UNIVERSITY OF CALIFORNIA, IRVINE
CONSENT TO ACT AS A HUMAN RESEARCH SUBJECT

Multitasking as a Collaborative System: Examining the Millennial Generation

You are being asked to participate in a research study. Participation is completely voluntary. Please read the information below and ask questions about anything that you do not understand. A researcher listed below will be available to answer your questions.

RESEARCH TEAM
Lead Researcher
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Other Researchers
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STUDY LOCATION:
UCI, participants' homes

STUDY SPONSOR:
National Science Foundation

WHY IS THIS RESEARCH STUDY BEING DONE?
The purpose of this research study is to understand the extent to which the Millenial generation multitasks.

HOW MANY PEOPLE WILL TAKE PART IN THIS STUDY?
This study will enroll approximately 1000 participants. All study procedures will be done at UCI and the environs.

WHAT PROCEDURES ARE INVOLVED WITH THIS STUDY AND HOW LONG WILL THEY TAKE?

Pre-interview	*The pre-interview will assess your basic demographic information and technology*	*15 min.*

	experience.	
Polychromic Preference Test	*This test is to determine the extent to which you prefer to multitask (to do polychronic work) or to work on one task at a time to completion (monochronic work)*	*3 min.*
Observation – Normal Technology	*An observer will shadow you and observe your technology use*	*1 day*
Computer logging	*A computer logging program will record the start and stop time of information technology use on the computer and mobile device*	*7 days*
Heartrate monitor	*In order to measure stress and arousal, you will be asked to wear a heart rate monitor during the day. You will wear a non-obtrusive heartrate monitor on a chest strap. This will be the FDA-approved Garmin Forerunner heartrate monitor which consists of a chest strap and wristwatch receiver. You will wear this heartrate monitor during the day for the duration of their participation in the study. Heart rate monitors, which are comfortable, can be worn under clothing without being visible.*	
Observation – Technology cutoff (If you are selected to participate in this condition)	*An observer will shadow you and observe you. Internet will not be available*	*7 days*
Diary Notations	*You will be asked to record significant events related to your technology use*	*Ongoing through study*
NASA workload measure, subjective measures	*You will complete subjective measures of stress, cognitive workload and productivity.*	*3 min., end of each day*
Post-interview, end of study	*The post-interview will ask questions about your experience*	*45 min. - 1 hour*

Participation in the study will include 2 visits at the beginning and end of the study, 1 day of observation and take a total of about 3 days over a period of 1 week. Should you agree to participate in the condition where we cut off your digital media, the study will extend for 7 more days. We will observe you for one of those days.

You must meet the following requirements to be in the study: be between 18-22 years of age.

WHAT ARE THE POSSIBLE DISCOMFORTS OR RISKS RELATED TO THE STUDY?

There are no known harms or discomforts associated with this study beyond those encountered in normal daily life. The possible risks and/or discomforts associated with the procedures described in this study include: discomfort from being cut off from access to the Internet and the data capabilities of a mobile device for a period of 7 days. However, participants will still be able to access data that resides

on their local computer and to use the phone calling capability of their mobile devices. There is the potential for a breach of confidentiality, should data inadvertently be lost or shared, and also the the potential for increased stress or workload due to being cut off from the Internet. There may be added stress due to being 'cut-off' from others because the subject will not be able to contact others via the Internet and likewise others will not be able to contact them via the Internet. However, subjects will be able to make phone calls.

ARE THERE BENEFITS TO TAKING PART IN THE STUDY?

Participant Benefits

The possible benefits you may experience from the procedures described in this study include learning about your digital media behavior.

Benefits to Others or Society

We feel that our study can provide concrete results of how digital technologies contribute to distraction and stress.

WILL I BE PAID FOR TAKING PART IN THIS STUDY?

Compensation

You will receive $50 for your participation in this study. If you participate in the Internet cut off part of the study, you will receive an additional $150.

Reimbursement

You will not be reimbursed for any out of pocket expenses, such as parking or transportation fees.

WHAT HAPPENS IF I WANT TO STOP TAKING PART IN THIS STUDY?

You are free to withdraw from this study at any time. **If you decide to withdraw from this study you should notify the research team immediately**. The research team may also end your participation in this study if you do not follow instructions, miss scheduled visits, or if your safety and welfare are at risk.

If you withdraw or are removed from the study, the researcher may ask you to participate in an exit interview.

If you elect to withdraw or are withdrawn from this research study, the researchers will discuss with you what they intend to do with your study data. Researchers may choose to analyze the study data already collected or they may choose to exclude your data from the analysis of study data and destroy it, as per your request.

HOW WILL MY PERSONAL INFORMATION BE KEPT?

Subject Identifiable Data

All identifiable information collected about you will be removed and replaced with a code. A list linking the code and your identifiable information will be kept separate from the research data. We will not keep any personal information about you once we have collected your data.

Data Storage
Research data will be maintained in a secure location at UCI. Only authorized individuals will have access to it. Research data will be stored electronically on a laptop computer in an encrypted file and is password protected. Research data will be stored electronically on a secure network in an encrypted file with password protection. The audio recordings that can identify you will also be stored in a secure location; then transcribed and erased as soon as possible.

Data Retention
The researchers intend to keep the research data in a repository indefinitely. Other researchers may have access to the de-identified data for future research. Any data shared with other researchers, will not include your name or other personal identifying information.

WHO WILL HAVE ACCESS TO MY STUDY DATA?
The research team, authorized UCI personnel, and regulatory entities such as the Office of Human Research Protections (OHRP), may have access to your study records to protect your safety and welfare.

Any information derived from this research project that personally identifies you will not be voluntarily released or disclosed by these entities without your separate consent, except as specifically required by law. Study records provided to authorized, non-UCI entities will not contain identifiable information about you; nor will any publications and/or presentations without your separate consent.

While the research team will make every effort to keep your personal information confidential, it is possible that an unauthorized person might see it. We cannot guarantee total privacy

WHO CAN ANSWER MY QUESTIONS ABOUT THE STUDY?
If you have any comments, concerns, or questions regarding the conduct of this research, please contact the research team listed at the top of this form.

Please contact UCI's Office of Research by phone, (949) 824-6662, by e-mail at IRB@research.uci.edu or at 5171 California Avenue, Suite 150, Irvine, CA 92617, if you are unable to reach the researchers listed at the top of the form and have general questions; have concerns or complaints about the research; have questions about your rights as a research subject; or have general comments or suggestions.

HOW DO I AGREE TO PARTICIPATE IN THIS STUDY?
You should not sign this consent form until all of your questions about this study have been answered by a member of the research team listed at the top of this form. You will be given a copy of this signed and dated consent form to keep. **Participation in this study is voluntary.** You may refuse to answer any question or discontinue your involvement at any time without penalty or loss of benefits to which you might otherwise be entitled. Your decision will not affect your future relationship with UCI or your quality of care at the UCI Medical Center.

_____ Yes, I agree to allow the research team to audio record my interview.
_____ No, I do not agree to allow the research team to audio record my interview.

Your signature below indicates you have read the information in this consent form and have had a chance to ask any questions you have about this study.

I agree to participate in the study.

Subject Signature	**Date**
Printed Name of Subject	
Researcher Signature	**Date**
Printed Name of Researcher	