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- iPhone/iPad

iKids: Investigating Kids' Interaction with Digital Screens

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

Table of Contents

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. **We cannot see what you are watching, and we cannot track your messages, photos, or keystrokes.**

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 get notifications to use the activity belt. Please read these notifications from time to time. This will help the EARS app work properly.
3. On Day 3, please submit screenshots of your screen time activity (see "After Installation"). You will need to send these screenshots again after one week. If you missed sending them on Day 3, that's okay—just make sure to send the screenshots before you delete the app on DAY 7.

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**.
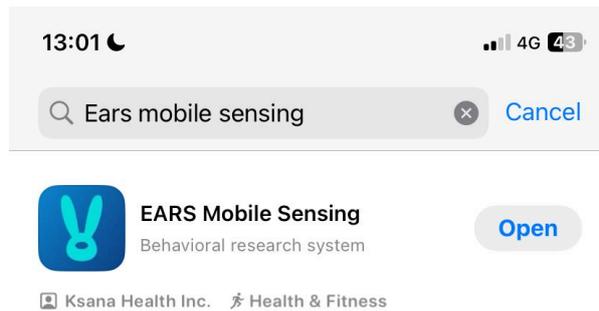
Installation Instructions

Step One:

Open the App Store, and **search for 'EARS mobile sensing'**.
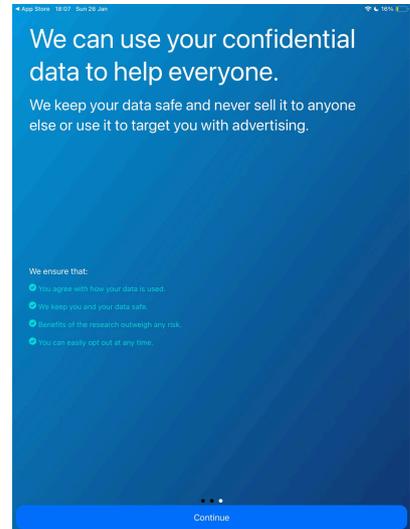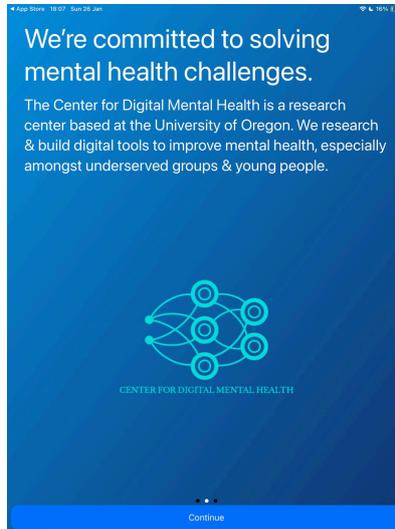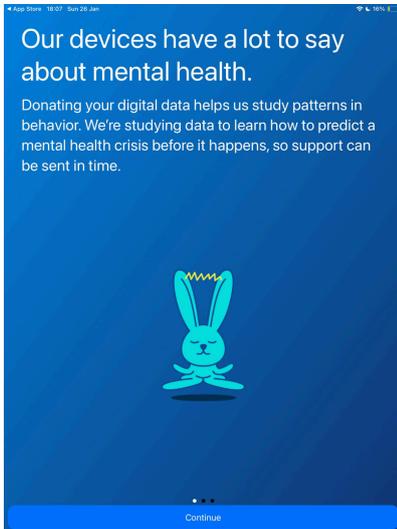

App Store

Step Two:

Press 'Get' on the EARS Mobile Sensing App, and it will begin to install on your device. When it has finished downloading, **press 'Open'**.
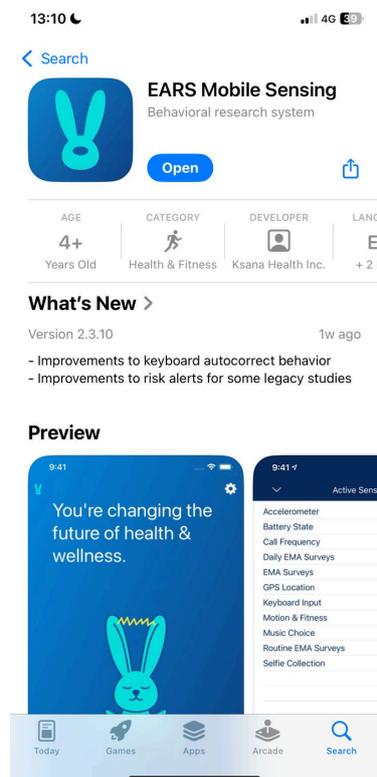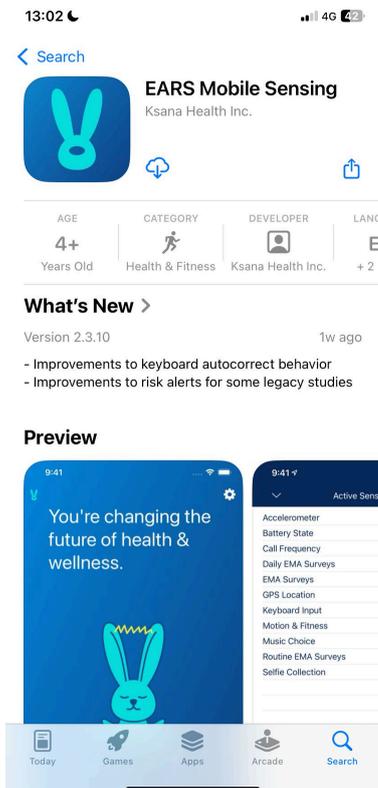
Step Three:

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 Four:

Press on 'Scan QR Code' or **enter your 18-digit unique study code**. These codes **can be found in the letter than came with your study commencement pack and in the e-mail that was sent to you**.

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

Important!
If you've lost your letter, check your email. If you still need help, please email us at **ikids@shu.ac.uk.**

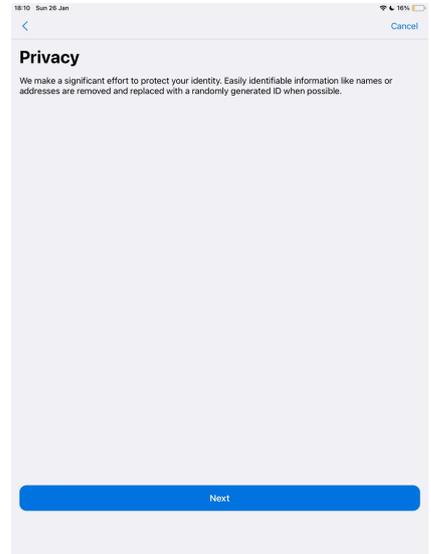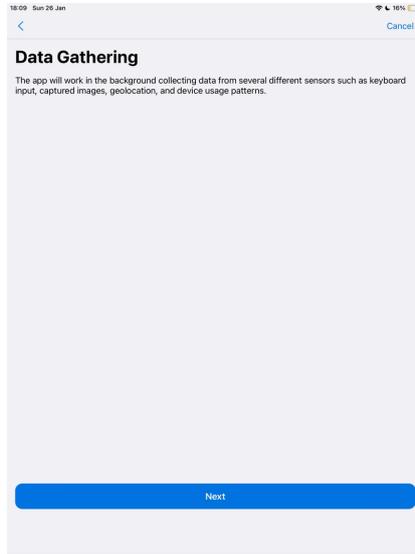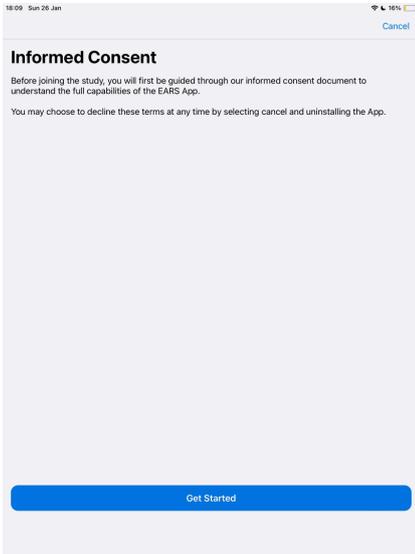Include your child ID if you have it, or provide the child's full name and the name of your childcare setting.

Step Five:
Read through the information and **press 'Next'**.

The final screen is not applicable as our study is not about mental health. The phone line given is not UK based.
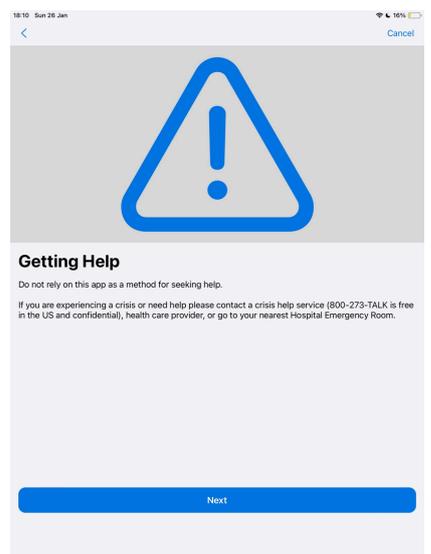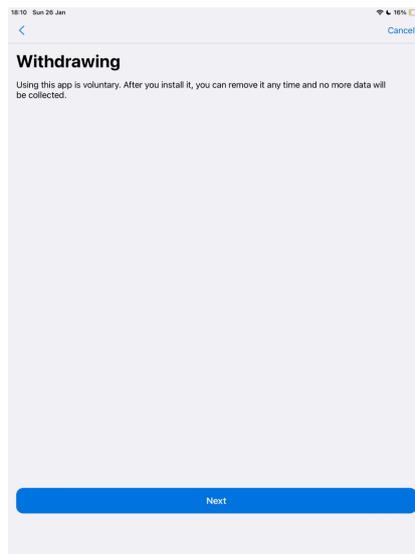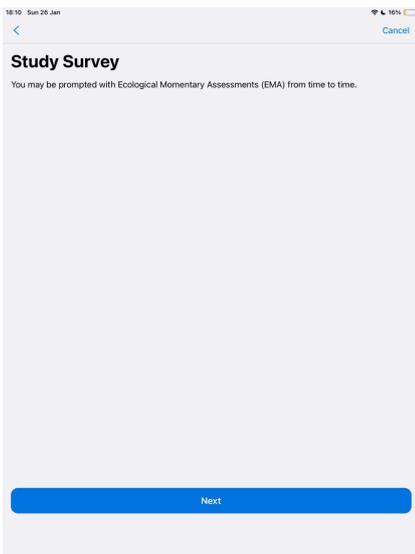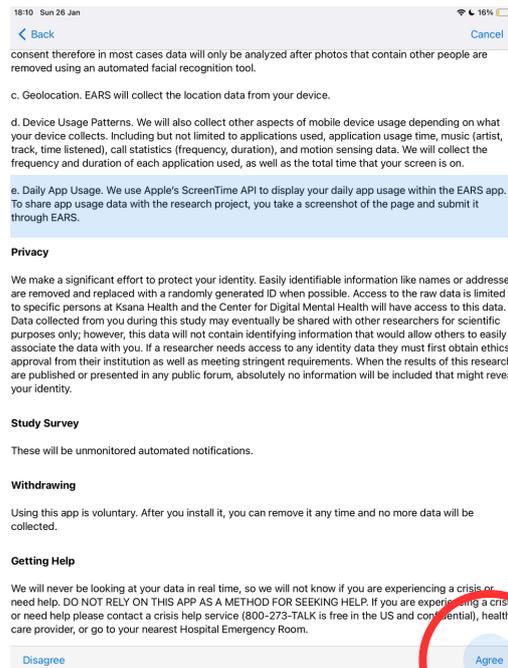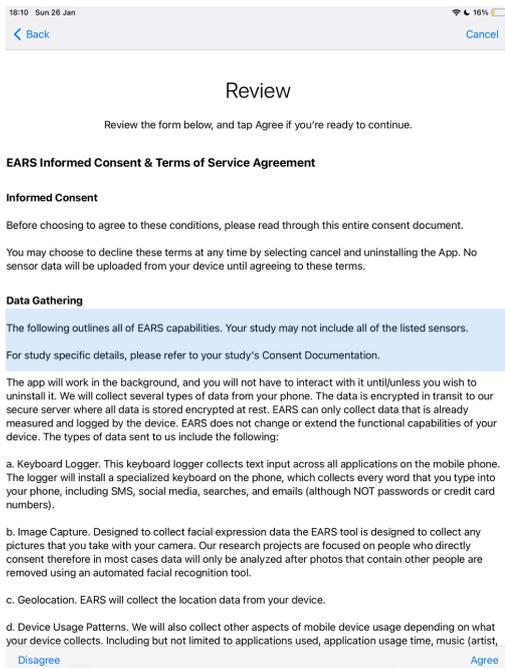
Step Six:

Read the EARS Informed Consent and Terms of Service Agreement.

The text highlighted in blue notes that although the EARS has capability to record more data in our study the was set to **only** record 'Daily App Usage' (item e) and **NOT** the other data listed (items a, b, c and d).
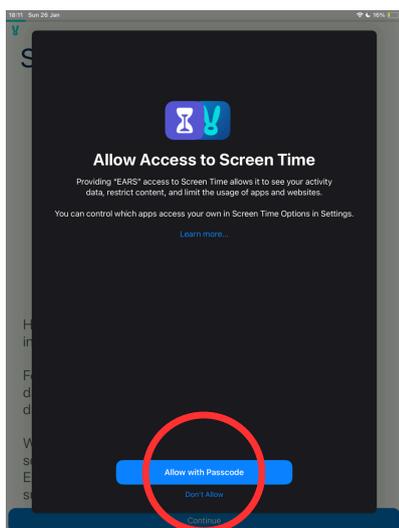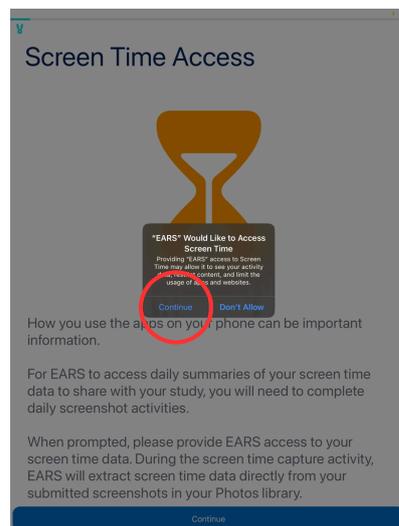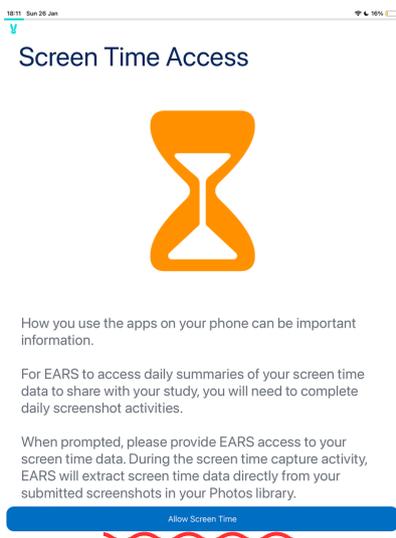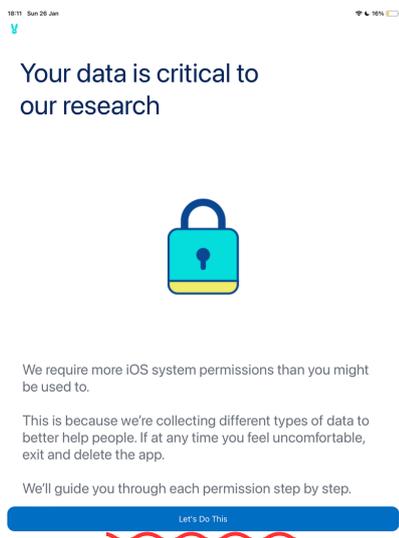
Press 'Agree'.

Step Seven:

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

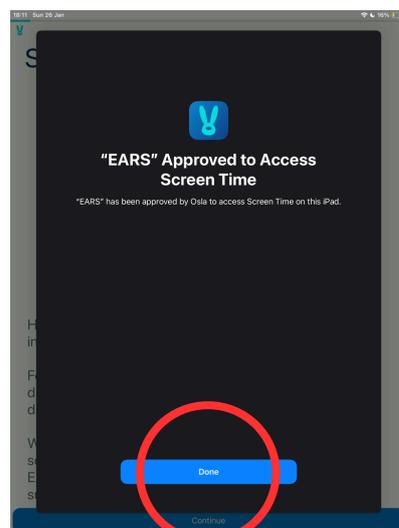**Press 'Let's Do This'** and **'Allow Screen Time'**.

The following prompts will appear.

Press 'Continue', **'Allow Access with Passcode'**, and **'Done'**.

Please Note:

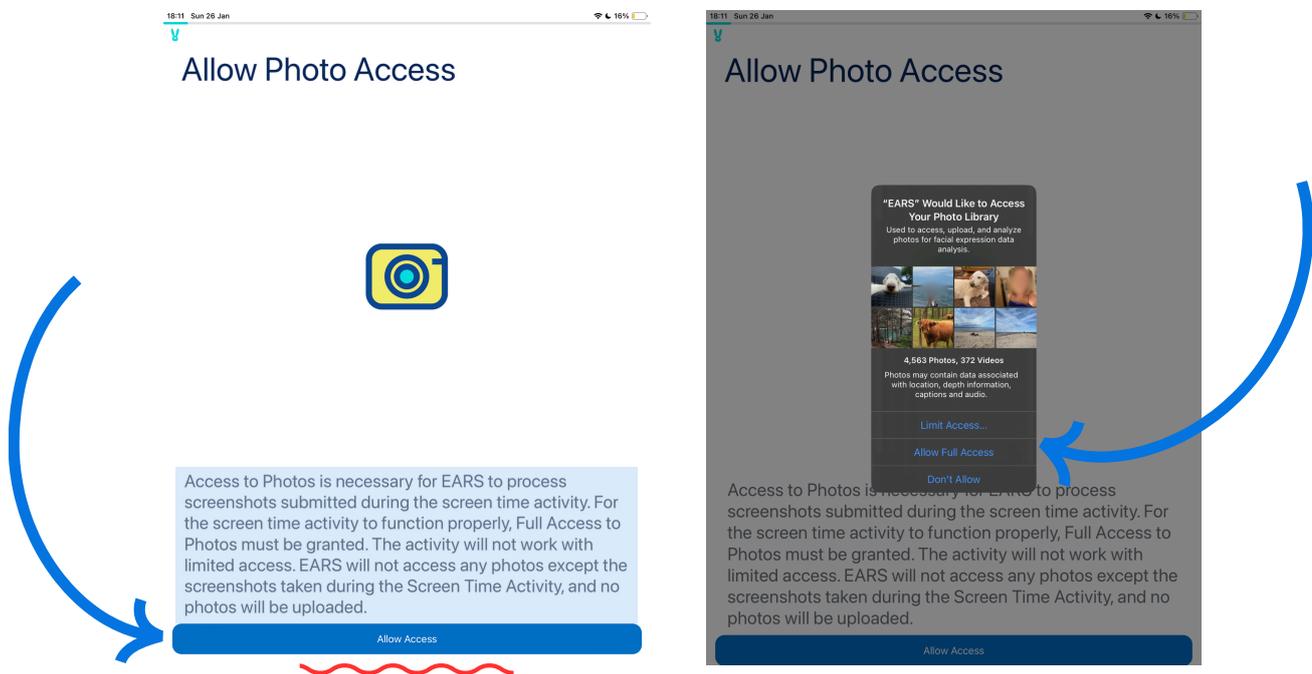**This may appear as 'Allow with Face ID' depending on your privacy settings.**

Step Eight:

You will now be asked to allow photo access.

Please **'Allow Full Access'** to your photo library.

Please note: Only photos sent to us to record screen time will be used. We cannot view the photos you store on your Photos app.

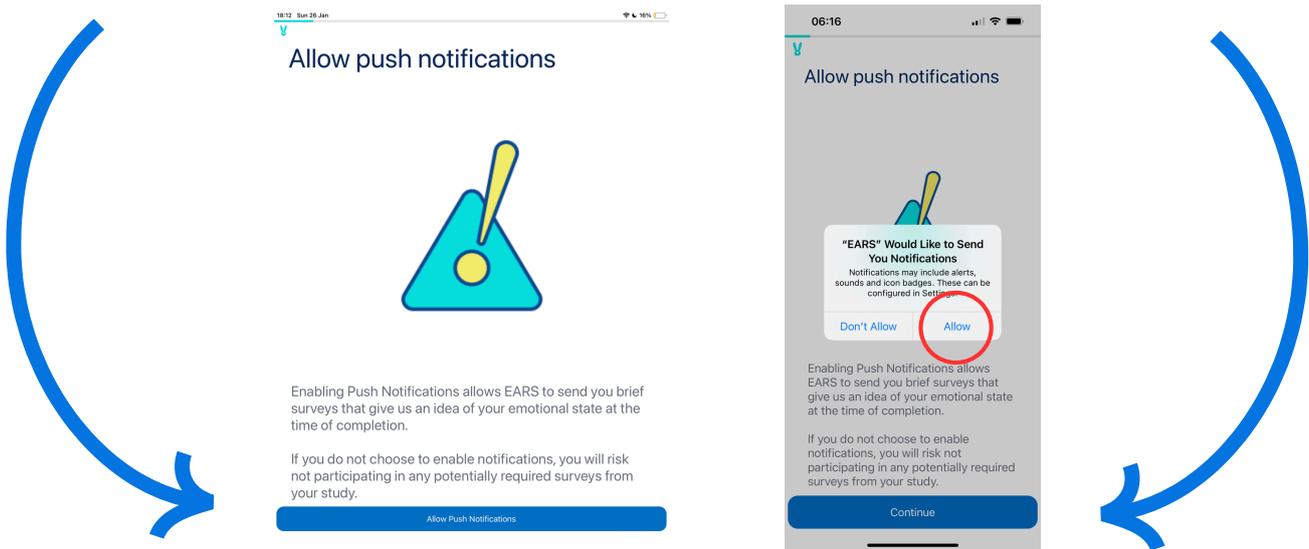See **After Installation** for an example of the screenshots uploaded.

Step Nine:

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

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

Press 'Allow Push Notifications', then **'Allow'** on the prompt that appears.
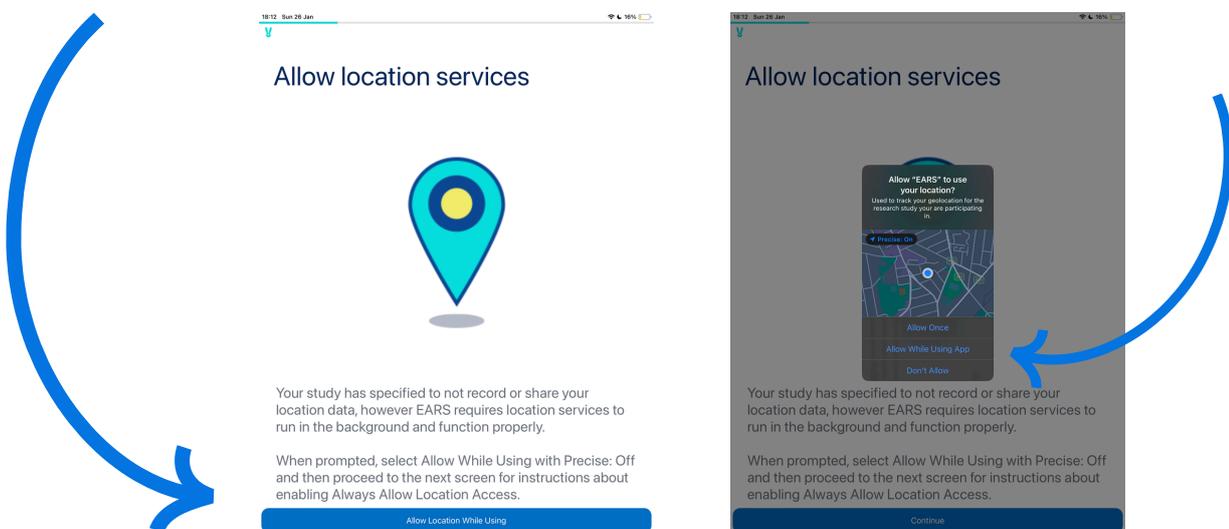**Press 'Continue'**.

Step Ten:

You will now be asked to **allow location services**.

This study will <u>not</u> record or share location data, but the EARS app requires location services to run in the background to function properly.

Press 'Allow Location When Using', followed by **'Allow While Using App'**.

Press 'Always Allow Location', followed by **'Change to Always Allow'** on the prompt that appears.

Press 'Continue Setup'.
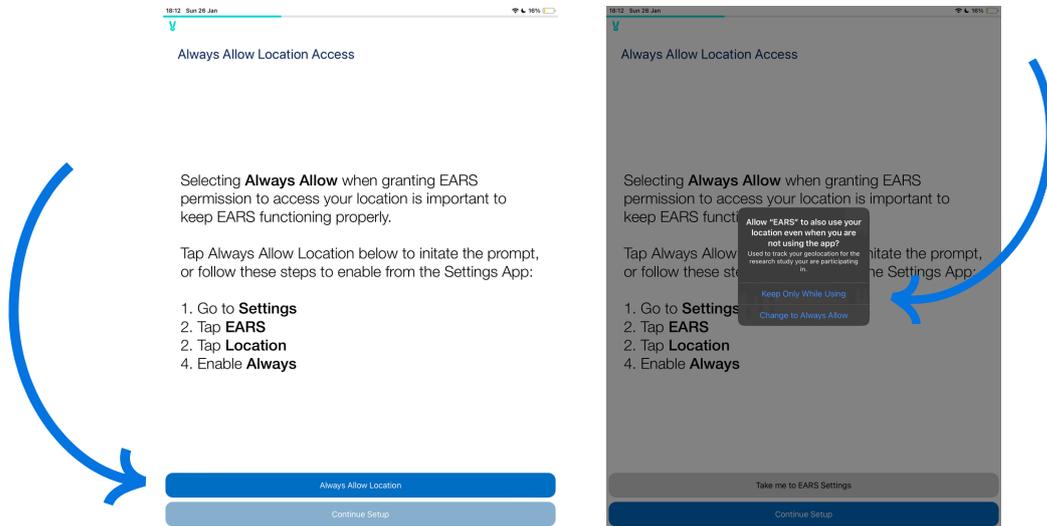
Note if troubleshooting:
If you do not receive a prompt, open the 'Settings' app on your device. Scroll down on the left hand pane (with all the apps) until you see the EARS app, and press on it. Press 'Location', and select 'Always'. Then return to the EARS app.

Settings

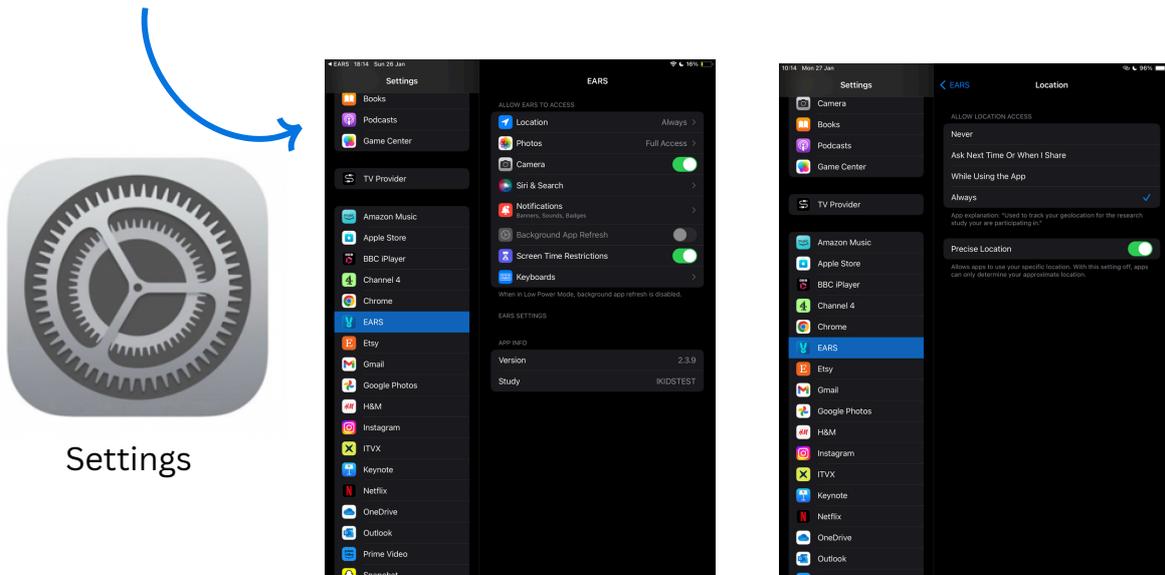## Step Twelve:

Press 'Setup Keyboard'.

We will <u>not</u> be recording keystroke data, so **ignore the instructions on screen** and **press 'Continue Setup'**.
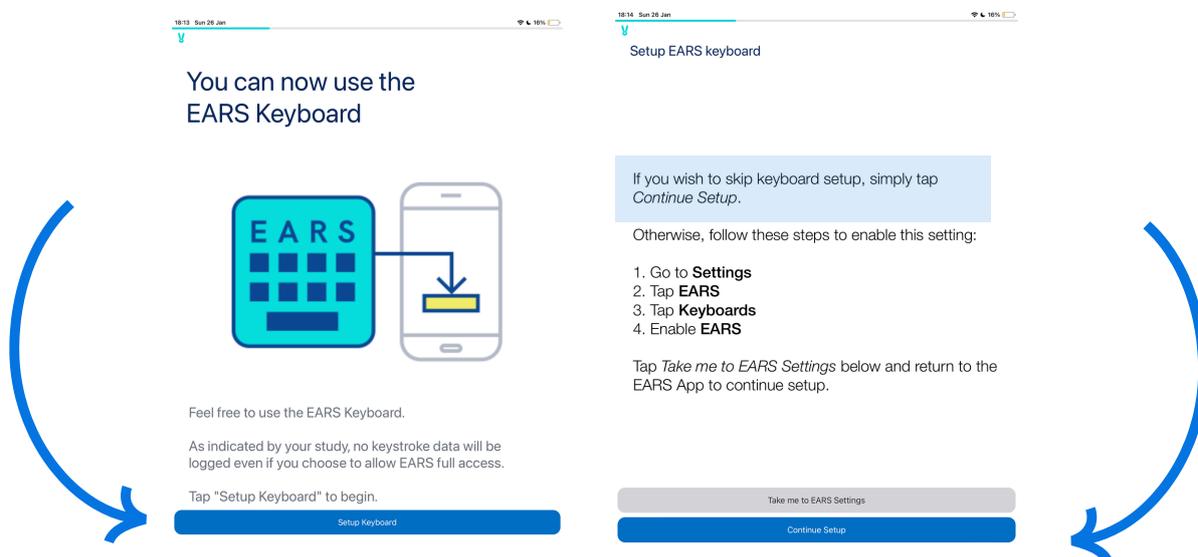
Installation Complete!

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.

<u>After Installation</u>
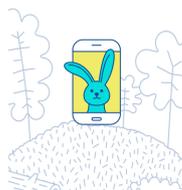
<u>Notifications:</u>

You will receive daily notifications from the EARS app. These will remind you to ensure your child is wearing the activity belt both during the day and night. **Press 'Next'** when they appear.
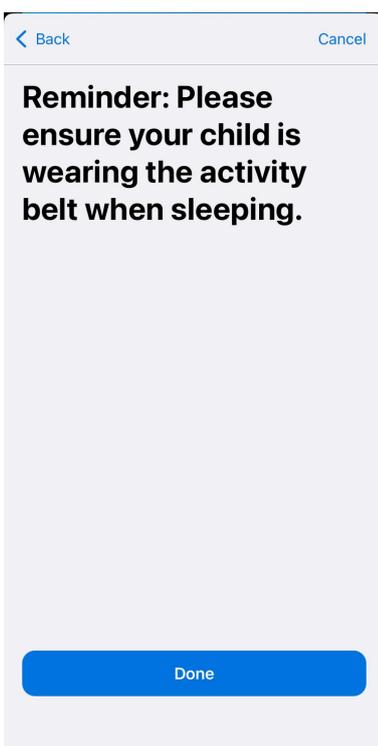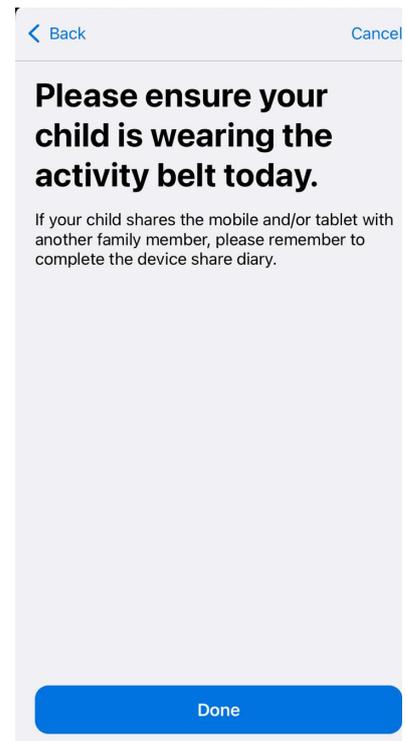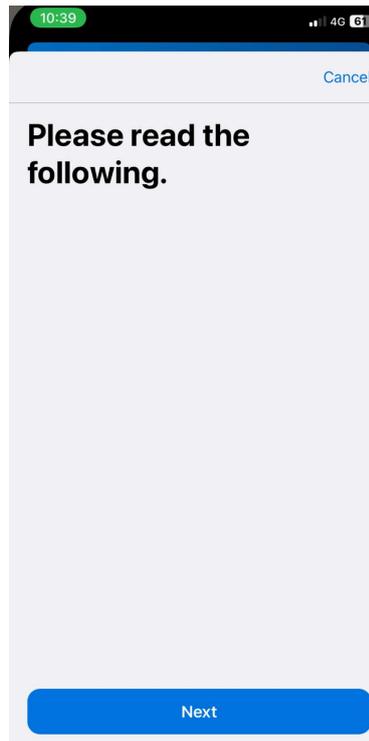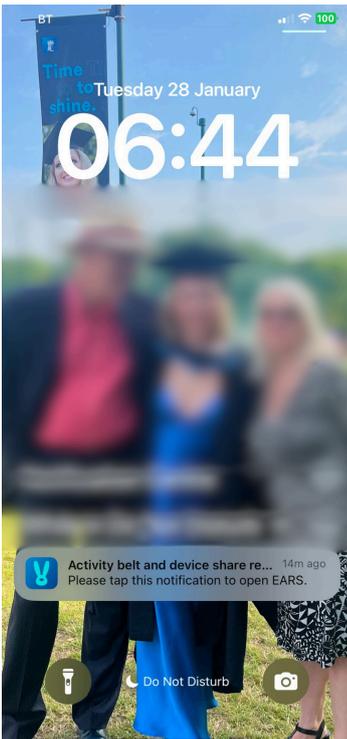
Screenshots:

From DAY 3, you will receive daily notifications asking you to submit your screen time activity.

Read the instructions on the first screen and **press 'Next'**.

Read the instructions on the second screen and **press 'Next'**.

Press 'Get Started'.

iPhone

Please note: Screenshots for iPads are done differently.

iPad

Sharing Screen Time
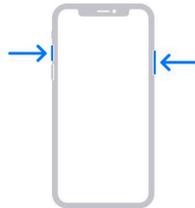
Welcome to your daily screen time capture activity.

To complete this activity you will need to:

1. Take a screenshot of your screen time when it is presented.
2. Tap the "Submit" button in the upper right.
3. On the next page, EARS will analyze your screenshot and tell you if it was successfully interpreted.
4. If analysis was unsuccessful, you will be prompted to repeat this processes until you've captured all available screen time.
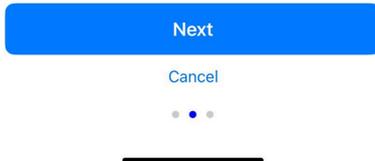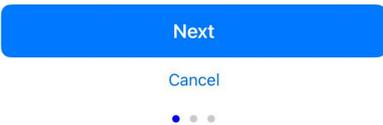
Next

Cancel

Capturing Screenshots

To capture a screenshot:

1. Press the side button and the Home button at the same time.

2. Quickly release both buttons.

3. After you take a screenshot, a thubmnail temporarily appears in the lower-left corner of your screen.

4. Once the thumbnail is rendered and visible on screen your screenshot is ready for submission.

Next

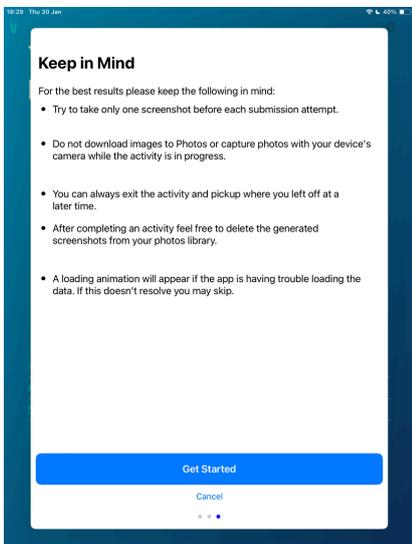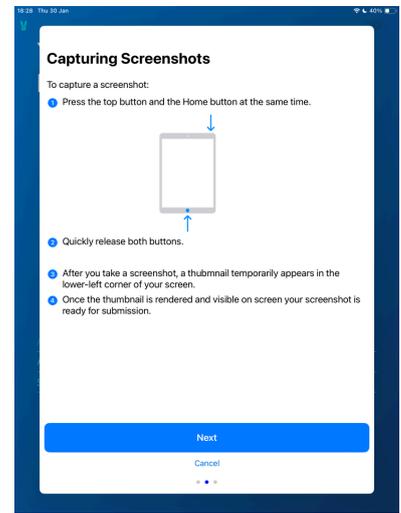Cancel

Capturing Screenshots

To capture a screenshot:

1. Press the top button and the Home button at the same time.

2. Quickly release both buttons.

3. After you take a screenshot, a thubmnail temporarily appears in the lower-left corner of your screen.

4. Once the thumbnail is rendered and visible on screen your screenshot is ready for submission.

Next

Cancel

Keep in Mind

For the best results please keep the following in mind:

- Try to take only one screenshot before each submission attempt.

- Do not download images to Photos or capture photos with your device's camera while the activity is in progress.

- You can always exit the activity and pickup where you left off at a later time.

- After completing an activity feel free to delete the generated screenshots from your photos library.

- A loading animation will appear if the app is having trouble loading the data. If this doesn't resolve you may skip.

Get Started

Cancel

14

When a screen like below appears, **take a screenshot of this screen**.

Then press 'Submit'.
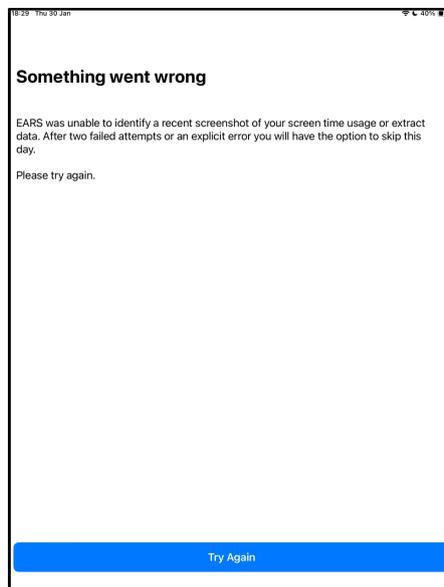
The screenshot will upload <u>automatically</u>.


Note if troubleshooting:
In the case of an error, the below screen will appear.
Press 'Try Again'. You will be required to retake the screenshot, and **press 'Submit' again**. **After two failed attempts, you may skip this day.**
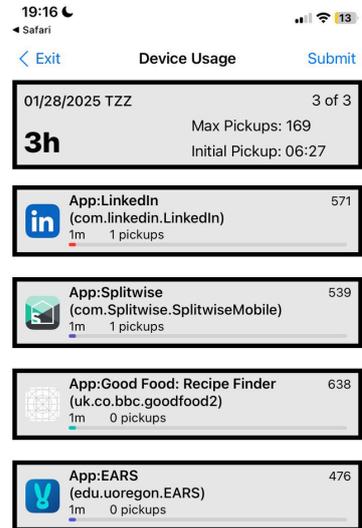
Take another screenshot and press 'Submit'. Repeat this until all screen time data has been captured, and the screen says 'Complete'.

Press 'Finished' and exit the app.
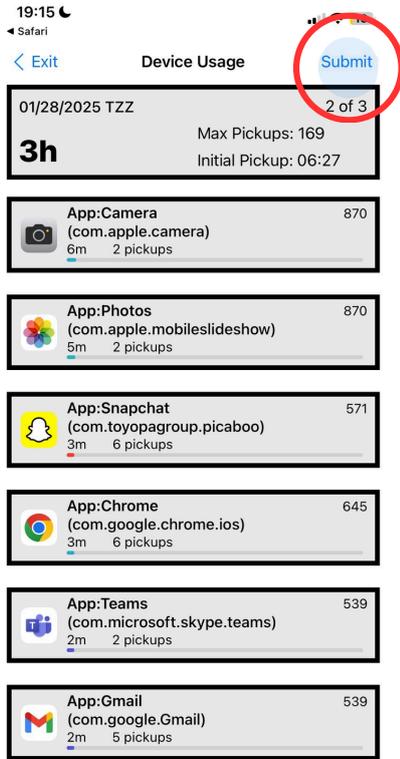
<u>Further Information</u>

When exiting the app, **do not swipe away**, and clear the app from the app switcher (pictured below). **This will prevent EARS running in the background.**

WARNING: EARS will stop working if swiped away!

LOADING...

WARNING: EARS will stop working if swiped away!
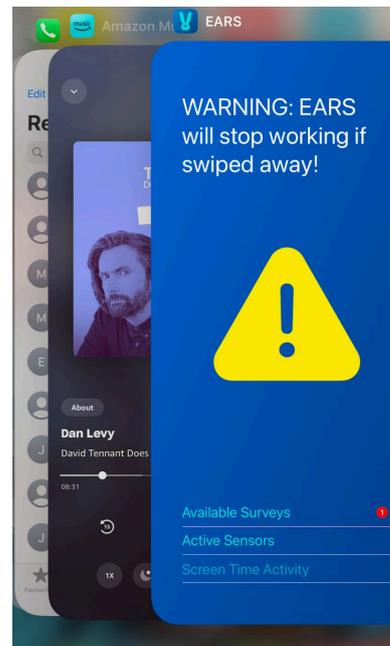
The app switcher. **Do not swipe up on the EARS app.** This will clear it and prevent it running in the background.

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

11:25

EARS has been deactivated.

Thank you for your participation.

Please uninstall the EARS App.

If you believe EARS was deactivated by mistake, please contact your study.

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**