

## Participant Information Sheet

# SPGeTTI

### A Smart Phone based Gambling Evaluation and Technology Testing Initiative

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You are invited to take part in a research study investigating if using a smartphone app called 'SPGeTTI' can help support you to achieve your goal of stopping or reducing your gambling.

You will know the challenges you face as you deal with the difficulties in trying to stop or reduce your gambling. The SPGeTTI smartphone app has been developed as a tool that is designed to give you some pointers and strategies to help you achieve your goals and also to provide some "just-in-time" support when you may be slipping up.

We are seeking people who have a problem or think that their gambling may be causing harm to them or others such as family, friends and work. We are particularly focused on gambling activity that involves using pokie machines.

#### Voluntary

It is entirely your choice (voluntary) if you want to participate in this research. If you do agree to take part, you are free to withdraw at any time without having to give a reason.

#### So what is the SPGeTTI app all about?

We have designed a mobile phone app ("app") that is intended to work over 30 days (one month) as a way to support you make the changes you want to make about stopping or reducing your gambling. There are two parts to the app; the first part includes the app sending you regular tips and prompts that can be used to give you ideas on how to stick to your goal. The second part is a bit like having an "angel in your pocket". This part of the app works by providing you with messages when you appear to be slipping up on your goal. While the app doesn't actually know what is happening, this part of the app does "know" when you are in or around venues that have pokie machines. The app "knows" this by using your phone's GPS. When you are in or near places where you may be tempted to gamble it may be that a few small messages sent to you on your phone can give you the support you need to stick to your goal.

#### So you want to participate but want to know what you need to do?

If you think you want to give this app a go and help us understand if it is helpful, then you will need to have an Android smart phone with a suggested operating system of 5.0 or above, be able to download the app, and be happy to turn your phone GPS on. You should also be willing to answer some questions: some when you install the app a few that will appear on your phone during the month and a final few at the end of the month. Everything you need to do will be through the app. It will take you less than 5 minutes each time to answer the questions at the start and end, and only a few seconds to respond to the questions that come to you during the month.

#### Benefits

It is possible you may gain new knowledge and skills to help you to stay free from harmful gambling. The knowledge we gain from the study may help other people who are finding it hard to deal with their gambling.

#### What if I want to stop participating?

You can withdraw at any time without giving any reason by uninstalling the app.

## Confidentiality

We will collect no identifiable information about you although we do ask you to enter your first name (or a nickname if you prefer) so we can personalise the intervention to you. Any reports we produce will not identify you; they will combine the data from everyone participating.

## General Information

The app uses GPS (geo-positioning signal) to gather information on its location. This means that every so often it checks where the phone is. If the phone is in or near a venue with pokie machines then it captures the time spent there. The use of GPS in phones is relatively new and as part of this study we don't know how much of an impact on battery life the use of the app may have, so we recommend that you keep a charger handy just in case and tell us about this in the feedback section of the app.

## Results

At the end of May 2018, we will be looking at all the responses from people to see if this app is was useful. If it is, then we will do more work on how to make it more available to people who could find it to be a support. We will write a summary of the findings and post them where we hope you may see them, such as on Facebook.

## Who should I contact if I have further questions?

If you have any questions about the study, do not hesitate to contact us at [spgetti@auckland.ac.nz](mailto:spgetti@auckland.ac.nz) or go to the website [www.spgetti.auckland.ac.nz](http://www.spgetti.auckland.ac.nz)

If you have any queries or concerns regarding your rights as a participant in this study you may wish to contact a Health and Disability Advocate, telephone (Northland to Franklin) 0800 555 050.

## Compensation

If you were injured in this study, which is unlikely, you would be eligible to apply for compensation from ACC just as you would be if you were injured in an accident at work or at home. This does not mean that your claim will automatically be accepted. You will have to lodge a claim with ACC, which may take some time to assess. If your claim is accepted, you will receive funding to assist in your recovery. If you have private health or life insurance, you may wish to check with your insurer that taking part in this study won't affect your cover.

## Maori Health Support

To ensure ongoing cultural safety and support for you, feel free to discuss with your Iwi Kaumatua or Whaea.

Please feel free to contact the Principal Investigator at any time, if you have any questions about this study at [spgetti@auckland.ac.nz](mailto:spgetti@auckland.ac.nz).

**Consent is acknowledged if after having read this in the app, they "click" I consent. The downloaded app can now be used.**