

Q. What devices will I be provided with during my week in the study?

A. You will be asked to wear an activity tracker clipped to your belt or waistband (an Actigraph GT3X+) and to carry a study smartphone. The activity monitor continuously records your activity level.. The smartphone has a diary app that will ask you regularly what you've eaten, how you feel, whether you are hungry/thirsty/busy and what you are doing.

Q. What do I do if I have lost or broken one of the study devices?

A. Don't worry, these things happen. Contact the study team and they will arrange for a replacement device.

Q. What do I do if I forgot to wear the activity tracker or take the smartphone with me?

A. Try to remember to wear /take each of the devices with you every day. If you forget one day, remember to put the device on as soon as possible and carry on as normal.

Q. Can I wear my activity tracker in the shower or when I go swimming?

A. No, the activity tracker should be removed during showering, bathing, and swimming. Please put it back on immediately after you have finished these activities though.

Q. Should I wear the activity tracker in bed when I am sleeping?

A. No. You should place the tracker on a bed-side table or somewhere where you will see it in the morning. Remember to put it back on when you are getting dressed.

Q. What if I miss a diary entry?

A. The device will record a missed entry. You should complete the next entry as normal.

Q. Will the phone wake me up when I'm sleeping?

A. No, it shouldn't. Your schedule for the week will be programmed into the device at the start of the week to prevent this. If anything changes, get in touch with the study team.

Q. Will it be possible for anyone to identify me from my data?

A. No. At the University of Aberdeen we follow strict data management procedures that require us to make all of our data anonymous. Our study protocol and data management system have been reviewed by an Ethics Committee.

Q. What should I tell patients / colleagues who ask what I'm doing on the phone?

A. You can tell anyone who asks that you are taking part in a study about nurse health but are not recording any information about patients or other staff members.

Q. How much detail should I include when reporting my food and drink intake?

A. Try to give as much detail as you can (e.g. brand, size, description of food eaten), but if time is short, try to summarise the key facts. An example is given below;

Ideal food report

Over the last 90 minutes I have eaten....

Cheese and pickle sandwich (wholemeal bread, 2 slices of bread, homemade)

Crisps (salt vinegar hula hoops, standard bag)

4 individual chocolates (Cadbury's Heroes)

2 mugs tea (with milk + 1 sugar)

Brief food report when time is short

Over the last 90 minutes I have eaten....

Cheese pickle sandwich

Hula hoops

4 small chocs

2 tea (milk + 1)

Please try to avoid listing items in ways that do not make clear food eaten (e.g. "my usual"; "same as yesterday", "hot special", "takeaway" etc).

If reporting meals with many different bits, try to list the main ones (e.g. "Takeaway – sweet and sour chicken, fried rice, chips and prawn crackers"; or "Roast dinner – beef, roast potatoes, broccoli, 2 yorkshire puddings, gravy")

Q. How do I know if what I've eaten is 'a little' a 'moderate amount' or 'a lot'?

A. We just want a rough indication of how much you think you have eaten at any given point. 'Moderate' is a 'standard' sized meal or snack. If you have eaten less than this say 'a little' and if you've eaten more, 'a lot'.