

# Frequently asked questions (FAQ) regarding HEATWISE Sweden

Below we have collected answers to frequently asked questions about the HEATWISE Sweden research study. If you can't find an answer to your question, you are always welcome to contact us via [heatwise-imm@ki.se](mailto:heatwise-imm@ki.se)

## General information about the study...

### 1. What criteria do I need to meet to participate in the study?

To participate, you need to:

- be between 30 and 85 years old
- be a resident of Stockholm, Uppsala, Malmö, Lund, Gothenburg or Umeå and the surrounding area
- not be pregnant or have children under 18 months of age;
- not work night shifts two or more nights per week
- own and be able to use a smartphone

### 2. What are the different parts of HEATWISE <sup>Sweden</sup> and what do I need to do as a study participant?

The data collection for the study consists of **three parts**:

1) **Online survey** – questions about your health, habits and housing

2) **Temperature measurement** – measuring the temperature and humidity in your bedroom from the beginning of June to the end of August (the device is already programmed for you).

3) **Health reporting** – short daily questions about health and sleep during three optional summer weeks.

1. After you have signed up for the study, you will receive the online survey by email, with a personal link. You have the whole summer to answer the survey, but we recommend that you do not wait too long. It is also an advantage to be at home when you fill out the survey, as some questions relate to details about your home.
2. We will then send a temperature and humidity meter by mail. The meter is placed in your bedroom according to the instructions provided and must remain there throughout the study period (1<sup>st</sup> of June–1<sup>st</sup> of September). You don't need to start the meter – it's pre-programmed and automatically measures temperature and humidity every 15 minutes. By agreeing to participate in the study, you also agree to receive the temperature meter and to send it back after the 1<sup>st</sup> of September. A return envelope with prepaid postage is included.
3. To answer the short daily health questions (health reporting), you need to sleep at home in the home where the temperature meter is placed and have spent at least one hour indoors in your home. You choose which weeks you want to report on your health. If your plans change, you can switch to other weeks. On the days you report your health, you will

receive two text messages – one in the morning and one in the evening – each with a link to the questionnaire. By clicking on the link, the questions will open directly in your mobile. The questions take a maximum of 5 minutes to answer.

### 3. Where can I find more information about the study?

All information about HEATWISE Sweden can be found on the study's website: [ki.se/imm/heatwise-sweden](https://ki.se/imm/heatwise-sweden)

There you will find, among other things:

- link and QR code for registration
- information about the purpose and implementation of the study
- how you as a study participant contribute to the research
- how we process your personal data

At the bottom of the homepage, under "Information for participants in the study", there are in-depth documents and further information. You are also always welcome to contact us via [heatwise-imm@ki.se](mailto:heatwise-imm@ki.se).

### 4. Will I receive any compensation for my participation in the study?

No, since we recruit a large number of study participants, about 1000 people/summer, it is not possible to offer financial compensation, due to administrative and financial reasons.

By participating in the study, you contribute to increased knowledge about how indoor environments affect human health during hot summer months. This knowledge is needed to be able to develop guidelines and rules that ensure that future homes offer a healthy indoor climate even during hot summers.

## About the online survey...

### 1. What happens if I don't know the answers to certain questions in the survey that are mandatory to complete?

- To make it easier to fill in the information, we have produced the document "Checklist of housing characteristics in the online survey". There you will find information about what information we ask about your home.
- We recommend that you review the checklist and, if possible, prepare the responses before completing the survey. If you have prepared with the checklist, the survey will take about 30–50 minutes to complete. The list can be found on our website [ki.se/en/imm/heatwise-sweden](https://ki.se/en/imm/heatwise-sweden) under "Checklist of housing characteristics in the online survey".
- If you still do not know the answer to a mandatory question, you can choose the answer option "Do not know" or write "I do not know" in free text. Then you can move on to the next question.
- You have the opportunity to answer the survey until the 31<sup>st</sup> of August. You can save your answers and return to the survey several times before you submit it.

## 2. Where can I find the document "Checklist of housing characteristics in online survey"?

You can find "Checklist of housing characteristics in online survey" on our website [ki.se/en/imm/heatwise-sweden](https://ki.se/en/imm/heatwise-sweden) at the bottom of the page under "Information for participants in the study".

## 3. I have lost the link to the HEATWISE Sweden online survey. Where can I find it?

After you signed up for the study, we sent you an email with a personalized survey link. Please check your spam folder in case you have not received an email. If you can't find the email, you can contact us via [heatwise-imm@ki.se](mailto:heatwise-imm@ki.se) and we will resend the link.

# About the temperature measurement...

## 1. How does indoor temperature and humidity measurement work?

- We will send you a temperature and humidity meter by mail. You place the meter in your bedroom according to the instructions that come with the shipment. You don't need to start the meter – it's pre-programmed and automatically measures temperature and humidity every 15 minutes.
- The meter should remain in your bedroom for the entire study period (1<sup>st</sup> of June – 1<sup>st</sup> of September). Even if you complete the health report before the 1<sup>st</sup> of September, the meter should remain in your bedroom throughout the summer. Do not send the meter back until after the 1<sup>st</sup> of September.
- By agreeing to participate in the study, you also agree to receive the meter and to send it back after the 1<sup>st</sup> of September. A return envelope with prepaid postage is included.

## 2. How do I manage the meter?

Instructions on how to handle and place the meter are included with the shipment. The information is also available on the HEATWISESweden website [ki.se/en/imm/heatwise-sweden](https://ki.se/en/imm/heatwise-sweden) under "Information for participants in the study". Remember, you don't need to start or stop the meter – it is pre-programmed and automatically detects temperature and humidity every 15 minutes.

## 3. I am going away during the summer, can I bring my temperature meter there?

**No. The temperature meter must remain in your regular bedroom during the study period.**

You can of course travel away, for example to your holiday home, or another address, but the meter must then stay at home. You only report your health during the weeks you sleep at home, i.e. at the address where the temperature meter is placed. If necessary, it is possible to change the reporting week (read below about the health reporting).

## About the health reporting...

### 1. What does health reporting mean?

- Health reporting means that you as a study participant answer short questions about your health and sleep every morning and evening for three optional weeks during the summer.
- The questions are accessed via links sent to you via text message, one in the morning and one in the evening. The answers are collected via BASS, a secure online data collection platform that uses advanced encryption and is specially developed for scientific research. The platform is used in several research projects at Karolinska Institutet.
- You don't need any login details – when you click on the link, the questions open immediately.

### 2. Do I need to sleep at home during the weeks I report my health?

Yes, during the three weeks you report your health, you need to sleep in the home where the meter is located. Other weeks it is possible to sleep at another address.

### 3. Can I choose which weeks I want to report my health?

- Yes, when you sign up for the study, you choose which weeks that suit you the best for health reporting. We will send you a reminder via text message on the Monday of the week before your reporting week.
- If your plans change, you can change the week. Contact us as soon as possible, but no later than Wednesday the week before the week you want to change.

### 4. Can I change the weeks I have chosen to report my health?

Yes. Even if you have already selected reporting weeks when registering, you can change one or more weeks. Contact us via [heatwise-imm@ki.se](mailto:heatwise-imm@ki.se) no later than the Wednesday of the week before the week you want to change.

## About data security...

### 1. Why do you need information about my height and weight and other personal information?

- Data on height, weight and other personal information are used in scientific analyses to understand how indoor temperature affects health. When researchers analyse the relationship between heat and health, such data need to be included in the calculations.
- All information you report is anonymized, which means that researchers cannot link the data to individuals.
- More information about why we ask different questions can be found on our website [ki.se/en/imm/heatwise-sweden](https://ki.se/en/imm/heatwise-sweden) in the document "Motivation for questions in the HEATWISE Sweden online survey".

## 2. What does anonymization mean?

Anonymisation means that personal data such as name, address, personal number, cellphone number, and e-mail are removed or replaced with a code before the information is used in research. It is therefore not possible for researchers to identify individual participants in the analyses. In this way, your privacy is protected while your participation contributes to important research on how indoor environments affect health.

### **Need further help?**

- Do you need a new link to the online survey?
- Not sure which weeks you specified for your health reporting?
- Have your plans changed and you want to change your reporting week?
- Study website: [ki.se/en/imm/heatwise-sweden](https://ki.se/en/imm/heatwise-sweden)
- Feel free to contact us via [heatwise-imm@ki.se](mailto:heatwise-imm@ki.se) – we will help you!