



Happiness Research Institute

STUDY INFORMATION DOCUMENT & PARTICIPANT CONSENT FORM

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You are invited to take part in a research study entitled: **“What matters for wellbeing?”**

About the study: Conducted by *The Happiness Research Institute* in collaboration with *Matter Neuroscience*, this research study aims to investigate what lifestyle factors and behaviours have the potential to improve happiness and general wellbeing. Below you can read more about the eligibility criteria for participation in the study, and what is involved for participants. Consent to participate is provided at the bottom of the webpage.

Who is eligible? To participate in this study, individuals must:

- i. Be at least 18 years of age at the time of enrollment
- ii. Not be currently diagnosed or receiving treatment for a mental disorder (this includes but is not limited to conditions such as depression, anxiety disorders, bipolar disorder, schizophrenia, and others as defined by the American Psychiatric Association)
- iii. Have an Apple iPhone running on iOS17

What is involved? If you consent to participating, you will be asked to confirm your eligibility prior to downloading the research survey app, and again, immediately after creating an account on the app. If eligible, you will be asked to complete a series of surveys and memory reports via mobile apps for 5 to 7 weeks. Specifically, if you agree to participate in this study:

- (1) Download a secure mobile app & complete an introductory survey: All eligible participants will be given a link to download the *Mood Snapshot* mobile application, which has been designed specifically for the purposes of this research study. When you first open this app, you will be asked to complete a 10-minute introductory survey about your life and wellbeing. You can choose to share your phone’s location¹ and activity metrics (i.e., pedometer, battery, screenstate). If you have a wearable device (FitBit/Garmin/WHOOP/Apple Watch), you can also choose to link additional health activity data (e.g., sleep, exercise, average heart rate/exertion, and/or other stress measures). Importantly, sharing any data is optional: you are not required to share any location or activity data to participate in this study, and you can skip any survey questions that you do not want to answer. If you agree to share any of your data but then

¹ There is a rich and emerging literature on the importance of neighborhood characteristics, environmental conditions, and weather for subjective wellbeing. By linking daily wellbeing reports to locations, we will be able to better understand the importance and influence of each factor on your daily wellbeing.

change your mind, you can revoke the permission granted to the application at any time during the study period. You can also request to have any previous data deleted by emailing the research team at the address provided in the “Study contact” section at the end of this page.

- (2) Complete short daily check-ins: Three times per day, the *Mood Snapshot* app will remind you to complete a short 2-minute assessment about how you are currently feeling and what you are currently doing.
- (3) Log your memories: At some point in week 2, week 3, or week 4, you will be invited to download and engage with a second mobile application called *Matter Neuroscience*, which prompts you to log your favourite memories and score them across nine distinct emotions. You will be able to watch instructional videos and/or attend an introductory session to help you understand how to use the app. You can choose to link your memory score data with your study data by manually consenting to a secure data export from this app to the same encrypted, secure platform that stores the rest of your study data. Again, this linkage is optional and has no bearing on your participation in the study. *Matter Neuroscience* maintains strict confidentiality standards and will not automatically collect any personal data.

Data protection & confidentiality: We have implemented several procedures to protect the confidentiality of your data. The phone applications used for this study utilize secure encrypted mobile technology to collect data. If you consent to additionally share any location, activity, and/or memory app data, it will be passively collected on an ongoing basis and automatically sent to the research team where it will be securely stored on password-protected, encrypted computers. Only members of the research team will have access to the passwords and raw data. Individual data will never be made public and will be deleted after a period of 10 years. The data collected about you will only ever be reported at a group, aggregated level such that no shared findings will be personally identifiable. You can also choose to delete your data earlier by notifying the research team at any point during the study, as outlined in the next section.

Withdrawal: If at any point you want to withdraw from the study, you may do so without penalty up until the end of the data collection period (August 31st, 2025). All data linkages are optional, and you are free to not answer any survey questions without having to justify yourself. You also have the right to request that your previous data is deleted by emailing the research team at study@happinessresearchinstitute.com

Potential risks: There is minimal to no risk in participating in the study. One possible risk includes emotional discomfort while answering questions about your physical health and mental wellbeing. However, all participation is voluntary: each survey response is optional, and you can refuse participation at any time without penalty.

Benefits & compensation: Participants will have the option to receive a personal wellbeing report at the end of the study period. Please note that participants are limited to one wellbeing report over the study period, which will be presented in the *Mood Snapshot* app 5-7 weeks into the study; participation



beyond that point is optional, though no additional wellbeing reports will be created. On a collective scale, the findings of this research will also provide a better understanding of the drivers of wellbeing, which can inform target areas for intervention.

Study findings: Once data is analyzed, the de-identified findings will be summarized in a report which will be published in a scientific journal and/or posted on the Matter and HRI websites. To access the findings, you can go directly to the HRI study website at the following address:

www.happinessresearchinstitute.com/studies

Study contact: Please direct any questions, concerns, or requests for withdrawal to the study team at study@happinessresearchinstitute.com

Consent: By signing up for this study and downloading the *Mood Snapshot* mobile application, you acknowledge that your free and informed consent is implied. This indicates that you understand the conditions of participation in this study and that you have had the opportunity to have my questions answered by the project staff. By signing up for this study, you also confirm that you are at least 18 years of age and do not currently receive treatment for or have a diagnosis of any mental disorder (as defined above).