Thank you for your interest in our study on the User Experience of our HandsOn App. You can learn more about our work on virtual touch on the other pages of this website (https://www.unibw.de/virtualtouch-en/about)

For information about this study, please continue reading below where we will detail:

- general information about the study,
- requirements, and
- instructions

How much time will this take?

30 to 45 minutes of time across 2 weeks

Can I participate? (requirements to participate)

1. 18+ years of age
2. Have a good level of English (as all on-screen instructions are in English only)
3. Android/Apple smartphone and be willing to download the app

What do I have to do? (General instructions)

(Timeline of the study - 2 weeks)

1. Please click the following link which will allow you to select the correct download link for the phone that you have: https://www.unibw.de/virtualtouch-en/release

   Please note: This app is free to download and you will need 80MB of storage to download the app. This app does not run on iPad/tablet devices and is only available for mobile use.

2. Once downloaded and installed, you will see the following logo in your phone where applications normally appear


a. Click on the icon to launch the application

b. Please register and ensure to fill in the following details:
- Country
- Profile name (**Please note:** This will only be visible to you. Once you register, a unique ID code will be created and your data will be stored anonymously under this code which will be accessed by us)
- Please add the following as your STUDY ID: USREXP
- Age
- The avatar that best represents you (Feminine or Masculine)
- Preferred method to express emotions (Emoji. Color or word)

c. In order to share your anonymized data with us, we recommend that you click on the button stating "I agree to anonymous data sharing" while registering. You can also manually share your data with us by clicking on the option at the "Settings" tab. If at any time you no longer want to share your data with us, you may opt-out by unclicking the "Share data" option in your account settings. For more information about the privacy notice of this study and the app, please visit: https://www.unibw.de/virtualtouch-en/privacy

d. Kindly click on the button stating "I agree to the terms and conditions"
Your profile is now created.

3. Basic app interface information:
   a. Every time you open the app, you will be asked to indicate your mood on the mood map using the interface you selected when you set up your profile (as an example, shown below is a mood map using emojis). Although this interface can be changed in the settings tab, we ask that you keep using the same interface for the duration of the study (i.e. 2 weeks).
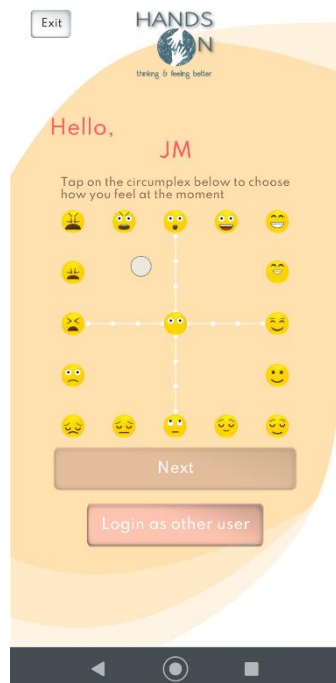
   b. Once you have entered this information, you can watch YouTube videos that will tell you about the cutting edge research into touch, look through the suggested exercises for the day and even keep a check on your achievements and diary entries.

c. At the 3 key time points, i.e. day 0, day 7 and day 14, please click on the exercise tab at the bottom of the screen. You will need to navigate to your assigned exercises by first selecting the area of exercises and then proceeding to the specific exercise. Naturally, feel free to navigate and try out other exercises as well. However, for the purpose of the study, it is essential that at least at 3 time points you try out the exercises types assigned to you.

d. At the end of each exercise you will be asked a few questions and you may add a note to your daily diary or send us feedback about your experience.
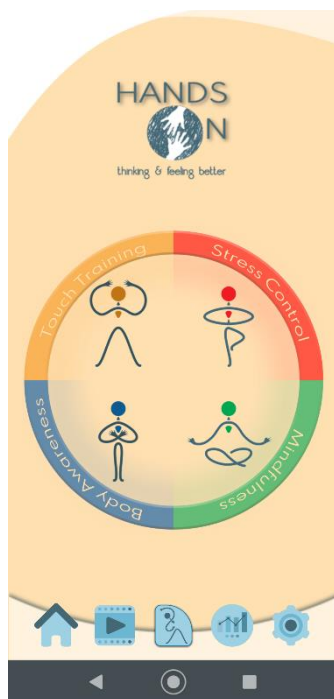
e. Throughout your usage of the app, you can track your activity summary, add details to your daily diary and monitor your mood changes.

f. You can change your account details on the settings tab
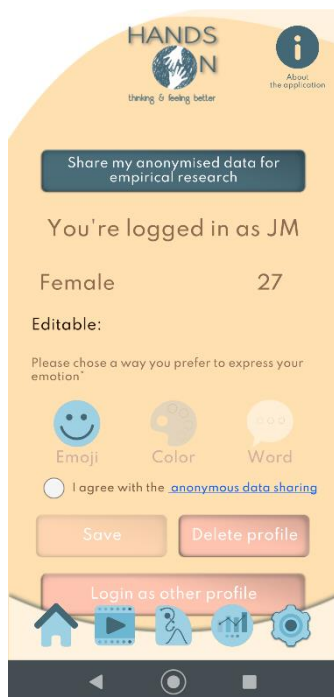
4. You will be randomly assigned to a specific set of exercises once you agree to participate in this study and will be provided with individual instructions to each of these. The exercises together will take between 3 to 8 minutes.

5.   After registering, you will be required to do the set of exercises assigned to you a minimum of 3 times i.e.: Day 0, Day 7 and Day 14. For scientific rigour, we request that you follow this time-line. You may do the exercises more than the minimum requirement as well. To ensure that we can remind you about when to do the exercises, and if you are happy for us to email you, you can simply send us a quick email with the Subject: HandsOn UX to olga.lantukhova@unibw.de (you can use the "Contact us" button). Your email address will not be used for any other purposes and will not be connected in any way to your data from use of the app.

6.   At the end of 2 weeks, you will be asked to fill in a questionnaire with respect to your experience of using the app and specific exercises. This will be shared with you via a google forms link and should take approximately 15 minutes to complete. After the 2-week mark, you may choose not to share your data and may continue using the app if you'd like.

We thank you for your time, effort and valuable feedback in advance. If you have any further questions about this study, or if you experience technical difficulties, please do not hesitate to email Merle at merle.fairhurst@unibw.de and/or Jyothisa at jyothisa.mathew@unibw.de .