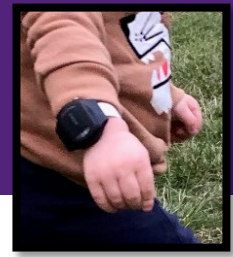


First STEPS

The Supporting Transitions into ECEC Programs Study

UQ Ethical Approval Number: 2023/HE001878



Actigraph Information Sheet and FAQs

Actigraphs are a small watch-like sensor that can be worn by children and adults on their wrist or ankle (see image above). The *watch* is durable and waterproof and, for children, comes with a special child-sized band and fabric sleeve to ensure it is comfortable to wear.

Here is a list of the most frequently asked questions about actigraphs:

How is an actigraph worn?

The actigraph simply goes on the wrist like a watch. It is preferable to place the watch on the **non-dominant wrist** (for example, if a participant draws with their right hand, it is recommended to be placed on the left hand). Alternatively, if the watch was too loose for a child's wrist, it may have been placed on their leg just above the ankle.

What information will the researchers get from the actigraph?

The actigraph measures movement and light and provides information about each participant's levels of rest and activity across the day.

Can the actigraph be covered by clothing?

Please **DO NOT** cover the actigraph (i.e., with clothing, socks etc.). This will ensure that the actigraph can collect information about light as well as activity.

How tight should an actigraph be?

The actigraph should not slip about on a child or adults' wrist or leg when they move their body. However, it should be comfortable and should not restrict blood flow at all. If a child participant feels it is too tight, cut the strap using scissors and use another. You can also trim the strap to get rid of any excess. Adult participants can adjust the watch band provided.

Can you wear their actigraph in the shower, bath, or swimming pool?

Yes. The actigraph is waterproof, and can be worn in the shower, bath or when swimming. The actigraph will be loose so any water on the skin under the actigraph will air-dry, however, it is best to dry with a towel if possible. In most cases you should not have to remove the actigraph. Please see below for the exception.

When should I remove the actigraph?

Apart from if you would like to change the band, you should not have to remove the actigraph. However, if the actigraph is causing irritation or redness to the skin please remove immediately, by cutting the strap using scissors if required, and contact the research team.

Can the actigraph cause an allergic reaction?

This is very unlikely but if skin reddening or irritation occurs, remove the actigraph immediately, by cutting the strap using scissors if required, and contact the research team.

If you have any questions or need to speak to a member of the **First STEPS** research team please contact: **T: 61 447 923 587 E: firststeps@uq.edu.au**