

## Accelerometry Instructions for Participants

### Instructions for Completing the Accelerometry Component

- Proper use of device
  - How to complete the diary (separate instructions for adults and youth?)
  - How/where to mail the device upon completion
1. The ActiGraph can be worn either over or under clothing, whichever is most comfortable to you. The meter does not need to be in direct contact with your body. However, it is essential that the ActiGraph be positioned snugly enough against your body that it cannot flop around.
  2. You will be instructed on how to wear the ActiGraph. The ActiGraph will be given to you already threaded onto the elastic belt. You should wear the ActiGraph with the elastic belt fastened around the waist with the unit positioned over the **right** hip bone. You should not wear it in any other way, including:
    - NOT in any pockets of clothing
    - NOT in a backpack or handbag
    - NOT in a car glove compartment or trunk
    - NOT when you are spending the night outside of your neighborhood
  3. You should wear the unit all day while you are awake. The only times you should remove the unit are when you go to bed at night, or if the unit would become completely wet (e.g. swimming, showering).
  4. Instructions have been given to you along with the diary describing how to wear the device. The graphs on the last page below are used to help you know what we look for when deciding on the need for a re-wear (whether the day is considered complete).



# How to Wear the Activity Meter

This small activity meter records general movement and allows us to get a better idea of your overall activity level. We will **not** be able to tell what kind of specific activity is happening. At first, the belt may feel slightly awkward, but after a few hours, you will probably get used to it and not notice it as much. It is **extremely** important for our study that you wear the meter properly. If it is not worn properly, we may not be able to use the activity data from that day. Please follow these instructions carefully:

- ⊕ Wear the meter attached to the belt around your waist, just above your **right** hipbone. You can wear it either underneath or on top of your clothing.
- ⊕ Wear the meter so that the star sticker is facing **up**.



- ⊕ Wear the meter **snug** against your body. If you have to, you can adjust the belt by pulling the end of the strap to make it tighter. Or, to loosen the belt, push more of the strap through the loop. **Wear the belt tight enough so that the meter does not move when you are being active.**
- ⊕ Please **put it on first thing in the morning** – either just after you get out of bed or just after you shower or take a bath in the morning.
- ⊕ **Do not submerge the meter in water** (swimming, bathing, etc.)
- ⊕ Keep the activity meter on all day (unless swimming or in the water).
- ⊕ At night, **take it off right before you go to bed**. You should be wearing the meter for **at least 12 hours each day**.
- ⊕ Do not let anyone else wear it.

⊕ **The meter has a very short battery life.**

⊕ **The last full day that it will work is \_\_\_\_\_.** If you cannot begin wearing it by \_\_\_\_\_, please call XXX-XXX-XXXX **as soon as possible!**

There is no "ON" or "OFF" switch that you need to worry about turning on or off every day. The activity meter runs on a battery and is programmed to run continuously without you needing to turn it on. Please do not try to open the activity meter.

## HOW LONG SHOULD I WEAR MY MOVEMENT METER?

When you send your meter back, we will see how many hours you wore it each day. If we see that you didn't wear it for at least **7 days, for at least 12 hours per day**, we may not be able to use the activity data from that day.

We determine how long you wore the device by looking at a graph that we download from your meter. Below are some examples. The top graph is from a person who wore the movement meter for a sufficient amount of time. The bottom graph is from a person who didn't wear the meter for long enough.



This person did a great job of wearing their meter! As you can see on the graph, they put it on when they woke up at about 7:30 in the morning, and kept it on until about 8:30 at night.

This person would have to wear the meter again. They put it on when they woke up at about 9:00 in the morning, but took it off at about 2:00 in the afternoon.



If you have any questions about your meter, or if you would like your own copy of your graph, please let us know by calling [XXX-XXX-XXXX](tel:XXX-XXX-XXXX). We would be glad to help!

**Example handout for participants**

The page on top is for wear instructions;

The page on the bottom is used to help them understand compliance expectations