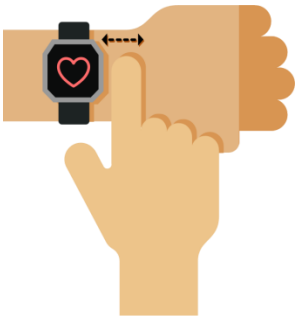
Individuals with hypertension needed for a self-tracking study!

The University Of Guelph Department Of Psychology is seeking adult men and women (18 years or older) for participation in a self-tracking study!

Do you:



- **Use a wearable self-tracking device (e.g. FitBit, Apple Watch) that tracks physical activity?**
- **Have hypertension as diagnosed by a doctor, or have been instructed by their doctor to manage your high blood pressure?**

If so, then you are invited to participate in an interview (max. 60 minutes) that how self-tracking technologies (such as Fitbits and Apple Watches) are used to manage high blood pressure. Those who participate will be given the chance to win a $20 Tim Hortons gift card!

This study is conducted by the Department of Psychology in partial fulfillment of Kathleen Slemon's Master's Thesis, under the supervision of Dr. Jeffery Yen. This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB# 17-12-008). If interested, please contact kslemon@uoguelph.ca. We're looking forward to hearing from you!

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