



## Contribute to Research on Self-Management in MS and Inspire the Design of New Technologies

The study aims to explore the ways people living with MS manage their health in everyday life and how we could support self-management with valuable technologies. We would like to invite you to an interview study exploring the following questions:

- In what ways do people use different tools to track their health (e.g. paper diaries, spreadsheet software, websites, mobile apps, fitness tracking devices, etc.)?
- What do they track (e.g. physical activity, mood, pain, fatigue, diet, etc.)?
- What kind of challenges do they face and what do they learn?

### What will participants be asked to do?

Participants will be asked to take part in an interview study answering questions on various topics, including how they manage their health and whether they use or have used any tools to track their health. The interview should take about one hour and as a thank you for taking part they will receive a £20 voucher.

### Who can take part?

Anyone over the age of 18 with a confirmed diagnosis of MS. We are interested to speak to people who may have used any tools to track their health conditions, although this is not essential.

### When will this study be recruiting and where will it take place?

The interview study is currently open for recruitment. The interview can be conducted either at the UCL Interaction Centre or in a public space close to your home, such as a quiet café. Alternatively, we can interview via phone or Skype.

### How to get involved?

If you would like to find out more about this study and would like to receive a participant information sheet, please contact Amid at [amid.ayobi.14@ucl.ac.uk](mailto:amid.ayobi.14@ucl.ac.uk). Please note that enquiring about participation does not commit you in any way.