



mHealth Shared Resource

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Note: Boxes will expand to accept verbiage.

mHealth Consultation Request Form

Project Details

Project Name	
Project PI	
Today's Date	
Project PI Email	
PI Title	
Co PI	
Institution/Department	
Physical Address	
Projected Start Date	
Projected Completion	
Project Participants (N=)	
Funded (Yes/No)	
Funding Agency	
Grant Name/Type	
Grant#	
IRB#	
IRB Letter of Approval (Yes/No)	
Phone Type (Android/IOS/Both)	

Project description. Briefly describe what the project is about and include any goals/aims.

Project benefits.

Project goal with mHealth.

Project data collection (frequency and format).

Please include a workflow/project diagram of your project.

Please list all languages that will be used in the project.

Will data be collected that is considered PHI*? If yes, please describe.

Is your project an EMA study or JITAI? (See Appendix A and B for description of EMA features and JITAI features for Version 1. See Appendix C for description of EMA features for Version 2.)

Has your institution's IT department approved your project? What documentation will they need? (mHealth uses Microsoft Azure cloud services for data collection and storage. See Rules of Behavior for security and data flow)

**"Protected Health Information" is any individually identifiable health information, including billing and demographic information that is transmitted or maintained in any form or medium. Generally, health information is considered "identifiable" if it contains any of the following elements: (1) names; (2) geographic subdivision (e.g., street address, city, county and zip code); (3) names of relatives; (4) name of employer; (5) birthdate; (6) date of treatments; (7) telephone numbers; (8) fax numbers; (9) e-mail address; (10) SSN; (11) medical record number; (12) health plan beneficiary number; (13) account number; (14) license number; (15) vehicle identifiers, serial numbers, license plate numbers; (16) device identifiers and serial numbers; (17) URLs; (18) Internet Protocol address numbers; (19) biometric identifiers, including finger or voice prints; (20) full face photographic images and other comparable images; and (21) any other unique identifying number, characteristic, or code." <https://apps.ouhsc.edu/hipaa/>*

Insight Version 1 Features

(Android Only)

Appendix A: EMA Features and Question Types

Please review the features and place an "X" beside the options that you are interested in utilizing:

EMA Types		
	Fixed	App will prompt this assessment type at a specific time (e.g., 12:00 pm, 30 minutes after the participant's usual waking time on specific days of the week)
	Random	App will prompt this assessment type at random times within the participant's selected waking hours on specific days of the week
	Participant Initiated	Participant will click a button on the app home screen to initiate this assessment type

EMA Reschedule Options		
	Snooze	Enables participant to delay prompted EMAs for a specific period amount of time and a specific number of times (researcher sets snooze period and number of permitted delays)
	Automatic Reschedule	Enables the EMA to be automatically prompted again after a set period of time (e.g., reschedule the EMA every 30 minutes, up to 8 times until it is completed)

EMA Question Types		
	Checkbox	Response choices are shown in a list; multiple answers can be chosen
	Date	Participants use a calendar to choose a date
	Dropdown	Participants click a box to select from a long list of potential answer responses
	Radio	Response choices are shown in a list; only 1 answer can be chosen
	RichText	A block of text that can be used to provide messages or instructions in the app; enables bold, italics, underline, etc
	Slider (categorical)	Participants slide their finger from left to right to choose a categorical response
	Slider (continuous)	Participants slide their finger from left to right to choose a continuous response (e.g., 1-10 visual analog scale)
	Text Only	A block of text that can be used to provide messages or instructions in the app

EMA Question Types (continued)		
	Text Field	Participant uses the keyboard to type a short answer (e.g., number or letter)
	Text Area	Participant uses the keyboard to type a longer response than is possible with the text field option (e.g., sentences / paragraphs)
	Time	Participants use a clock to choose a time
	Timer	Participants see a configurable countdown timer

Additional Features		
	App Branding	Allows the study name of the app to be displayed on the top of the app home screen
	App Language	App content (e.g., questions, messages) can be displayed in most languages
	Appointment Reminder	Configurable appointment date/time/message that appears on the app home screen
	Notifications	Messages delivered to participants on specific study dates/times
	Payment Log	Configurable feature that automatically tracks EMA compliance; Enables participants to view the amount of credit they have earned for completing EMAs
	Permissions	Enables Principal Investigator (PI) to assign CMS view/edit roles to study team members (e.g., PI has admin rights to create/edit all app components, research assistant can be granted certain rights to "View", "Edit", or "Delete" certain app components)
	PHI Data Collection	Enables collection of Protected Health Information (e.g., name, geolocation). Note: Requires additional contract components
	Skip Logic	Enables items to be skipped if established criteria are met (e.g., if question 1 > 4, then skip question 2).

Appendix B: JITAI Features and Question Types**

Please review the features and place an “X” beside the options that you are interested in utilizing:

JITAI Types		
	Calculated Field	Enables researchers to create formulas by adding / subtracting / multiplying / etc. participant answers to EMA questions (e.g., question 1 + question 2)
	Email	An encrypted email is generated when an established criterion is met (e.g., if question 1 > 3, then automatically email a study staff member that a participant has requested a medication refill). Note: This feature requires an active data plan or Wi-Fi connection
	Message Bins	Enables delivery of unique content when specific criteria are met. One message is delivered from the bin to the participant on each occasion
	Message Bin Repeating	Enables delivery of unique content when specific criteria are met. One message is delivered from the bin to the participant on each occasion. This type of bin resets to the first message after the last message in the bin is delivered
	Random Number Generator	Generates a random number within a specified range and decimal precision; used for randomizing calculations
	Response Summary	Summarizes data that have been collected in the app; also allows the delivery of badges based on participant data (e.g., 7 days smoke free badge)
	Image Picker	Uploads any selected image from a device’s Gallery or Photos. Note: This feature requires an active data plan or Wi-Fi connection
	Sensor Log	Will present data from a sensor at specified intervals. For example, if steps are to be collected every 2 minutes the log will display number of steps every 2 minutes. This is raw data
	Web View	Enables the integration of webpages into Insight. When Insight is used to open a webpage, the platform quantifies the amount of time spent on each webpage. Note: This feature requires an active data plan or Wifi connection
	Video Link Bin	Enables delivery of unique video content when specific criteria are met (e.g., depression > 5). One video is delivered from the bin to the participant on each occasion

JITAI Types (continued)		
	YouTube Video	Links YouTube URLs to play video content in the app. Note: This feature requires an active data plan or Wi-Fi connection
	One Click Call	Preprogrammed phone call is placed when this button is pressed. Note: This feature requires an active data plan or Wi-Fi connection
	Delivery of Intervention Content	Based upon formula, date/time, on-demand, sensor data. e.g., video, audio, text webpage, automated phone calls
	Bedfont BiCO Data Collection	Pairs with the Bedfont iCO device to collect carbon monoxide samples. Requires purchase of specific third-party devices

**** JITAI features and question types will include EMA features and question types**

Insight Version 2 Features (iOS & Android)

Appendix A: EMA Features and Question Types

Please review the features and place an "X" beside the options that you are interested in utilizing:

EMA Types		
	Fixed	App will prompt this assessment type at a specific time (e.g., 12:00 pm, 30 minutes after the participant's usual waking time on specific days of the week)
	Random	App will prompt this assessment type at random times within the participant's selected waking hours on specific days of the week
	Participant Initiated	Participant will click a button on the app home screen to initiate this assessment type

EMA Reschedule Options		
	Automatic Reschedule	Enables the EMA to be automatically prompted again after a set period of time (e.g., reschedule the EMA every 30 minutes, up to 8 times until it is completed)

EMA Question Types		
	Checkbox	Response choices are shown in a list; multiple answers can be chosen
	Date	Participants use a calendar to choose a date
	Dropdown	Participants click a box to select from a long list of potential answer responses
	Radio	Response choices are shown in a list; only 1 answer can be chosen
	RichText	A block of text that can be used to provide messages or instructions in the app; enables bold, italics, underline, etc
	Slider (categorical)	Participants slide their finger from left to right to choose a categorical response
	Slider (continuous)	Participants slide their finger from left to right to choose a continuous response (e.g., 1-10 visual analog scale)
	Text Only	A block of text that can be used to provide messages or instructions in the app

EMA Question Types (continued)		
	Text Field	Participant uses the keyboard to type a short answer (e.g., number or letter)
	Text Area	Participant uses the keyboard to type a longer response than is possible with the text field option (e.g., sentences / paragraphs)
	Time	Participants use a clock to choose a time
	Timer	Participants see a configurable countdown timer

Additional Features		
	App Branding	Allows the study name of the app to be displayed on the top of the app home screen
	App Language	App content (e.g., questions, messages) can be displayed in most languages
	Appointment Reminder	Configurable appointment date/time/message that appears on the app home screen “Currently not available, in progress”
	Notifications	Messages delivered to participants on specific study dates/times
	Payment Log	Configurable feature that automatically tracks EMA compliance; Enables participants to view the amount of credit they have earned for completing EMAs “Currently not available, in progress”
	Permissions	Enables Principal Investigator (PI) to assign CMS view/edit roles to study team members (e.g., PI has admin rights to create/edit all app components, research assistant can be granted certain rights to “View”, “Edit”, or “Delete” certain app components)
	PHI Data Collection	Enables collection of Protected Health Information (e.g., name, geolocation). Note: Requires additional contract components
	Skip Logic	Enables items to be skipped if established criteria are met (e.g., if question 1 > 4, then skip question 2).