

Information About A UW Research Study

Informing and Evaluating Self-Tracking Tools in Chronic Health Conditions

What is this study about?

You are being asked to participate in a research study about how technology can support people as they collect, interpret, and collaborate with personal data related to health and chronic health conditions. We are gathering feedback and perspectives to help us design better technologies for these tasks. With current increasing interest in Generative AI tools such as ChatGPT, we are specifically examining how Generative AI might enhance personalized care and personalized recommendations. This includes how Generative AI might support individuals in obtaining more actionable insights from their health tracking data and how people understand or trust AI-based technologies in such health contexts. It is up to you to decide whether you want to participate. If you decide to enroll, you can stop participation at any time without penalty.

What will you be asked to do?

If you agree to be in this study, we will ask you to participate in a single session, consisting of an interview and interactive study component, which is expected to last about 90 minutes. These may be conducted in person at University of Washington or at another location. These may instead be conducted by phone, video, or voice chat. You may be interviewed alone, as part of a group, or both. If you have any questions about the specific study location and time, ask the study staff to explain.

You will be asked to bring some of your health tracking data to the session, in whatever form you have it (e.g., in an app, as handwritten notes). We will not ask you to directly give us this data, but will ask you to describe it as part of this study. We will begin by asking about what you are tracking in relation to health, including specific goals you have or questions you want to answer about your health using tracking data. We will then ask you to engage in a study session in which you will use ChatGPT to ask health-related questions. We will ask you to describe your thought processes during the study, and will ask you to reflect on the usefulness and relevance of responses received from ChatGPT.

With your permission, we may take audio recordings, video recordings, or pictures to better support our research analyses. We may analyze collected data now and in the future related to the questions of this research, and your data will remain confidential with access limited to the research team. You have the right to decline recording or pictures and to ask us to delete any recording or pictures.

Why might you want, or not want, to participate?

You may feel uncomfortable with some of our questions or may feel frustrated when trying to interact with technologies. You may decide to stop at any time during the study. You can also skip any question you do not want to answer or anything you do not want to do.

We do not expect you will directly benefit from taking part in the study.

You will be given \$20 as a digital gift card for participating in the study. We will arrange for delivery of this gift card by email after the study.

If you receive more than \$600 in such research compensation during a year, the University of Washington is required to report this as miscellaneous income to the IRS. Because of this, the University of Washington

requires we collect a legal name and permanent address. We will keep this information separate from research records and use it only for tracking compensation during a year. If our records indicate we give you more than \$600 during a year, then we are also required to collect a Social Security Number for use in tax reporting.

We will compensate you as indicated above. If you indicate to us in the context of this compensation that you are neither a U.S. citizen nor a permanent resident, then we are instead required to refer you to centralized payment through the University of Washington. This will require additional documentation (such as a passport and visa), tax withholding, and payment by a mailed check.

How will we protect the information you provide?

You will not be directly uploading your data to ChatGPT, but we will ask you to form specific questions you would like to answer about your health based in part on the data you have been collecting. To ensure that your health-related questions remain anonymous to ChatGPT, all interaction with ChatGPT will use an anonymous account created by the research team and we will ask that you not provide ChatGPT with identifying information (e.g., do not include your name in any questions to ChatGPT).

The information you provide will be anonymous. This means that your name will not be connected to the data.

What can you do if you want more information?

Talk to the study team. We are here to help you understand the study. Please ask us any questions you may have, even about things that are not in this document. It is our responsibility to give you the information you need to make a decision and to give you time to think about whether or not you want to sign up. If you feel you have been harmed by participating, you can contact us about that too. James Fogarty is the lead researcher at the University of Washington for this study and can be contacted at jfogarty@cs.washington.edu. You may also contact Shaan Chopra at schopra7@cs.washington.edu.

Talk to someone else. If you want to talk with someone who is not part of the study team about the study, your rights as a research subject, or to report problems or complaints about the study, contact the UW Human Subjects Division at hsdinfo@uw.edu or 206-543-0098.