

## **ACCELEROMETRY SUB-STUDY: FREQUENTLY ASKED QUESTIONS**

For more information, please email [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call toll-free, 888.604.5888 and press option #2.

### **What is the Accelerometry Sub-Study?**

Studies have shown that being physically active decreases one's risk of various cancers, but much more remains to be learned. At CPS-3 Enrollment and on Follow-Up Surveys, CPS-3 participants are asked questions related to different types of physical activity, sedentary behavior, and sleep. These survey questions are designed to measure typical participant behaviors.

In the Accelerometry Sub-Study, we will collect objectively measured activity data using a device called an activity monitor on 20,000 CPS-3 participants who will be randomly selected and invited to participate. Participants will wear this device around their waist for 7-days while awake. Using this information, we will be able to study patterns of physical activity and sitting time in a more detailed way to better understand how physical activity and sitting time affect health and advance public health recommendations for cancer and other disease prevention.

### **What is involved in participating in the Accelerometry Sub-Study?**

If you are invited to participate and consent to do so, you will:

- complete a 4-page survey (including a daily diary)
- wear an activity monitor for 7 consecutive days

### **How long does this Accelerometry Sub-Study last?**

While your individual time commitment will last 7-days, we will continue to invite participants until we reach the desired 20,000 participants for this sub-study.

### **Why should I participate?**

This sub-study is designed to learn more about your physical activity and sedentary behavior and how these factors relate to people's health. By participating, you are potentially helping others in the future through study findings.

### **Is the study process confidential?**

Yes. As with all aspects of CPS-3, confidentiality is of the utmost importance to us and we will make every effort to protect the privacy of study participants. We have multiple procedures in place to safeguard your personal information. These safeguards are detailed in the consent form you sign when agreeing to participate.

### **Are there any costs for participants?**

There are no costs to you other than your time for participating in the sub-study. Costs for the monitors, survey, and postage are covered by the American Cancer Society.

### **Is there an incentive to participate?**

No, this is a volunteer activity and your participation will play an essential role in improving our ability to inform public health guidelines for physical activity.

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### **Do I have to participate to remain involved with CPS-3?**

No. Participation in the Accelerometry Sub-Study is optional and not a routine part of our study follow-up. You are not required to participate but we hope you will.

### **How are participants selected to be invited in the Accelerometry Sub-Study?**

CPS-3 participants from across the country are randomly selected to receive an invitation to be involved. Invitations will be sent in batches every other month and we will continue to invite participants until we reach our goal of capturing objectively measured physical activity data from 20,000 participants.

### **Why are you using an activity monitor?**

An activity monitor captures data on the intensity of a person's activity as well as when an individual is sitting or standing. The information collected on this device will allow researchers to characterize most of the activity and sedentary behavior in which a person engages.

### **When will I receive my device and survey to participate?**

After you register, you will receive your sub-study package via UPS within 6 weeks. When you receive it, you should begin the 7-day monitoring period as quickly as possible (due to the device's battery life).

### **How will you inform me of what to do with the survey and the activity monitor?**

Instructions will be included in each participant shipment. Both instructions and how-to video will also be available on our [CPS-3 website](http://cps3substudy@cancer.org). Participants having any questions may email us at [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call us toll-free at 888.604.5888 and press option #2.

### **Will the activity monitor interfere with medical devices I wear?**

No. This device has been used in various research studies and will not interfere with any other devices you may wear.

### **How will you communicate with participants?**

Participants will receive an email confirmation when their shipment is sent. They will also receive other email communications to acknowledge receipt of study-related materials or reminders to return materials, if necessary.

### **What if I have medical conditions that limit activity?**

If you have a chronic health condition that limits your activity, you can still participate. However, you will need to be able to walk in order for the activity monitor to capture valid data.

### **What if I am unable to walk (due to an injury or disability), can I participate?**

Unfortunately, no. Because the activity monitor captures walking motions and transitions from sitting to standing, it would not capture valid data on an individual who is unable to walk.

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### **I have cancer, can I participate?**

Yes. If you are invited to participate, it is your choice to participate or not.

### **I am pregnant, can I participate?**

Unfortunately, no. Because the device is worn with a belt around your waist, it may be uncomfortable to wear it level around your waist if you are pregnant. Also, many of the other questions we ask on the survey may not accurately reflect your “usual” behavior/environment; therefore, women who are currently pregnant are not eligible to participate.

### **What if I don't know my pace for walking?**

Please estimate this to the best of your ability. For example, if you walk a mile in approximately 20 minutes, that translates to a 3 mile per hour (MPH) pace.

### **Why am I giving you my pant size, height and weight?**

Your measurements will be used to determine the appropriate size belt for your activity monitor. It may also be used to analyze physical activity patterns among different groups of participants.

### **How do I wear the monitor?**

The activity monitor is worn on the non-dominant side of the waist (hip) while awake since this position allows for the most accurate data collection. For example, a right-handed person would wear the device on the left side. The monitor should not be worn when showering or swimming.

### **Do I have to wear the activity monitor on top of or under my clothing?**

You may wear the activity monitor on top of or under your clothing.

### **Am I required to wear the monitor for the entire seven days?**

Yes, it is important that we have data from the monitor that captures a full week so we can capture both weekdays and weekends. As your activity patterns can change from day to day, having a complete week of data provides the best picture.

### **I swim (take a water aerobics class, etc.) daily, what do I do?**

The activity monitor is not waterproof, so we ask that you remove for any possible water immersion activities. Although the monitor is off, you will note your daily physical activities when you answer Question 5 on the CPS-3 Accelerometry Sub-Study Survey included with your shipment.

### **Besides swimming, are there other activities during which I shouldn't wear my device (e.g. kayaking, canoeing, medical procedures, sexual intercourse, massage)?**

Ideally, we want you to wear it during all waking hours, but we would leave it to your discretion to wear it as much as possible. However, if the device has the risk of being immersed in water or would negatively impact a medical procedure, then you would remove it. There is a section of the survey (last page - daily diary) to indicate if you didn't wear the device the entire time you were awake.

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### **I run daily and sweat a great deal, should I remove the device?**

Although not water proof, the device is water-resistant so sweating is not an issue. You can also wear the device outside of your clothing while running.

### **What if I forget to wear the activity monitor during the 7-day period?**

Please mark that you did not wear the monitor on that day on your daily diary (page 4 of the Accelerometry Sub-Study Survey). Continue to wear the device for the remainder of the 7-day period. If you have additional questions, please contact a CPS-3 Study Coordinator via email at [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call us toll-free 888.604.5888 and press option #2.

### **I work a night shift schedule (11pm – 7am), how do I answer the questions on the daily diary. The first page of the survey indicates each day starts at midnight?**

The instruction on the surveys first page was written to provide reference to participants since we know some will have a shift schedule. Because we want to maximize the number of full days of data that we collect, please complete the last page (daily diary) based on the following examples.

EX. 1: Day shift 10am – 6pm, bed at 1am, wake up at 9am. You should mark the daily questions “*What time did you sleep last night?*” as 1am, “*What time did you wake up this morning?*” as 9am, and “*What time did you take the monitor off today?*” as 1am.

EX. 2: Night shift 11pm-7am, bed at noon, wake up at 6pm. You should mark the daily questions “*What time did you sleep last night?*” as 12pm, “*What time did you wake up this morning?*” as 6pm, and “*What time did you take the monitor off today?*” as 12pm.

EX. 3: Night shift 4am-12pm, bed at 8pm, wake up at 3am. You should mark the daily questions “*What time did you sleep last night?*” as 8pm, “*What time did you wake up this morning?*” as 3am, and “*What time did you take the monitor off today?*” as 8pm.

Of course, your answers may vary daily based on your actual schedule. For further direction, please contact us by emailing [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call toll-free, 888.604.5888, and press option #2.

### **In addition to nightly sleep, I take naps during the day. Should I be wearing the Activity Monitor while I am napping during the day?**

For this study, we are asking participants to wear this device from when your day starts (when you wake up) to when your day ends (when you go to sleep). Therefore, please keep the accelerometer on when you lie down to take a nap.

### **If I wake up during the night for brief periods of time, should I wait until I get up in the morning to put on the monitor?**

You do not need to put the accelerometer on when you are only awake for brief periods of time. Please wait until you are fully awake and ready to start your day before putting on the accelerometer.

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### **What if I can't begin to wear the monitor within 7-14 days of receiving?**

If your schedule changes and you are unable to begin wearing the monitor within 7-14 days of receipt, please contact a CPS-3 Study Coordinator toll-free at 888.604.5888 and press option #2 or via email at [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org). Based on the exact ship date, the Study Coordinator will be able to determine whether you need to return the device unworn or if there is still time to begin wearing prior to the device losing battery life.

### **How do I return the completed materials?**

Use the shipping return checklist and enclosed packing material to return the material in the original shipping box. If you have additional questions, please contact a CPS-3 Study Coordinator via email at [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call us toll-free at 888.604.5888 and press option #2

### **What if I forget to ship the survey/diary with the monitor?**

If you forget to ship any materials back, please contact a CPS-3 Study Coordinator via email at [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call us toll-free at 888.604.5888 and press option #2 for instruction on how to return your survey.

### **What happens if I move during the study?**

Please email us at [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call us toll-free at 888.604.5888 and press option #2.

### **How will you use the data?**

Researchers will de-identify your data (i.e. your data will only be linked to your unique Study ID, not you individually) and use the information from the devices and surveys to study different research questions related to physical activity and sitting time patterns in relation to health outcomes. For example, we will be able to look at whether people who are “weekend warriors” (those who get all their exercise on the weekends) have similar health benefits to people who distribute their exercise throughout the week. Or we can look at whether short breaks while sitting alleviates the negative health effects of that prolonged sitting.

### **Why are you asking about my sleep habits and exposure to different light sources?**

There is a growing body of evidence associating nighttime light exposure with higher risk of various chronic diseases. Sleeping patterns are also affected by exposure to light at night. We ask these questions to advance the understanding of circadian disruption in a large population like CPS-3.

### **Will I get the results of the data collected?**

As stated in the consent form you signed, we do not share individual results as, this information is used for research only. As a CPS-3 participant, you will receive an annual CPS-3 newsletter with study highlights and updates. You will also begin receiving quarterly e-newsletters with study highlights. In addition, stories of important study findings can be found on [www.cancer.org/cps3](http://www.cancer.org/cps3).