## Activity Monitor Overview

Participants that meet the MESA 24H-ACT Study eligibility criteria (see **Section 7, Manual of Operating Procedures**) will be recruited for this ancillary study during the in-person component of MESA Exam 7.

The following **SCRIPT** is used by the ancillary study staff to provide MESA Exam 7 participants with an overview of the MESA 24H-ACT Study.

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

The **MESA 24H-ACT** Study is a new study that was recently added to the **Multi-Ethnic Study of Atherosclerosis**. The purpose of this study is to help us understand how physical activity, sedentary behavior, and sleep affect brain health. At the Exam 7 visit, you indicated that you may be interested in participating in this study, too.

Is this a study that you want to learn more about?

If no, <<No problem! Thank you for your time>>.

If yes, <<Great, let me share some additional information with you. Please feel free to stop me at any time if you have questions>>.

If you decide to participate, you will be asked to wear a small device; a red activity monitor that measures physical activity and sedentary behavior (during waking hours, only) <<show participant the ActiGraph Device>> for eight straight days. It’s very small device 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 or seen at the store. This monitor is what is used in research studies to collect information on how a person spends their day being active and sitting still.

During these eight days, you will also be asked 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 waist just above your right hip bone, 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.

After you’ve been wearing the device for 2-3 days, our study staff will call you to ask if you are wearing the device and answer any questions that you may have about the device, or the study. After the 8 days are over, you will send us back the device in an envelope that already includes postage and our study address. We are not asking you to change your normal physical activity while you are wearing the device.

Do you have any questions? <<respond to all participant questions>>.

Is this something that you think you might want to participate in?

If no, <<No problem! Thank you for your time>>.

If yes, <<Great, our next step is to get you scheduled for a return visit.>>