

THIS APP MUST BE INSTALLED THE DAY YOU RECEIVE THIS PACK
(This can be found on your Study Letter at the front of this pack)

EARS APP INFORMATION PACK- Amazon Tablet



**iKids: Investigating Kids' Interaction
with Digital Screens**

**Scan QR Code for a video on
how to install the app**



THIS APP MUST BE INSTALLED THE DAY YOU RECEIVE THIS PACK
(This can be found on your Study Letter at the front of this pack)

Table of Contents

Introduction and FAQs	03
Installation Instructions	04
After Installation	12
Notifications	12
Screen Time Activity	12

Introduction and FAQs

Our Study

The iKids Study aims to understand if the use of tablets and smartphones changes the development of children between 3 and 4 years old.

What is EARS?

EARS (Effortless Assessment of Risk States) is a research tool that can help researchers accurately assess people's smartphone and tablet use.

How Will iKids be Using EARS?

EARS is an app for researchers that tracks how long people use their smartphones and tablets and the apps they use.

What will I be Expected to Do?

1. The EARS app will take **less than 5 minutes** to install and set up (**see Installation Instructions**).
2. You will be sent daily reminders to use the activity belt. Please open these notifications to ensure the EARS app keeps working.
3. After 1 week, the app will stop collecting data and it can be deleted.

Is EARS Safe to Use?

Sheffield Hallam University's Digital Technology Services have approved the app after a thorough review. The study also passed a strict ethical review (Ethics number: ER69550320).

EARS follows GDPR rules. This means it collects only the necessary data, keeps user information secure, and requires your permission to collect data.

The information you provide will be anonymised, so we cannot identify you when we process it. Only the researchers working on this project will access your data, which will be safely stored on a University drive.

Who Do I Contact if I am Having Issues with EARS?

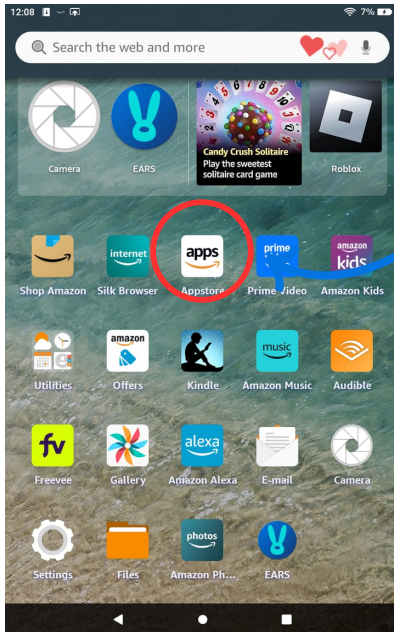
If you encounter difficulties when installing or using the EARS app, or have any questions/concerns about the study, please contact **ikids@shu.ac.uk**.

THIS APP MUST BE INSTALLED THE DAY YOU RECEIVE THIS PACK
(This can be found on your Study Letter at the front of this pack)

Installation Instructions

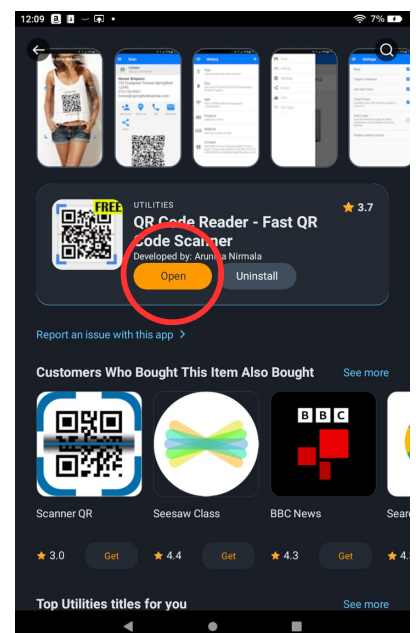
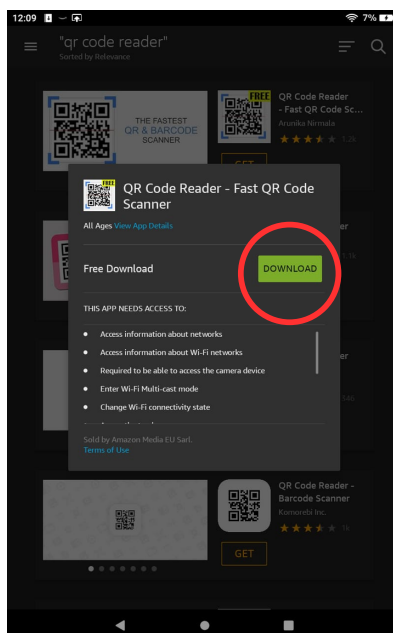
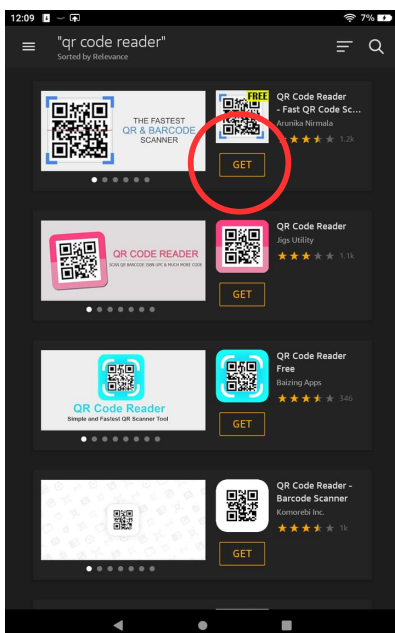
Step One:

To download the EARS software, you will be required to scan a QR code. As Amazon tablets don't have this function built in, you need to download a QR code reader. **Open the Amazon Appstore.**



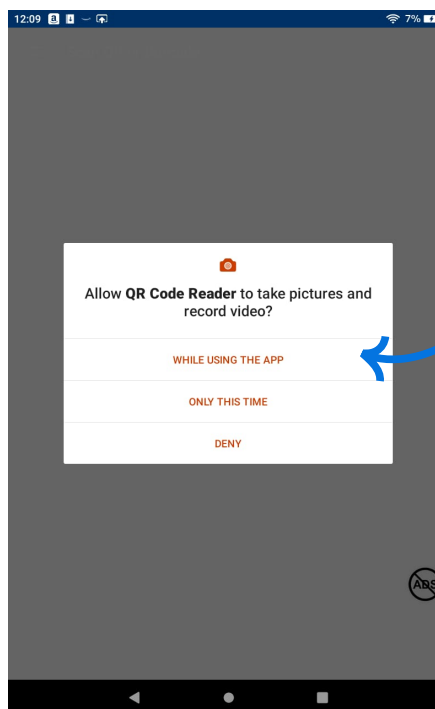
Step Two:

Search for 'QR code reader', and **press 'GET'/'DOWNLOAD'** on the below app. When the app has finished installing, **press 'Open'**.



Step Three:

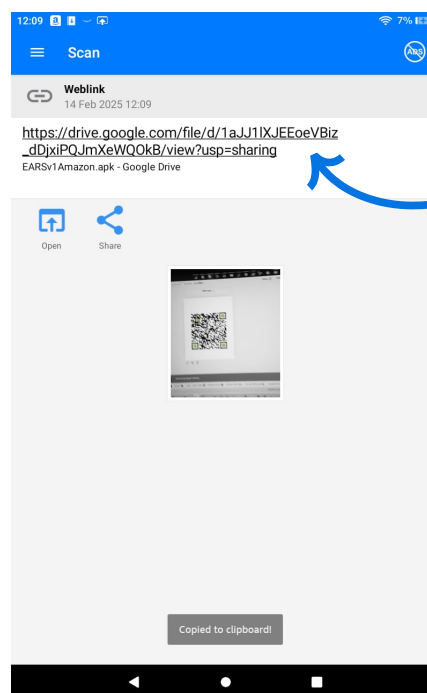
Press 'WHILE USING THE APP' to allow the QR Code Reader to access the camera.



Step Four:

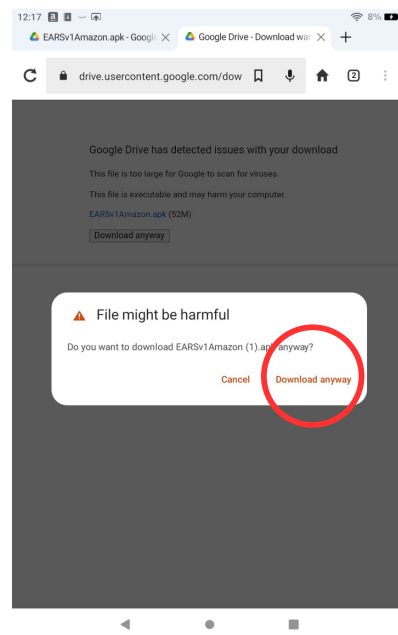
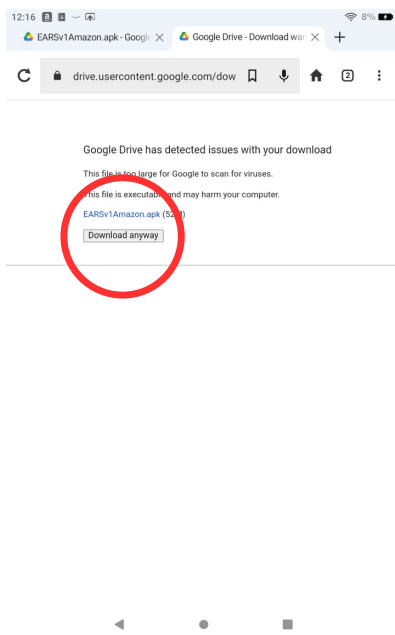
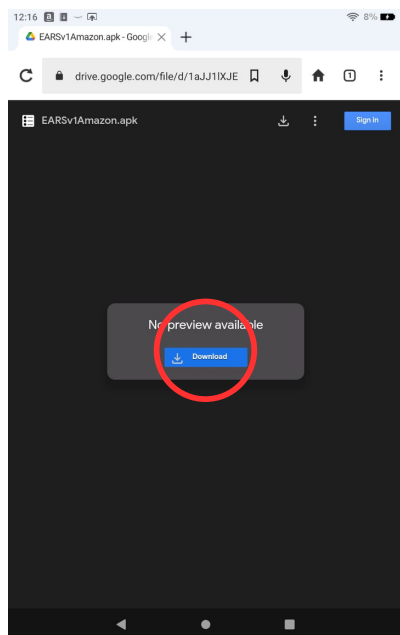
Scan the QR code below. A link to a Google Drive file will appear. Press 'Open'.

Scan here with the QR code reader



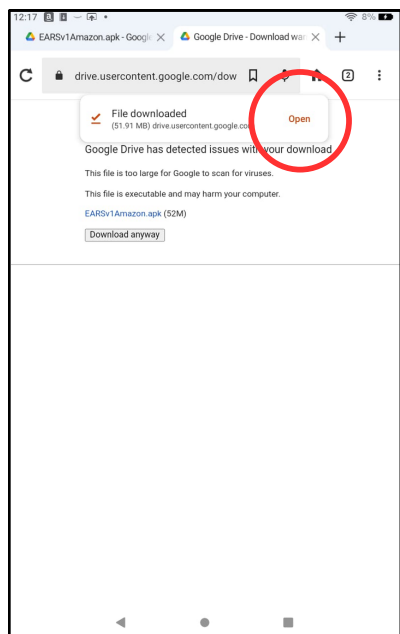
Step Five:

Press **‘Download’**. The following warnings will appear, but can be ignored as EARS is safe to install. Press **‘Download anyway’** on both screens.



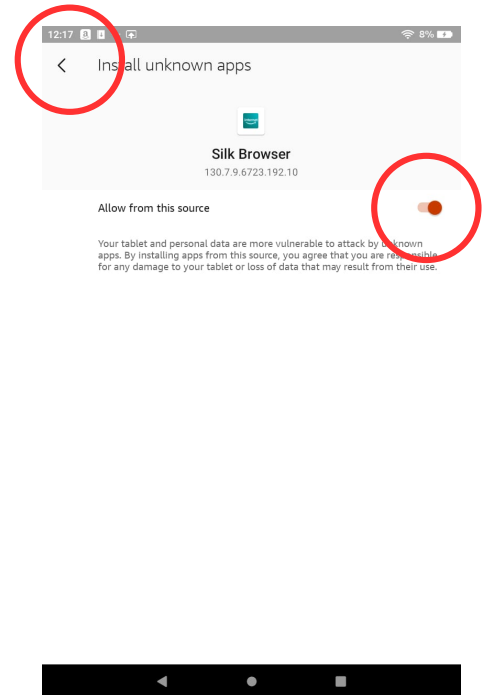
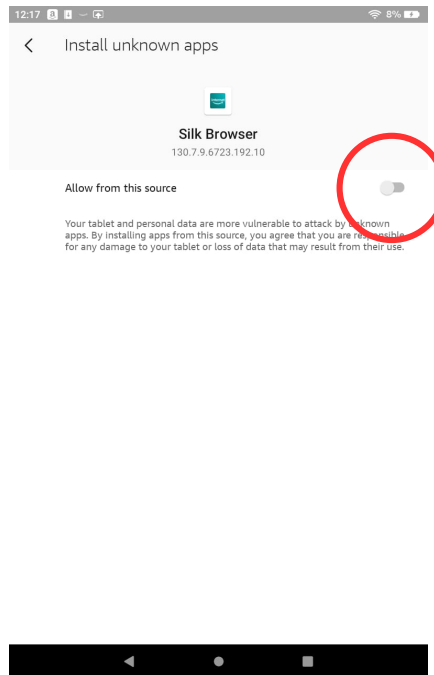
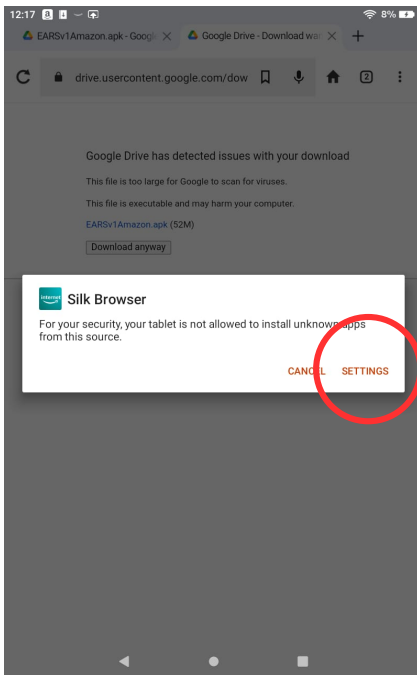
Step Six:

When you received the below notification (‘File Downloaded’), **press ‘Open’**.



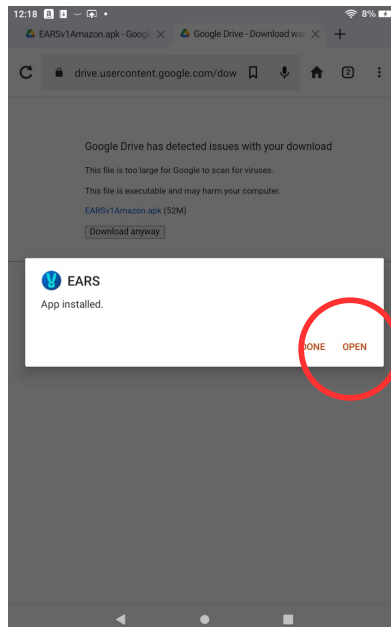
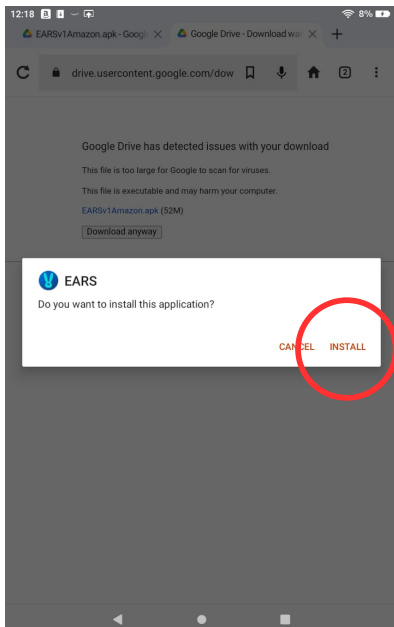
Step Seven:

The below notification will appear. Press **'Settings'**, then toggle the button from grey to orange. Press the **'back'** arrow at the top.



Step Eight:

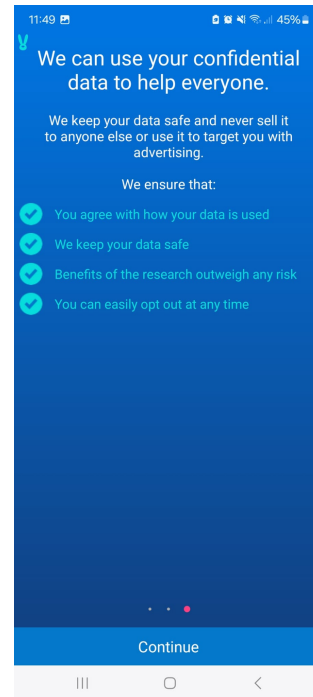
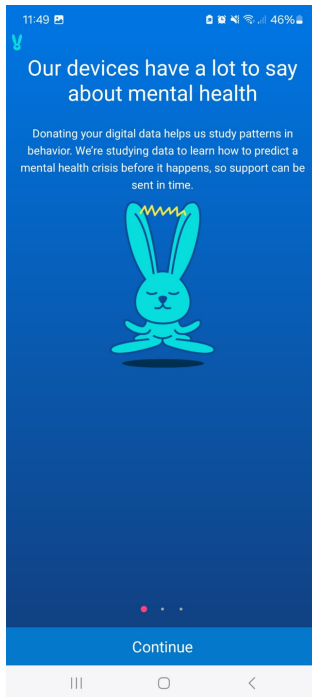
Press **'Install'**, and then **'Open'**.



Step Nine:

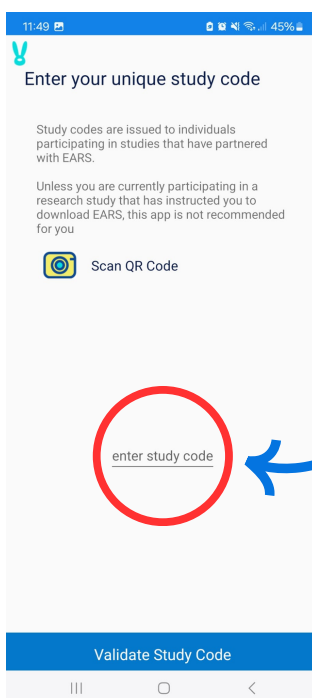
You will see a series of screens. The EARS app is often used for mental health research, but our study is not about mental health.

Press 'Continue' on each of the screens.



Step Ten:

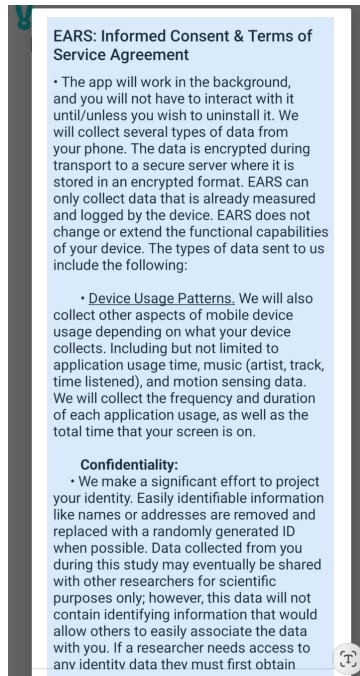
Manually type your 18-digit unique study code on the line below. The QR code reader will NOT work. The code can be found in the letter than came with your study commencement pack.



Step Eleven:

Read through the EARS Informed Consent and Terms of Service Agreement. The text highlighted in blue is generic and covers all features available on the app.

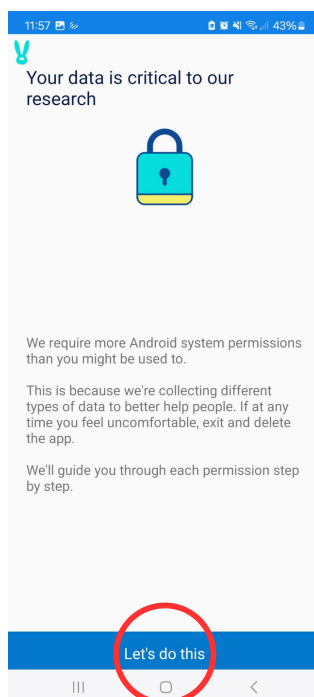
Press ‘Agree’.



Step Twelve:

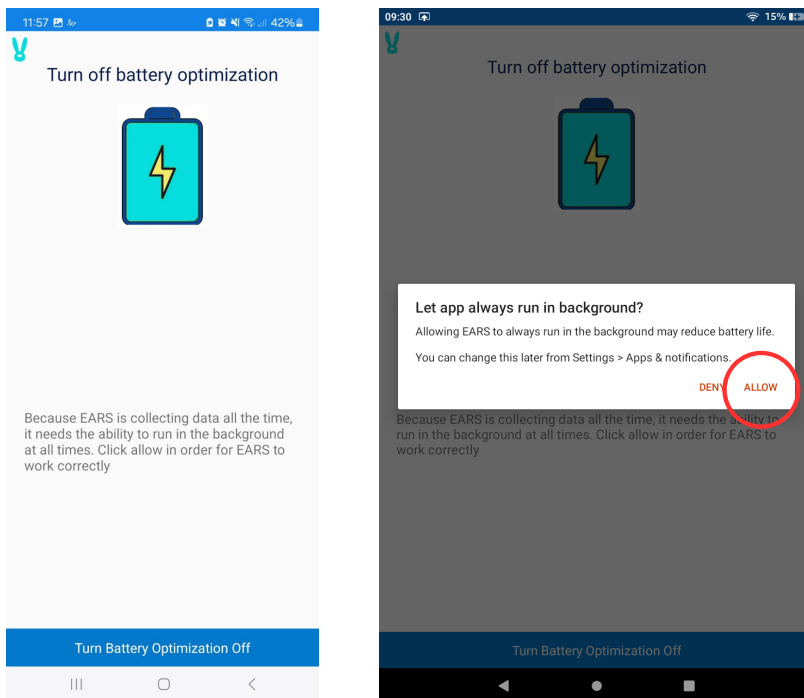
You will now be asked to agree to a series of Android system permissions.

Press ‘Let’s Do This’.



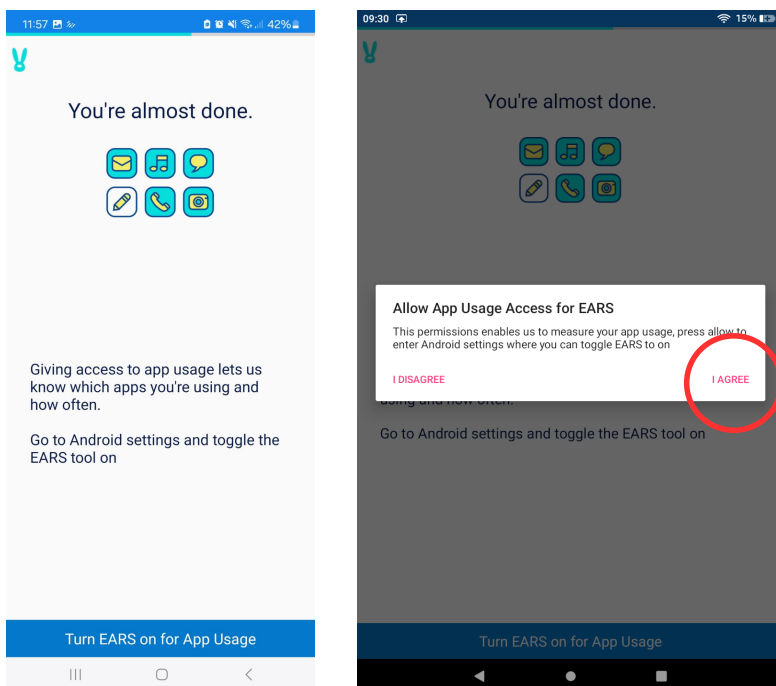
Step Thirteen:

EARS works best when battery optimisation is switched off. This means it can run in the background at all times. **Press 'Turn Battery Optimization Off', then 'Allow'.**



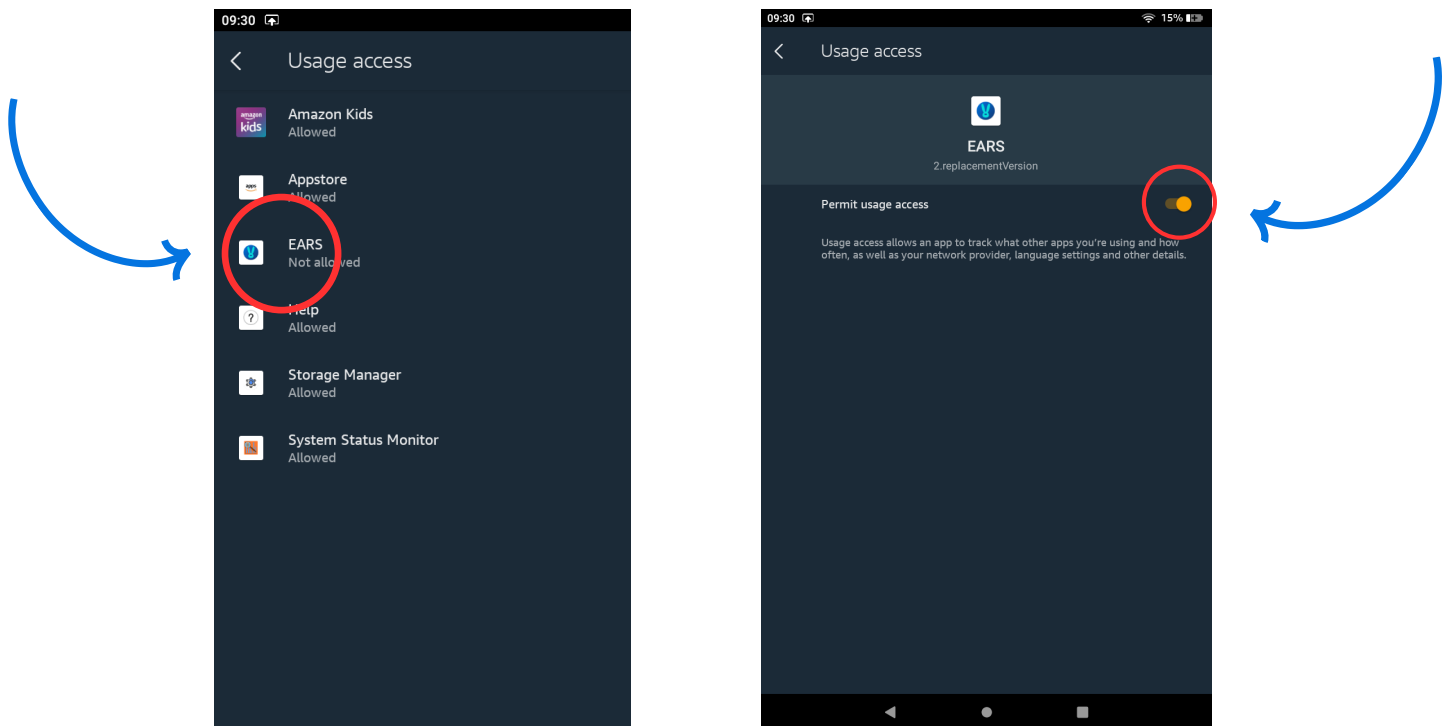
Step Fourteen:

Press 'Turn EARS on for App Usage', followed by 'I AGREE' on the prompt that appears.



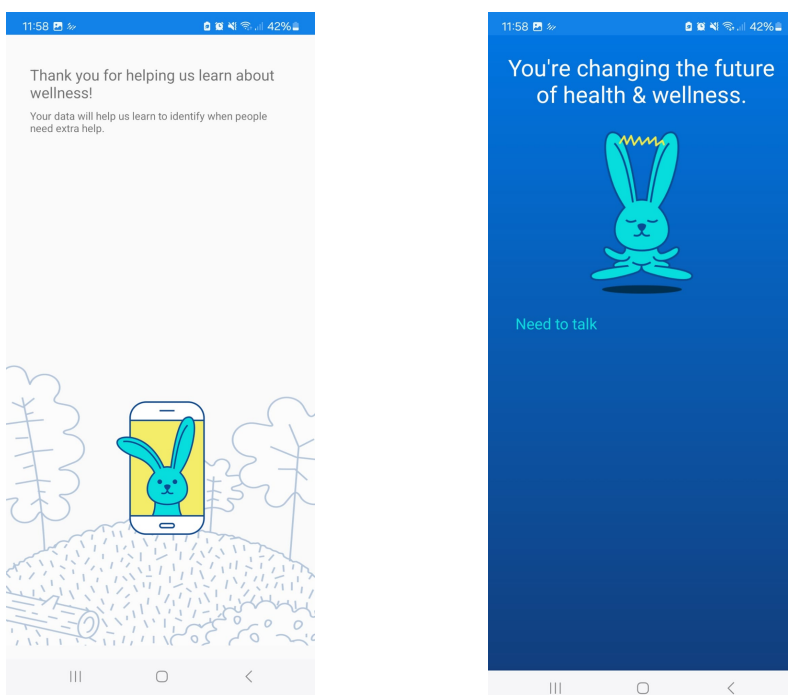
Step Fifteen:

You will be taken to the Settings app. Press the toggle on the right of the EARS app so that it changes from grey, to orange, as below.



Installation Complete:

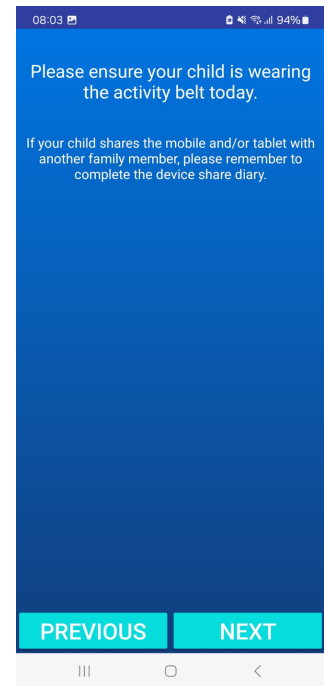
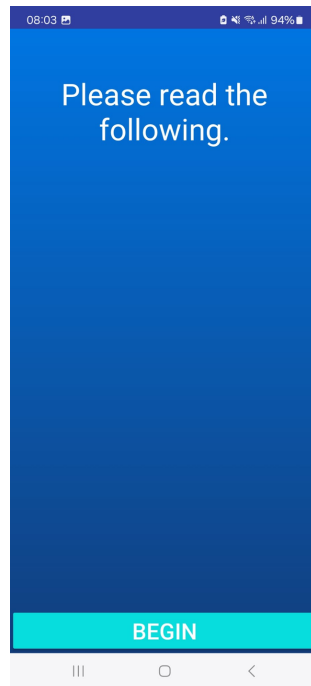
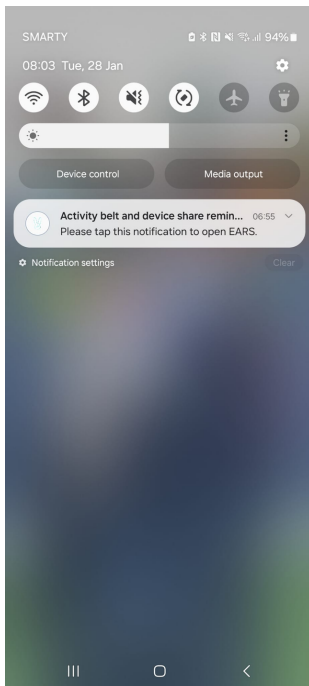
You have now finished setting up the EARS app! A reminder that this study is not about health and wellness, so this screen can be ignored.



After Installation

Notifications:

You will receive daily notifications reminding you to ensure your child is wearing the activity belt both day and night.



Screen Time Activity:

This will be recorded automatically from by the EARS app, so you do not have to submit anything.

After a week, data collection will stop and you may delete the app.

Thank you for your help!

Any problems please contact a member of the research team on:

Phone: 07917 846 358
e-mail: ikids@shu.ac.uk

