in Webropol, which automatically compiles the responses into a spreadsheet. This spreadsheet will only be accessible to the researchers working on the project.
- The collected data will be analysed using statistical methods to identify patterns, trends, and differences between age groups and other demographics regarding smart band usage and perceptions.
- To ensure privacy, the survey responses will not include any identifying information. Access to the data is restricted to authorized researchers, and additional steps, like exporting the

data for backup, will be done securely.

By using Webropol, this research ensures data is collected in a safe and straightforward way while respecting participants' privacy. The insights gained will help improve the design and accessibility of smart bands for different users.

Lastly, the purpose of this research is to learn more about why people choose to use or avoid smart bands for health monitoring. It aims to uncover what motivates some people to adopt these devices and what challenges stop others from using them. By understanding these factors, the study can provide helpful information on how to improve the appeal and accessibility of smart bands for people of all ages. The data collected in this survey may also be compared with data collected in previous years on different populations or samples.

By taking part in this study, participants are contributing to important knowledge about how wearable technology can support health and wellness. The results could lead to better-designed devices and solutions that make health monitoring easier and more inclusive for everyone, regardless of their age or familiarity with technology.

Principal Investigators

Name: Dorina Rajanen, University lecturer
Address: Oulu University, Interact Research Unit
E-mail: dorina.rajanen(at)oulu.fi

Name: Nischal Raj Budhathoki, Master's thesis worker
Address: Oulu University, Interact Research Unit
E-mail: nischal.budhathoki(at)student.oulu.fi

Persons processing personal data in the study

Thesis Author: Nischal Raj Budhathoki (Student - Master's Programme in Information Processing Science)

Thesis Supervisor: Dorina Rajanen

Job Title and Department: University lecturer (Interact Research Unit - User interfaces and human-centered digitalization)

4. Lawful basis of processing

Personal data is processed on the following basis, which is based on Article 6(1) of the General Data Protection Regulation:

- participant's consent
- performance of a task carried out in the public interest: scientific or historical research purposes or statistical purposes

5. Types of personal data processed in the study

In this study, personal data will be collected through a survey administered via Webropol. The following types of personal data will be processed:

Demographic

- Age group
 - Gender
 - Education level
 - Country of residence
 - Occupational status (employed, student, etc.)
- **The personal data collected (see above) cannot be used for identifying individual persons.**
 - **No identifying personal information, such as names, contact details, or dates of birth, will be collected, ensuring participants remain anonymous.**
 - The analysis and reporting will focus on aggregated or statistical patterns, behaviours, and perceptions. The data analysis will NOT address specific individuals or profiling people.

6. Sensitive personal data

- No sensitive personal data will be processed in the study.

7. How and from what sources personal data is collected

The personal data for this study will be collected directly from participants (self-reports) through an online survey questionnaire. The questionnaire will be created and distributed using Webropol. Participants will provide their information voluntarily and based on informed consent by completing the questionnaire. The survey will ask questions about:

- Demographic information (e.g., age, gender, see section 5).
- The use or non-use of smart bands and related habits.
- Their opinions, motivations, and barriers to adopting smart bands.

All data will be self-reported, meaning participants provide the information themselves in

response to the survey questions. No external databases, third-party sources, or pre-existing records will be used for collecting personal data.

8. Transfer or disclosure of the personal data outside the research team

The data collected through the survey will be stored securely in Webropol. Webropol complies with strict privacy and security guidelines to protect the information. Only the research team (see section 3) will have access to the survey data, and it will not be shared with anyone outside the team.

Only aggregated, completely anonymized data will be shared in the final study results (thesis) or reports (scientific publications). This means that no personal information will be revealed or shared with others.

9. Transfer or disclosure of personal data to countries outside the EU/European Economic Area

Not transferred.

10. Automated decisions

No automated decisions are made.

11. Safeguards to protect the personal data

The data is confidential. (Only the research team - see section 3 - has access to the personal data).

Protection of manual material: No manual material is collected or processed.

Protection of personal data processed in IT systems:

The data collection, storage, and analysis are done with ensuring that the data is kept safe and only authorized persons access it. The following measures are taken depending on the IT systems used (personal computers, University network, Software used for data analysis):

username password logging

access control

other: according to data management plan and the agreements in this Privacy Notice.

Processing of direct identifiers:

No personal identifiers are collected or processed with the data.

12. Processing of personal data after the completion of the study

- The research material will be deleted
- The research material will be archived:
- without identifiers (no identifiers are collected or processed)

Where will the material be archived and for how long: University K: drive, 5 years or as long as it is useful for research or teaching.

13. Your rights as a data subject, and exceptions to these rights

Data protection legislation guarantees the data subject certain rights that enable them to ensure the fundamental right of the protection of privacy. If you wish to exercise the rights mentioned in this section 13, please contact the contact persons of the study mentioned in section 2 of this notice.²

Withdrawing consent (GDPR Article 7)

You have the right to withdraw your consent, provided that the processing of the personal data is based on consent. The withdrawal of consent will not affect the lawfulness of processing based on consent before its withdrawal.

Right of access (GDPR Article 15)

You have the right to obtain information on whether or not personal data concerning you are being processed in the project, as well as the data being processed. You can also request a copy of the personal data undergoing processing.

Right to rectification (GDPR Article 16)

If there are inaccuracies or errors in your personal data being processed, you have the right to request rectification or supplementation of the data.

Right to erasure, right to restriction of processing, right to object, right to data portability (GDPR Articles 17, 18, 20, 21)

You may request the erasure of your personal data that are processed in the research. You may also request the restriction of processing your personal data, object to the processing, or request the transmission of your personal data from one system to another.

² [If the University of Oulu is the data controller, the contact person should as soon as possible forward the data subject's request to the university registry office: kirjaamo@oulu.fi].

Derogating from rights

In certain individual cases, derogating from the rights described above in this section **13 Your rights as a data subject** and exceptions to these rights may be made on the basis of the GDPR and the Finnish Data Protection Act, insofar as the rights render impossible or seriously impair the achievement of scientific or historical research purposes or statistical purposes. The need for derogations will always be assessed on a case-by-case basis.

14. Right to lodge a complaint

You have the right to lodge a complaint with the Data Protection Ombudsman's Office if you think your personal data has been processed in violation of applicable data protection laws.

Contact details:

Office of the Data Protection Ombudsman (Tietosuoja-valtuutetun toimisto)

Street address: Lintulahdenkuja 4, 00530 Helsinki

Postal address: PL 800, 00531 Helsinki, Finland

Tel. (switchboard): 029 56 66700

Fax: 029 56 66735

E-mail: tietosuoja(at)om.fi