

# Wearable Technology Survey

Thank you for taking the time to complete this survey, it should take no longer than 5-10 minutes to complete. This questionnaire has been created as a constituent of a research project into the privacy threats of wearable fitness trackers.

Disclaimer:

All survey responses are anonymous and will be kept confidential throughout this study. By participating in this survey, you consent to the use of the information you provide throughout the remainder of this research project.

\* Required

## Section One

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This section is to understand a little bit about yourself as well as your understanding and opinions towards wearable technology

1. **Age \***

*Mark only one oval.*

- ☐ Under 18
- ☐ 18-25
- ☐ 26-35
- ☐ 36-45
- ☐ 46-60
- ☐ 60+

2. **Gender \***

*Mark only one oval.*

- ☐ Male
- ☐ Female

3. **Occupational Status \***

*Mark only one oval.*

- ☐ Unemployed
- ☐ Student
- ☐ Part-time employment
- ☐ Full-time employment
- ☐ Retired

**4. How familiar are you with the concept of wearable technology? \****Mark only one oval.*

- ☐ Very familiar
- ☐ Somewhat familiar
- ☐ Neither familiar nor unfamiliar
- ☐ Somewhat unfamiliar
- ☐ Very unfamiliar

**5. Do you currently use a wearable fitness tracker? \****Mark only one oval.*

- ☐ Yes
- ☐ No

**6. If you were to purchase a wearable device, which factors would you consider before making a purchase?***Make at most 3 selections - if you chose "other" please state those factors**Check all that apply.*

- ☐ How much it cost
- ☐ How it looks and feels
- ☐ The device brand
- ☐ The collection of private information
- ☐ The metrics it allows me to measure
- ☐ The security measures provided by the device
- ☐ Other: .....

**7. From the below, which were you aware could be collected from a wearable fitness tracker? \****Check all that apply.*

- ☐ Heart Rate
- ☐ Activities (Steps, Distance, Floors climbed, Calories Burned, Minutes Sedentary, Active Minutes)
- ☐ Sleep Quality (Minutes Asleep, Minutes Awake, Number of Awakenings)
- ☐ GPS data (Location)
- ☐ Body (BMI, Weight)
- ☐ I have no awareness of what can be collected

**8. With whom would you be willing to share heart rate data with? \****Mark only one oval.*

- ☐ Public
- ☐ Friends and Family
- ☐ Nobody

**9. With whom would you be willing to share activity data with? \***

Activity data is: Steps, Distance, Floors climbed, Calories Burned, Minutes Sedentary, Active Minutes

*Mark only one oval.*

- ☐ Public
- ☐ Friends and Family
- ☐ Nobody

**10. With whom would you be willing to share sleep quality data with? \***

Sleep quality data is: Minutes Asleep, Minutes Awake, Number of Awakenings

*Mark only one oval.*

- ☐ Public
- ☐ Friends and Family
- ☐ Nobody

**11. With whom would you be willing to share GPS data with? \***

GPS data is: Location

*Mark only one oval.*

- ☐ Public
- ☐ Friends and Family
- ☐ Nobody

**12. With whom would you be willing to share body data with? \***

Body data is: BMI, Weight

*Mark only one oval.*

- ☐ Public
- ☐ Friends and Family
- ☐ Nobody

**13. Employers are distributing fitness trackers in return for incentives (e.g. £40 gift voucher if you complete 10,000 steps a day for 3 months), would you be willing to consent to wearing a fitness tracker daily and supplying your employer with ALL of the above data in return for an incentive? \****Mark only one oval.*

- ☐ Yes
- ☐ No

# Wearable Technology Survey

Having carried out background research into projects in this field of work and carrying out my own data analysis on a data-set from a wearable fitness tracker, I have identified what can be achieved from the data and this is outlined below, presented as a series of facts.

## Section Two

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This section intends to gauge your feelings towards some facts in combination with your opinion on whether you feel there is a need for more control over the information you can give away.

14. **The following facts are all true and can be obtained from data collected from daily use of a fitness tracker (should you consent to supplying your employer with the data or if you chose to share the information publicly), based on that, how do you feel about each fact? \***

*Mark only one oval per row.*

	Concerned	Uncomfortable	Unconcerned
Your employer can identify if female employees are pregnant through monitoring heart-rate data	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer can identify what time you went to bed and your sleep quality each day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer uses the data collected from employees to get the best insurance rates for the company	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer can monitor your sleep before and after an increase in responsibilities and identify if your sleep quality has been impacted and thus identify your ability to handle those responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer can monitor your BMI and weight over periods of time and potentially predict/identify obesity or anorexia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer can monitor your level of activity even when you are not at work, for instance, when you have informed them of an injury or illness or during leisure time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer can increase the health and fitness and overall well-being of its employees	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer (on certain devices) can modify and essentially falsify data generated by your fitness tracker, like the number of steps you have made	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer (on certain devices) can persistently monitor the location of your fitness tracker at a given point in time whilst at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer can potentially identify if you are likely to be suffering from depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your employer can use data collected from a fitness tracker to dispute an injury claim in court	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. **Since being informed of the possible scenarios when consenting or publicly sharing data obtained from a wearable fitness tracker, would you be willing to share the data with your employer for an incentive? \***

Mark only one oval.

- ☐ Yes  
☐ No

16. **Please state whether in your opinion, the following are required in order to prevent privacy threats from sharing data obtained from wearable fitness trackers with employers? \***

When answering this question, keep in mind the above possibilities

Mark only one oval per row.

	Required	Desirable	Not Required
Employers should increase awareness of what types of data can be collected from wearable fitness trackers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employers should be more open and honest and make employees more aware of the potential applications of their data	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employers should only receive employee's data in a grouped form so individuals can't be identified	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Privacy policies should be put in place to protect employees and their data	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employees should always be given the option to "opt out" of wearing fitness trackers for incentives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employees should have the right to ask employers to delete any data held about them obtained from a fitness tracker	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employers should only use fitness trackers fitted with appropriate security measures which protect employee's data	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. **If you have any further ideas to minimise the potential privacy threats of wearable fitness trackers, please outline them below.**

Again, when answering this question, keep in mind the above facts

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