

Accelerometry Reminder Scripts

Reminder Scripts for the Accelerometry Component

1. Excerpts from recruitment scripts:

"We would like you to wear a movement meter for 7 days. It is similar to a pedometer, except it measures general movement."

"To the best of your ability, go about your usual days --- don't do anything different."

"Try to wear it all the time you are awake. The only time you should take it off is when you shower or if you swim because it's not waterproof."

"We would like you to wear it for at least 12 hours of the day. If you don't wear it for long enough each day, or for enough days, we will ask you to wear it again."

"Make sure to put it on first thing tomorrow morning, take off last thing at night"

"Leave next to your bed or by your cell phone to remind you to put it on each day"

"You can wear it underneath or on top of your clothes"

"We will give you a log, where you will note the days and times you put the meter on and take it off."

"The battery will run out in 10 days and the meter will stop working. This is why it's very important that you wear it for 7 consecutive days."

"It runs on a watch battery and isn't a tracking device. It can't tell what type of activity you are doing or where you are."

"It's really small, I've worn it myself and after a little while I forgot I was even wearing it."

"We will call you in a few days to see how things are going."

"It is special just for you so make sure no one else wears it."

"Please try to take care of the device it because is very valuable to us"

2. Reminder calls scripts

Participants should be contacted on the 3rd or 4th wearing day. This call is to ensure that the meter is being worn correctly and to answer any questions. It also helps to remind people to start wearing it and establishes a pattern of frequent communication between the participant and the recruiter.

Hello, I am [full name], from the [study name]. Can I speak to [participant's name]? I'm calling to check in and see how you are doing with the monitor and log? Are you writing down the time in the log when you are putting on and taking off the meter?

If participant IS wearing the meter,	<i>That's great. Do you have questions about wearing the meter? How about completing the log? I will check back in a few days to see how things are going. Call me at [local number] if you have any questions.</i> Terminate call.
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<p>If participant has NOT started wearing the meter,</p>	<p><i>As we discussed, the meter runs on limited battery life. I'm concerned, because if we don't have enough days before the battery runs out, you will need to re-wear the meter. Is it possible for you to start wearing it tomorrow morning? Don't forget to also fill in the log. I will check back in a few days to see how things are going. Call me at [local number] if you have any questions.</i></p> <p>Terminate call.</p>