# Evaluating the informativeness of various diet-coaching tools ⸙

* Required

## Introduction

**Please read the following instructions carefully before proceeding.**

**What is this experiment about?**
This research aims at evaluating whether common diet-coaching apps are **informative** for users.
In other words, how easy it is for users to find the information they need and, most importantly, how comprehensible they are.

**What will I have to do?**
For this experiment, we ask you to do 3 main tasks.

1. **Preliminary form:** during this step, you'll be asked to answer a short form **(5-6 questions)** regarding nutrition. This will involve extracting information from a sample nutritional label and reasoning about them.

2. **Main form:** following the completion of the previous point, you'll be assigned to a tool (a diet-coaching app). You'll receive instructions on **how to download (through Play/Apple Store), install and use the app** on your phone. Each app has been pre-compiled with food diaries (imagine this as someone else record of what they ate).
You will be asked to explore this data to answer **10 questions**.

3. **Final feedback:** finally, we will ask you to give us your opinion on the overall experiment **(7 questions)**, with a particular focus on the tool you used in step 2. You'll be asked for your **worker ID** and be given a **completion code**.
Return it to us to process your HIT.

Total time for doing this experiment should be between **30-45 minutes.**

# Additional details (1/2)

**Some important things to keep in mind:**

1. You'll need to **install and use** the assigned app on your phone (Android/IOS) to complete the experiment.
   Failure in complying with this requirement will cause **HIT invalidation**.

2. The experiment is monitored. Fraudulent behaviour such as **completing the form without reading the questions** or **giving random answers** will be detected and will result in the invalidation of your HIT.

3. Note that the previous points does not apply to the cases in which, **despite using the app, you're still not able to give an answer**. Regardless of the amount of correct answer you give, **you will still receive your remuneration.**

4. You will be assigned to only **one app** for this experiment. You won't have to repeat it multiple times.

5. Most of the apps don't require any registration: we'll give you login credentials (username and password).
   In only one case, the app will require your phone number for access. We won't be able to see or access this as it is a chat app **(Telegram)**.

6. You don't have to keep the app installed after the experiment. You can uninstall it immediately when done.

7. None of the apps have been developed by us and therefore **we won't receive any data except the form answers.**

8. As said before, your assigned app will show you some data regarding food and meals across different days.
   Please only read the data, **avoid changing, deleting or altering that data in any way**.
   Data alteration/augmentation will result in experiment invalidation **(and HIT invalidation for MTurkers)**

9. In any case, **no data (outside of form answers) will be gathered.**

10. Should you change your mind, you can withdraw from the experiment at any given stage and without giving a reason, until the point in which data analysis shall be done with your (completed) results.

# Additional details (2/2)

## Data management and storage

No personal data about you shall be collected or stored beside the data which will be put in the forms. All your answers will be anonymously and safely stored in devices belonging to University of Aberdeen. None of these data shall be released to the public.

## Confidentiality and anonymity

Raw data and the identity of participants will not be released to anyone outside the research team. The data you provide will be analysed and may be used in publications, dissertations, reports or presentations derived from the research project, but this will be done in such a way that your identity is not disclosed.

## Consent

If you agree to take part in the research, you will be asked to indicate your consent by ticking the following checkboxes.

## Risk

We foresee no risk for any participant involved.

## Sponsor

This research is being funded by the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 812882.

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Question *

☐ I confirm that the research project **"Evaluating the informativeness of various diet-coaching tools"** has been explained to me. I have had the opportunity to ask questions about the project and have had these answered satisfactorily.

2

Question *

☐ I consent to the material I contribute being used to generate insights for the research project **"Evaluating the informativeness of various diet-coaching tools"**.

3

## Question *

☐ I understand that my participation in this research is voluntary and that I may withdraw from the project at any time (until the point of data analysis) without providing a reason. **I understand that (for MTurkers) withdrawal will invalidate my HIT.**

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## Question *

☐ I consent to allow the **fully anonymised** data to be used for future publications and other scholarly means of disseminating the findings from the research project.

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## Question *

☐ I understand that the information/data acquired will be securely stored by researchers, but that appropriately anonymised data may in future be made available to others for research purposes. I understand that the University may publish appropriately anonymised data in its research repository for verification purposes and to make it accessible to researchers and other research users.

# Preliminary form (1/3)

In this first form, we ask you to answer some questions related to **the nutritional label displayed below**. Answer to the best of your knowledge.

**Please do not seek help from anyone else to complete this form. The aim is not to score maximum points at any cost. None of your answers will be shared with anyone and your identity will be kept anonymous.**

**Additional help:**
**- You are allowed to use a calculator if you would like to.**
**- You do not need any app for this part of the experiment.**

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*

**Nutrition Facts**

| | |
|---|---|
| Serving Size | ½ cup |
| Servings per container | 4 |

Amount per serving

| | | | |
|---|---|---|---|
| Calories | 250 | Fat Cal | 120 |

| | %DV |
|---|---|
| **Total Fat** 13g | 20% |
| Sat Fat 9g | 40% |
| **Cholesterol** 28mg | 12% |
| **Sodium** 55mg | 2% |
| **Total Carbohydrate** 30g | 12% |
| Dietary Fiber 2g | |
| Sugars 23g | |
| **Protein** 4g | 8% |

*Percentage Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

**Price: $12.72**

☐ **Check this box to proceed.**

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**If you eat the entire container, how many calories will you eat?** *

(1 Point)

| |
| --- |

8

**If you are allowed to eat 60 grams of carbohydrates as a snack, how much ice cream could you have?** *

(1 Point)

| |
| --- |

9

**What's the price of the ice-cream?** *

| |
| --- |

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**Your doctor advises you to reduce the amount of saturated fat in your diet. You usually have 42 g of saturated fat each day, which includes one serving of ice cream. If you stop eating ice cream, how many grams of saturated fat would you be consuming each day?** *

(1 Point)

_____

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**If you usually eat 2,500 calories in a day, what percentage (%) of your daily value**
**of calories will you be eating if you eat one serving?** *

(1 Point)

_____

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**Pretend that you are allergic to the following substances: penicillin, peanuts, latex gloves, and bee stings. Is it safe for you to eat this ice cream?** *

(1 Point)

◯ Yes

◯ No

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**If you replied "No" to the previous question, motivate your choice:** *

(1 Point)

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**If you replied "No" to the previous question, motivate your choice:** *

(1 Point)

# Main form (2/3)

To complete this form **you will need your assigned tool**.

Your assigned tool is: **$tool_name**

**Please do not seek help from anyone else to complete this form.
The goal of this experiment is to assess your ability to use the tool, not to score maximum points at any cost. Your identity will be kept anonymous.**

**Additional help:**

- You are allowed to use a calculator if you would like to.
- We suggest you to use the glossary to better understand the questions.

## How to download, setup and use your tool:

Below you can find two download links:

1. **Glossary:** we made this file to make it clearer what certain terms means. You can use it to better understand what we're asking you.
2. **User guide:** this file shows you how to **download, install and setup** the app. It also guides you through all the features that you can use to answer the following questions.

## Download links:

- **Glossary:** $glossary_link
- **User guide:** $guide_link

## Credentials:

- **Username:** $user
- **Password:** $password
**Please open the app and login now before proceeding.**

## Additional support:

If you have questions or something doesn't work, feel free to contact us at the following email:

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Please read everything before proceeding, otherwise you could struggle while doing the experiment. *

☐   I read everything!

# Food diary on <u>November 28 2021</u>

Following the **user guide**, you can access **a food diary**. That is, for two consecutive weeks **you can see every meal and some related information** (e.g.: nutrients and calories).

Through the app, check <u>**November 28 2021**</u> only and answer the questions to the

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### Which one of the following is true for <u>November 28 2021</u>? *

(1 Point)

○ The calorie intake is **too high.**

○ The calorie intake **is balanced.**

○ The calorie intake **is too low.**

○ I don't know.

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### Which one of the following is true for <u>November 28 2021</u>? *

(1 Point)

○ The carbohydrates intake is **too high.**

○ The carbohydrates intake **is balanced.**

○ The carbohydrates intake **is too low.**

○ I don't know.

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**Write the single food with most calories on <u>November 28 2021:</u>**
(If you're not able to answer just type "unknown" and proceed) *

(1 Point)

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**How many calories does that food contain?**
(If you're not able to answer just type 0 and proceed) *

(1 Point)

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**Write the single food with most fat on <u>November 28 2021:</u>**
(If you're not able to answer just type "unknown" and proceed)
*

(1 Point)

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**How many grams of fat does that food contain?**
(If you're not able to answer type 0 and proceed) *

(1 Point)

[                                                                    ]

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**Describe $tool_name app logo in your own words:** *

[                                                                    ]

# Food diary on November 22-28 2021

Following the **user guide**, you can access **a simulated food diary**. That is, for two consecutive weeks **you can see every meal and some related information** (e.g.: nutrients and calories).

Through the app, check the week **November 22-28 2021** only and answer the questions to the best of your knowledge

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## Which one of the following is true for November 22-28 2021? *

(1 Point)

◯   The calories intake is **too high.**

◯   The calories intake is **balanced.**

◯   The calories intake is **too low.**

◯   I don't know.

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## Which one of the following is true for November 22-28 2021? *

(1 Point)

◯   The carbohydrates intake is **too high.**

◯   The carbohydrates intake is **balanced.**

◯   The carbohydrates intake is **too low.**

◯   I don't know.

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**Go to the home section of $tool_name. At the top, you will see a recap of your profile, with a picture. What do you see as the profile picture? \***

# Food diary on <u>November 15-21 2021</u> and on <u>November 22-28 2021</u>

Following the **user guide**, you can access **a simulated food diary**. That is, for two consecutive weeks **you can see every meal and some related information** (e.g.: nutrients and calories).

Through the app, check both:
- the week **November 15-21 2021**
- the week **November 22-28 2021**

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## Which one of the following is true? *

(1 Point)

◯   The calorie intake is **better on <u>November 22-28 2021</u>**

◯   The calorie intake was **better on <u>November 15-21 2021</u>**

◯   The calories intake **is the same** for both weeks

◯   I don't know.

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## Which one of the following is true? *

(1 Point)

◯   The carbohydrates intake is **better on <u>November 22-28 2021</u>**

◯   The carbohydrates intake was **better on <u>November 15-21 2021</u>**

◯   The carbohydrates intake **is the same** for both weeks

◯   I don't know.

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**On <u>November 19 2021</u>, which one of these can you see in "Snacks/Other"?** *

○ Spaghetti bolognese

○ Espresso

○ Gin and Tonic

# Final feedback (3/3)

Thank you again for your help. In this final form, we ask you to evaluate your overall experience by using your assigned tool.

**Please do not give the most positive answer if you don't fully agree with the statement. The goal of this form is to see how good the tool was for you.**

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## Please give a score to each statement, based on how much you agree with each one: *

|  | Disagree | Somewhat disagree | Neither agree or disagree | Somewhat agree | Agree |
|---|---|---|---|---|---|
| **$tool_name** helped me finding problems in the food diary. | ○ | ○ | ○ | ○ | ○ |
| **$tool_name** helped me answer the questions. | ○ | ○ | ○ | ○ | ○ |
| Getting the answers with **$tool_name** was quick. | ○ | ○ | ○ | ○ | ○ |
| **$tool_name** was easy to use and understand. | ○ | ○ | ○ | ○ | ○ |
| I think I could improve my diet using **$tool_name**. | ○ | ○ | ○ | ○ | ○ |

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**Did you use any diet-coaching tool (even $tool_name itself) before this experiment?** *

◯ Yes

◯ No

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**If you chose yes, how often do you use the assigned or similar tool?** *

◯ Often

◯ Occasionally

◯ Rarely

◯ Never

# Experiment completed

We are very grateful for your contribution!

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## Are you an MTurker? *

◯  Yes

◯  No

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## Please type your <u>WorkerID</u> to let us process your HIT:
*

<div style="border:1px solid #ccc; height:60px;"></div>

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