Debrief:

Thank you for taking time to participate in this research project; your contribution is extremely valuable and very much appreciated!

Nature of study

Understanding the effects of physical activity on our health is one of the major scientific undertakings of recent times. So researching how programmes like the Step Count Challenge impact our health and wellbeing is vitally important, in order to further our understanding of how we can look after ourselves and enhance our health. This particular study sought to investigate the impact of Step Count Challenge on both physical fitness (in the form of cardiovascular and muscular endurance) and mental wellbeing. The results of this research, alongside that conducted during the Spring challenge and research to come in the near future will be assessed to determine the impacts of the Step Count Challenge, and help spread the word about the vast benefits that engaging in regular physical activity possesses.

Data

* Your data (survey results and fitness test scores) will be stored with your step counts and basic demographic information if provided, and a password-protected, anonymised version of this will be provided to the researchers for analysis.
* Your data may be published or placed in a database accessible by others. All data will be in an anonymised form.
* Your data will be anonymised at 9am on Monday 6th December 2021, and so you will not be able to withdraw it after this point, as we will no longer be able to identify which is yours.

Contact

If you have concerns or if you would like more information about this research, please email the researcher or one of the supervisors detailed below.

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