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the McMaster Research
Ethics Board

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BY
10/29/2021
DATE

McMaster University
Inspiring Innovation and Discovery

Department of Kinesiology

Health and Exercise Psych Lab (AB 132)
Ivor Wynne Center

1280 Main
Hamilton, ON
L8S 4K1

Participants Needed!! Earn up to $50

The Exercise and Health Psychology Group is now recruiting healthy individuals to take place in an exercise psychology study. This study will be conducted remotely across a **10-day** study period. You will receive **$20** for your participation and up to a maximum of **$50** based on the number of daily surveys completed during the study period. The study consists of one online survey, 10-days of passive activity monitoring, and 4 short surveys daily during the final 7 days of the study. The daily surveys will ask you to provide ratings of fatigue, boredom, and mood which should take 1-3 minutes at each time point. We are looking for individuals between the age of **17-30 years**, who are **living in Hamilton**, fluent in **English**, have the **intention of being more physically active**, and own a personal smartphone. For more information contact Sheereen Harris at **kinpsych@mcmaster.ca**.

This study is being conducted by Sheereen Harris, Samira Sunderji, Nickolas Myke, and Dr. Steven R. Bray. This study has been reviewed and approved by the McMaster Research Ethics Board. If you have concerns or questions about your rights as a participant or about the way the study is conducted, you may contact:

McMaster Research Ethics Board Secretariat
Telephone: (905) 525-9140 ext. 23142
c/o Office of Research Services
E-mail: ethicsoffice@mcmaster.ca

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