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The Leverhulme Trust

## Information Sheet

# Knowledge, care and the practices of self-monitoring

### The research

There are more and more ways that people can monitor their own health using devices they have bought for themselves, and keep a record using a computer, mobile phone or pen and paper. This project will focus on self-monitoring of, for example, blood pressure, and Body Mass Index (BMI). The study will look at why and how people are monitoring these things.

### What participation involves

We would like to carry out interviews with people from all backgrounds who are monitoring one of these areas. For example, if you use your own blood pressure monitor, measure your BMI on your bathroom scales or sports equipment, or use an app or a computer to calculate or record any of these things, then we would be interested to talk with you. We will ask you about why you monitor and how this fits with your daily routines. If you are willing, we will also ask you to show us any devices you use and show us how you use them.

We would like to undertake the interviews at your home or another place that suits you. We will arrange a time that suits you too. We expect the interview to last around an hour. Ideally we would like to record interviews to get an accurate record of what is said. We will ask for your permission before we do this, and destroy the recordings at the end of the research.

Everything you say at the interview will be kept confidential. We will not make any contact with the people who offer you medical care. We will not access your health records. When we report on the study, we will make what people tell us anonymous by changing the names of the people who take part and change other details that might identify them. We would also like to give the anonymous data to a national archive so it is available for future researchers. We will ask for your permission before we do this.

## **About the research and the researchers**

The research is being carried out by Ros Williams and Kate Weiner (University of Sheffield), Catherine Will (University of Sussex) and Flis Henwood (University of Brighton). We are sociologists interested in the ways that people look after their own health and the place that technologies might have in this.

The project is funded by a Leverhulme Trust Research Project Grant. It has been reviewed by the Department of Sociological Studies Research Ethics Committee at the University of Sheffield.

## **How to get involved**

If you are interested in taking part in this research, please contact Ros using the details provided below.

### Dr Ros Williams

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Email: [r.g.williams@sheffield.ac.uk](mailto:r.g.williams@sheffield.ac.uk)

## **How to ask questions**

If you have any questions, please contact Ros using the above details, or Kate, Catherine, or Flis, whose details are listed below.

### Dr Kate Weiner

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### Dr Catherine Will

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### Professor Flis Henwood

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