

## Wellbeing Study: Timing Rules for Weekly Family Activities

The rules below determine how study activities were delivered to families by the web site. These rules were encoded within the web site programs. They were designed to give some flexibility in the administration of the study, for example different families could determine the date when they start the study, and participants could vary the weekday on which they complete the activities. The rules were hard-coded in the web site programs, and could not be changed during the course of the study.

### Study Week Numbers

- Each set of parent and twin activities is tied to a specific study week number (0 to 9)
- Each study week starts on a Thursday and ends on a Wednesday (at midnight)
- Study weeks are numbered consecutively, so week 0 is followed directly by week 1, etc
- The dates when different study weeks begin may be different for different families
- For a given family at any given time, the three participants (parent and two twins) always have the same study week number.
- Each family has a start date for the study - this date is always a Thursday, and it represents the start of week 0. A family's start date is set when the parent submits on line consent (see below).
- Although families will be encouraged to complete each week's activities at the weekend, they may in fact complete the activities at any time during that study week (Thursday to Wednesday).
- The activities for a given family in a given week may not be started before the start of Thursday or after the end of Wednesday for that study week.
- The current day and week are determined at log in time; if a participant logs in late on a Wednesday night, they may continue with that week's activities past midnight as long as they do not log out. If the time is after midnight, on a Thursday morning, then if they log out then log in again they will find that the next study week has started.

### Consent Rules

- Every participant (whether parent or twin) must complete an on line consent form before they can commence any study activities.
- Each participant may submit the on line consent form once and only once - it will not reappear once it has been submitted.
- The parent consent form appears when the parent first logs in. If the parent does not complete and submit the form, it will reappear on subsequent logins until submitted.
- The family's study start date is set when the parent submits the consent form, as follows:
  - If the parent submits the consent on a Thursday, Friday or Saturday, then the start date will be set as the date of the Thursday of that same week; this means that week 0 begins immediately for that family, and they may start their activities directly after the parent consent.
  - If the parent submits consent on a Sunday, Monday, Tuesday or Wednesday, then the start date will be set as the date of the Thursday immediately following. This means that at the time of parental consent, week 0 will not have started (the week number is -1); the family must then wait until the Thursday before they can start their activities.
- The twin consent form appears when the twin first logs in, provided that their parent has already consented. If the twin does not complete and submit the form, it will reappear on subsequent logins until submitted.
- If a twin logs in before their parent has consented, then the twin consent form will not appear; instead, the twin will see a message advising them that they cannot start until their parent has consented.

## The Activity Page

- Immediately after submitting consent, and on subsequent occasions immediately after logging in, each participant will go to their activity page.
- The activity page has the following functions:
  - It acts as the welcome page for a parent or twin after logging in (or after consenting)
  - It acts as a feedback page after a parent or twin has completed some activities
  - When appropriate, it presents a link for the participant to either start or continue their activities for the current week
- The activity page is personalised by presenting the participant's name, current study week number, and a context-dependent message.
- A participant may log in during a study week in which there are no activities: in week -1 (see consent rules above), weeks 7 and 8, weeks 10 and later, and for parents weeks 1, 2, 4 and 5. If so, they will be presented with an appropriate message but no link to activities.