

Attachment A.

Protocol for Text Messaging Study (ages 12+)

**National Health and Nutrition Examination Survey (NHANES)
Text Messaging Pilot Study**

OMB no. 0920-0237
Expires: 12/31/2011

Assurance of confidentiality – All information which would permit identification of an individual, a practice, or an establishment will be held confidential, will be used for statistical purposes only by NCHS staff, contractors, and agents only when required and with necessary controls, and will not be disclosed or released to other persons without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 USC 242m) and the Confidential Information Protection and Statistical Efficiency Act (PL-107-347).

Public reporting burden of this collection of information is estimated to average 2 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer; 1600 Clifton Road, MS D-74, Atlanta, GA 30333. ATTN: PRA (0920-0237).

Text Messaging Pilot Study Protocol:

Eligibility: Sample persons aged 12 years or older are eligible for the Text Messaging Pilot Study.

Informed Consent: Informed consent will be obtained as a part of standard NHANES consenting procedures.

Exclusion Criteria: Participants who do not have cell phones will be excluded from this study. If a participant or parent/guardian declines to participate, they or the child will not be sent text messages.

Study Design: Obtaining permission for NHANES to send text messages (ages 12 and older) Participants ages 16 years and older will be asked these questions at the conclusion of their sample person interview (MAQ section). Parent/guardians of children ages 12-15 years will respond for their children.

1. {Do you/does your child} have a cell phone?
 1. Yes
 2. No [End of Section]
 7. Refused [End of Section]

9. Don't Know [End of Section]

2. We would like to send {you/your child} short text messages about the exam. These messages will not contain confidential information, but will contain reminders about {your/your child's} participation. There may be fees to get a text message, depending on your plan. May we send {you/your child} text messages?"

1. Yes
2. No [End of Section]
3. Text messaging not possible [End of Section]
7. Refused [End of Section]
9. Don't Know [End of Section]

(Interviewer training for question #2 will emphasize that participants may receive anywhere between 0-5 text messages.)

3. What is {your/your child's} cell phone number?

XXX-XXX-XXXX

777-777-7777 Refused [End of Section]

999-999-9999 Don't Know [End of Section]

4. What is {your/your child's} cell phone carrier? (example, Verizon or AT&T)

1. Verizon wireless
2. AT&T
3. Sprint Nextel
4. T-Mobile USA
5. TracFone Wireless
6. Other (see drop down menu, Appendix A)

END of Section

If a participant or parent/guardian declines, they or the child will not be sent text messages.

Texting a reminder to fast

Two text messages will be sent to participants ages 12 and older who are assigned to the morning session. The following message will be sent at 1:00pm and 7:00pm the day before the participant's examination.

"Your health exam is at 8:30am tomorrow morning. Please do not eat or drink anything except water after 11:30pm tonight."

(This message is 99 characters without spaces, and 119 with spaces.)

Texting a reminder to call for test results

Participants ages 14-59 are eligible for STD testing. The current protocol calls for the physician to conduct pre-test counseling, and obtain verbal consent to proceed with STD testing. The physician also instructs participants on how to get their test results by calling a toll free number 30 days or more after their examination. Participants who agreed to STD testing will receive a text message if they failed to call for test results within 38 days after their exam. Messages will

be sent at 3pm on the 38th, 48th and 58th day after their examination. Messages will not be sent if the participant called in prior to those subsequent days. The text message will state:

"Reminder: please call 888-301-2360 to get your password protected test results from the health survey."
(This message is 87 characters without spaces, and 101 with spaces.)

To determine if text messaging improves fasting noncompliance and receiving STD test results, a two year observational study design will be used.

Data Collection: The text messaging questions will be asked in the home as part of the Sample Person questionnaire. Messages will be sent from NHANES to individual survey participants, but no messages will be accepted from a participant.

Report of Findings: There are no results to be reported to the participant.