## 12. Activity Monitor Overview and Participant Instruction

The following **SCRIPT** is used to provide participants with an overview of the ActiGraph device and data collection protocol, including instructions for wear and return of study materials.

**SCRIPT:** Hello, my name is <<insert your name, here>> and I am with the **MESA 24H-ACT Study**.

Thank you for agreeing to be a part of our study. I’d like to take a few minutes of your time to tell you more about the device that you will wear today and for the next eight days.

This is the ActiGraph or the red activity monitor <<show participant the ActiGraph Device>>. It’s a very small instrument that you will wear on your hip; attached to an elastic belt or belt clip. It’s very similar to a pedometer, that you might have worn as part of MESA or have seen at the store. This monitor is what is used in research studies to collect information on how one spends their day being active and sitting still.

***For this study, we are not asking you to change your normal physical activity; rather we’d like for you to go about your normal daily routine while you are wearing this device.***

It is very important that you wear the red activity monitor during the entire time that you are awake. We will ask you to check off that you wore your red activity monitor for the entire day, each day<<show participant the MESA Participant Diary>>. You will also indicate the clock times corresponding to when you got into and out of bed. If you took any naps that day, you will fill in the times when you started and ended the nap. You will wear the red activity monitor on your hip, during the entire time that you are awake. It is very important that you wear the red activity monitor throughout the entire day. The red activity monitor cannot get wet for long periods of time, so we will ask you to take it off during showers, baths, or during other water-based activities, like swimming.

Now, I will show you how to wear the device properly. Let’s start with the red activity monitor <<show participant the ActiGraph Device>>. Please note that there is a little screw top or knob on one side of the red activity monitor <<show participant the knob on ActiGraph device >>, this knob should be facing up (towards the sky) while you are wearing the red activity monitor <<show participant the ActiGraph device with the knob facing up>>.

If you are wearing pants with belt loops, feel free to use the elastic belt as your belt. Or, you can place the elastic belt with the red activity monitor so that it fits comfortably on your waist just above the right hip bone. <<If the participant is female, let her know that she can either place the elastic belt on her hip either on top of- or underneath- a dress or skirt>>. The elastic belt is adjustable <<show participant how to adjust the elastic belt>> and you can tuck in the straps if there is excess material <<show participant how to tuck in straps >>. We ask that you please not cut the elastic belt straps. For the belt clip, clip to the waistband just above the right hip bone.

You do not need to turn the red activity monitor on, it is on now and ready to collect information. Also, you may notice a green blinking light, please disregard it. Please wear the red activity monitor during all times that you are awake; from the time you get up until the time you go to sleep.

Do you have any questions about the red activity monitor <<answer any questions>>?

Now, I’m going to ask you to put on the device <<watch the participant put on the device and troubleshoot placement, as necessary>>. We’d like for you to start wearing the device today and continue to wear it for the next eight days. As a reminder, you will wear this red activity monitor the entire time that you are awake. Neither device can tell us where you are in the community.

In 2-3 days, we will telephone you to check if you have any questions for us. In this package, we are also providing an instruction sheet <<show participant instructions >> and a sheet that goes over common questions and answers <<show frequently asked questions >> to review when you get home. Otherwise, feel free to call us << show participant the contact information included on the participant instructions >>.

After you’ve worn the device for eight days, you will complete the **Return Checklist** <<show participant the return checklist >>. It will remind you what needs to be returned to us. Please use this envelope to return the device and other materials to us <<show participant the return envelope >>. This envelope has our address on it, and the postage is already paid for. All you need to do is drop it in the mail, or your local U.S. Post Office. You will return the device, the elastic belt or belt clip and the Return Checklist. That’s it! You can either keep or throw away the other materials we gave you.

Do you have any questions? <<answer any questions>>.