

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- Android Phone/ Tablet



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

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



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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 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 2 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?

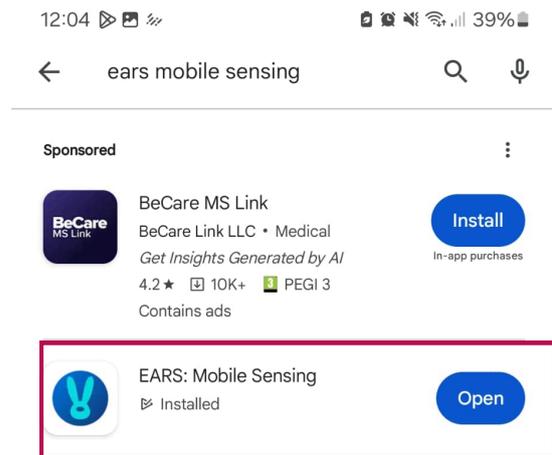
If you encounter difficulties when installing or using the EARS app, or have any questions/concerns about the study, please contact **ikids@shu.ac.uk**.

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Installation Instructions

Step One:

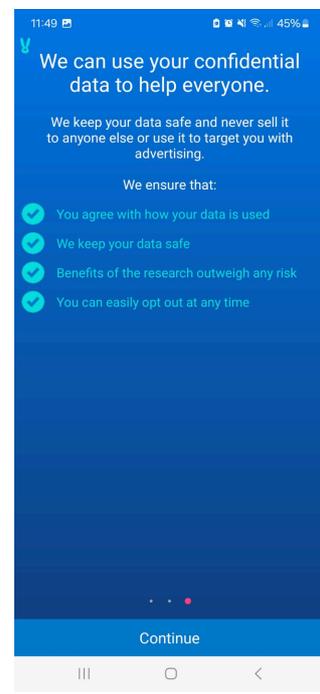
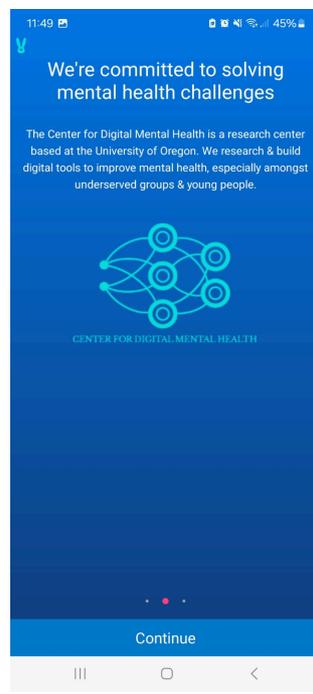
Open the **Google Play Store**, and search for **'EARS mobile sensing'**. Press **'Install'** and it will begin to download onto your device. Press **'Open'**.



Step Two:

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

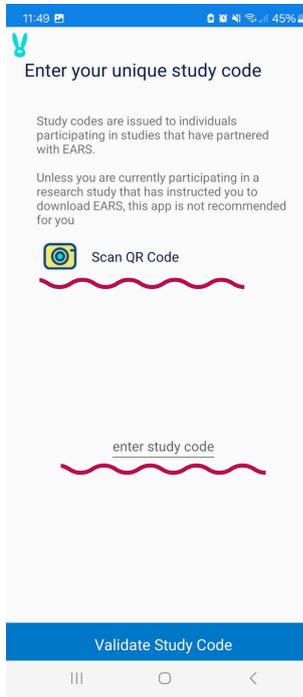
Press **'Continue'** on each of the screens.



Step Three:

Press on ‘Scan QR Code’ or enter your 18-digit unique study code. These codes can be found in the letter that came with your study commencement pack.

Hold the camera up to the QR code provided to you in the letter from the iKids team. It will scan automatically. If you are having difficulties scanning, manually type the code in on the line below.



Option 1

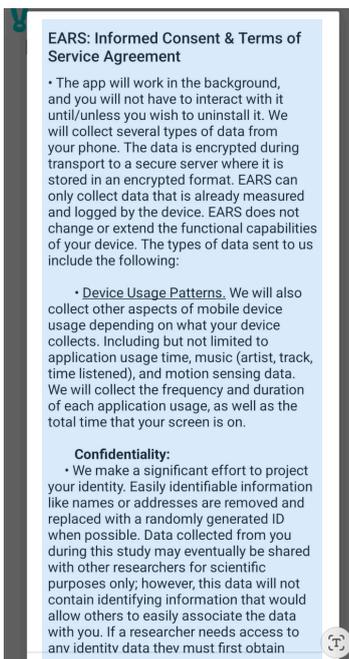
Option 2



Step Four:

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’.

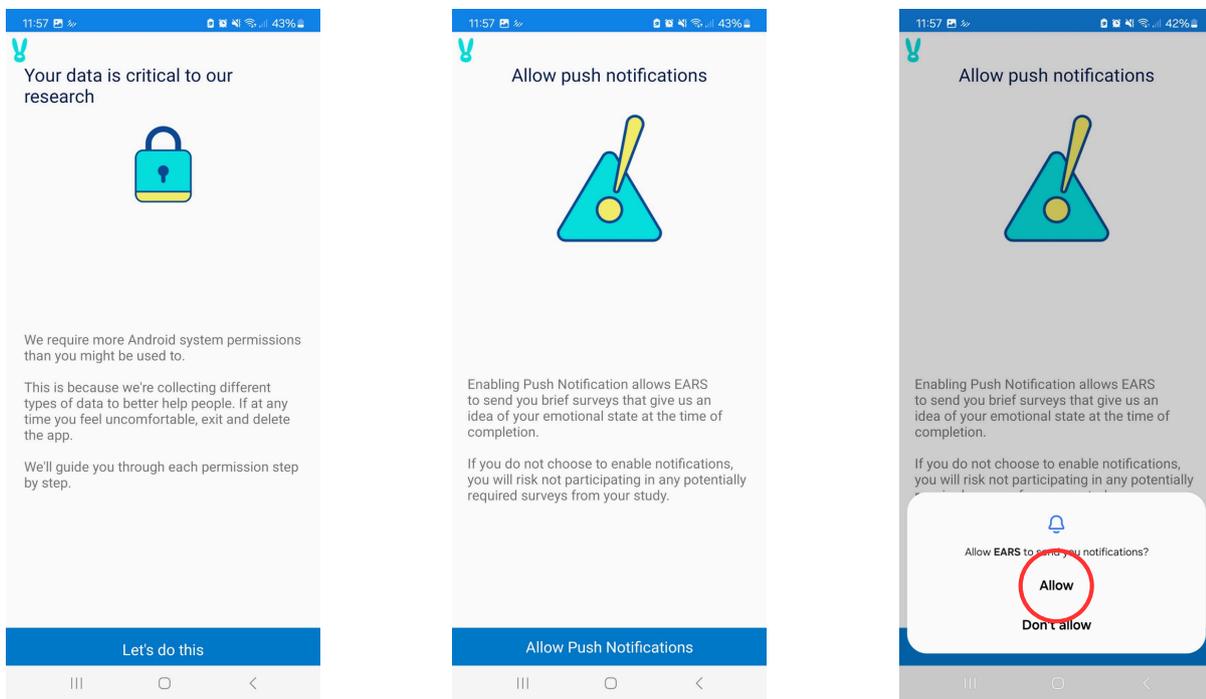


Step Five:

You will now be asked to agree to a series of Android system permissions. **Press 'Let's Do This'.**

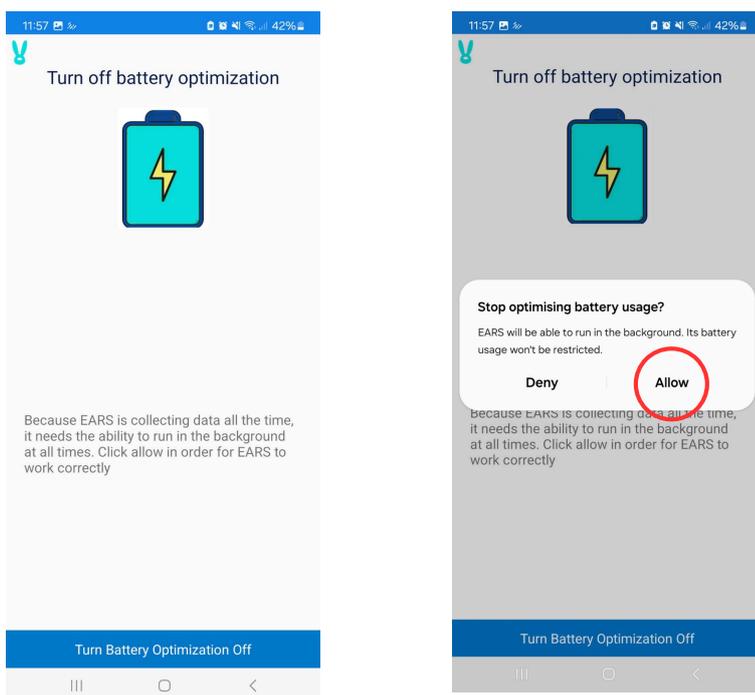
You will now be asked to **allow push notifications.**

You will be sent daily reminders to use the activity belt.



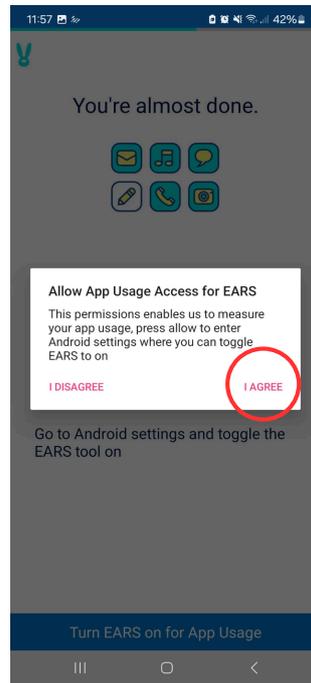
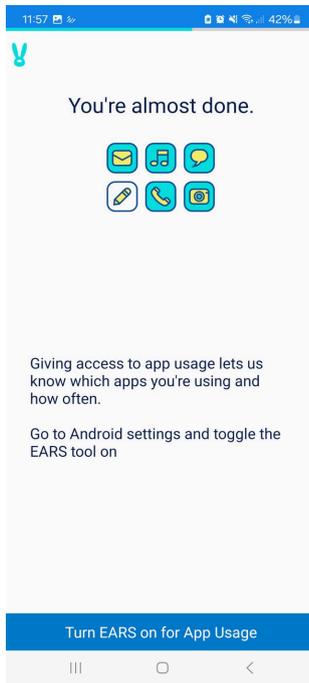
Step Six:

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'.**



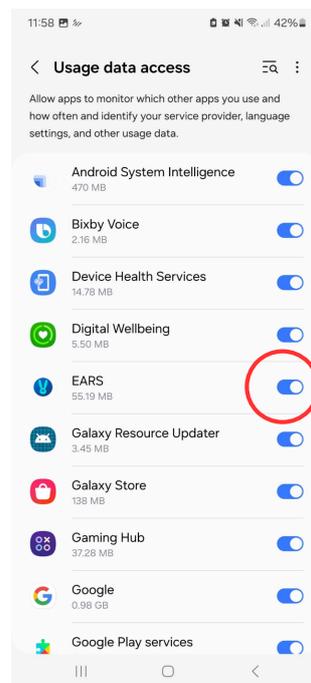
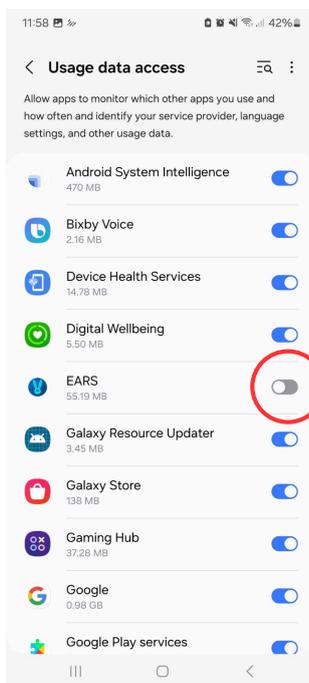
Step Seven:

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



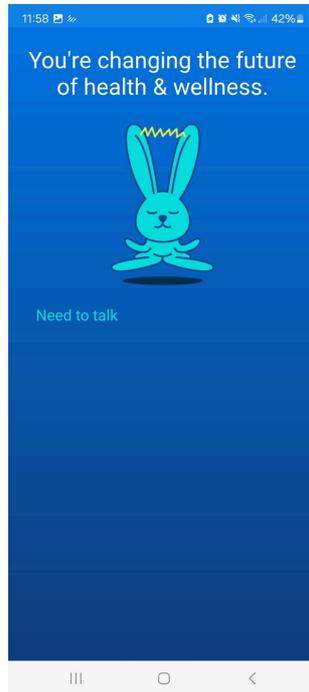
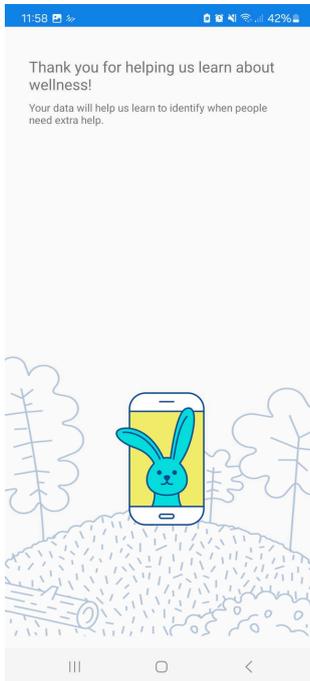
Step Eight (This step might only appear for some Android phones or tablets):

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 blue, as below.



Installation Complete:

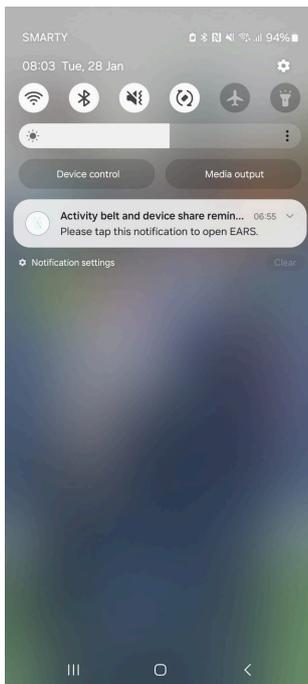
You have now finished setting up the EARS app! A reminder that this study is not about health and wellness, so this screen can be ignored.



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, please 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

