



Fakultät für
Psychologie



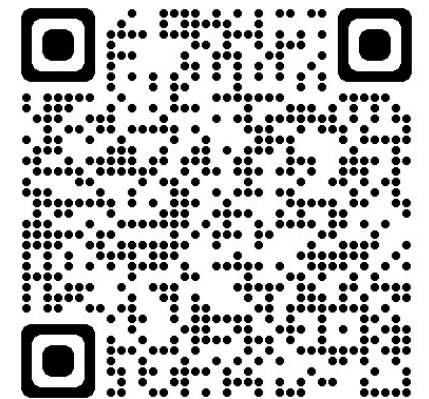
User Guide of the m-Path App for Study Participants

Welcome to our Study!!!

Dear Participant,

Welcome to the m-Path app, designed to streamline your study experience. Below are concise instructions to help you get started swiftly:

- 1. Accessing Detailed Instructions:** If you encounter any difficulties during this brief introduction, simply scan the accompanying barcode. Detailed instructions and troubleshooting solutions are available on the linked homepage.
- 2. Preparation:** Before proceeding, we suggest reviewing the instructions thoroughly to familiarize yourself with the setup process.

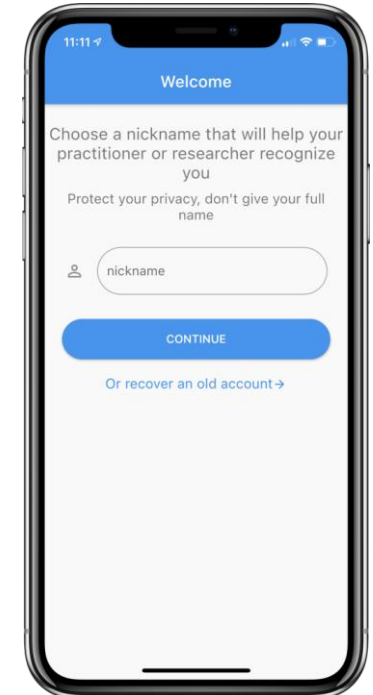


Downloading the m-path App



3. Downloading the App:

- ★ Open your App Store.
- ★ Search for "m-path" and look for the app with the logo displayed on the right.
- ★ Ensure you download the normal version (**NOT**: m-path Sense).
- ★ The app is available for free.



4. Nickname Selection: Choose a nickname that will help your researcher identify you. To safeguard your privacy, avoid using your full name.

Downloading the m-path App



5. Acceptance of Terms: After selecting a nickname, you'll be prompted to accept the terms of use.

6. Recovery Code: Upon acceptance, you'll receive a "recovery code." Please make a note of it or take a photo for your records.

7. Notification Settings: Allow the app to send you notifications. These serve as reminders to complete questionnaires and enhance your engagement with the study.



General Settings

To ensure seamless participation, we'll focus on essential settings.

Language Selection:

- ★ Tap the settings button in the top left corner of the start display to choose your preferred language.

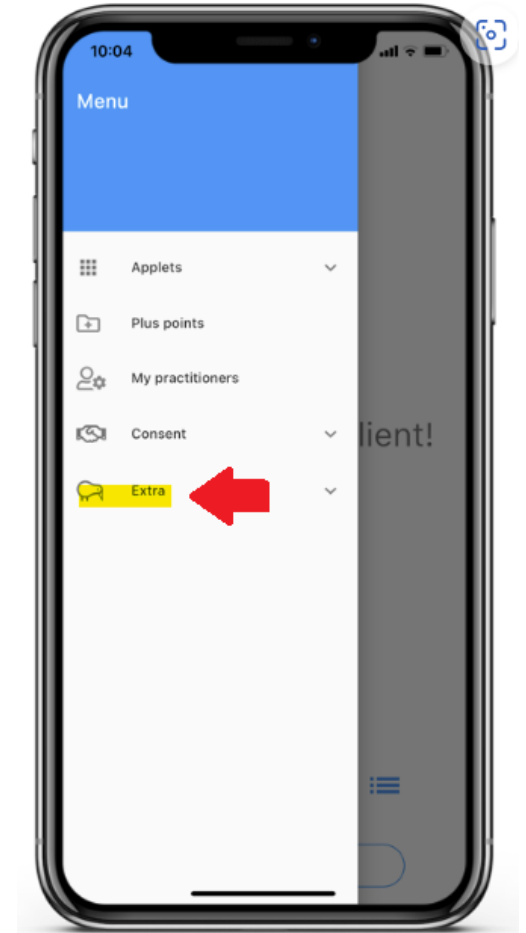
Adding a "Practitioner" (= the researcher):

- ★ After selecting your language, we'll guide you through adding a "Practitioner" for further steps.



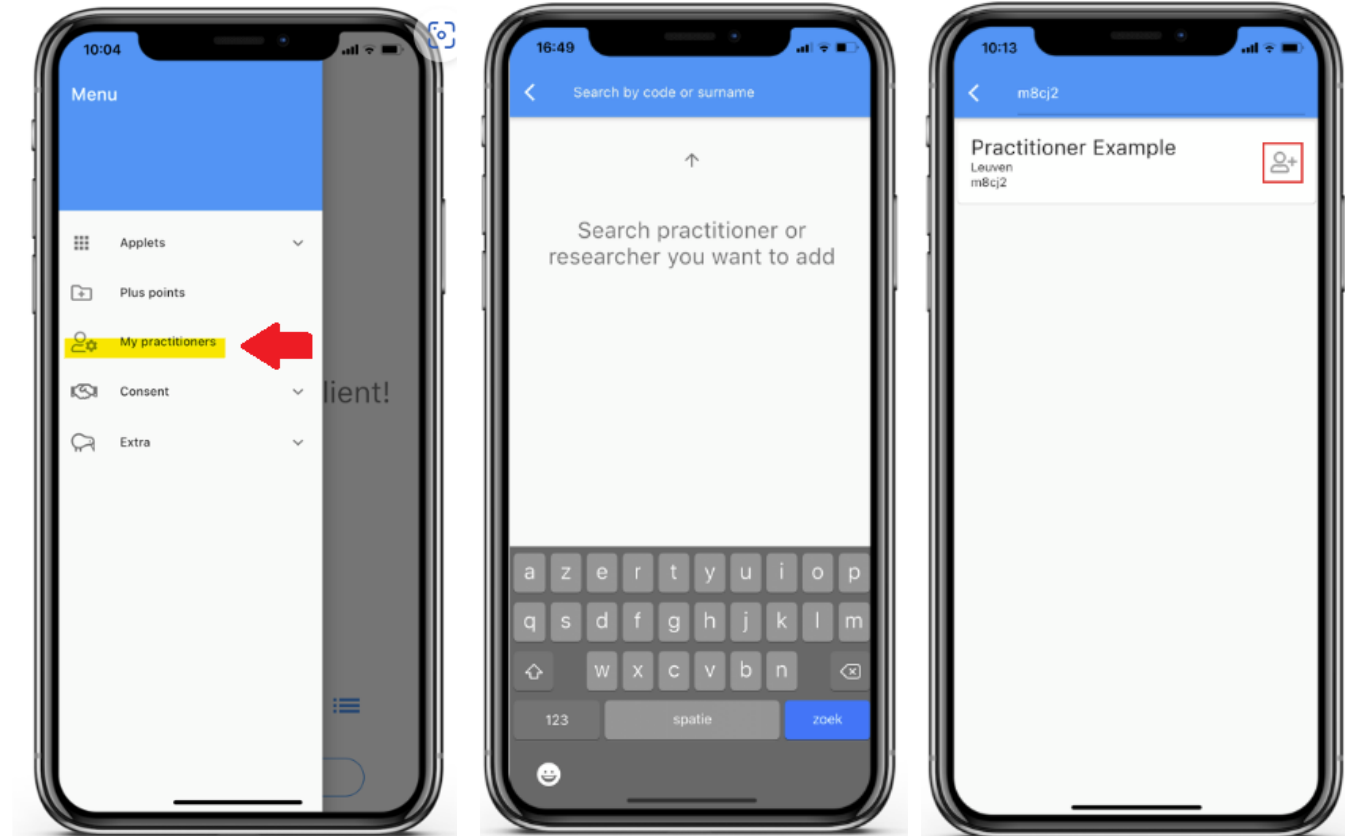
General Settings (Language of navigation)

- ★ Select the language of your menu navigation under "**Extras**".
- ★ **Attention!!!** This may not correspond to the language in which you receive the questionnaires.



General Settings (Search and Add a Practitioner)

- Click on **"My Practitioners"**, then click on the **"+"** button at the bottom right of the screen.
- Then enter the **"Researchers Name"**, the **"Researchers Code"** or the **"Invitation Code"**.



Ready to go!!!

Upon opening the app, you'll land on the start screen.

- ★ Navigate using the bottom menu bar.
- ★ To begin a questionnaire, wait for a reminder with a small red number on the "Start Questionnaire" button. Only then will your answers count toward the study.



Ready to go!!!

Following registration, we'll initiate the study for you.

- ★ Depending on your registration time, this may take a few hours or until the next day.

Thank you for your attention, and we hope you enjoy participating in our study!





General Settings

- Make sure, that you phone is **connected to the internet** and **notifications are switched on**.

For Android based devices

Many Android phones have different settings. Not all underlying tips will be directly applicable on each phone!!!

1. Make sure **'do not disturb'** is off.
2. Make sure to **enable notification sounds in general on your phone** (i.e. make sure that you hear a sound for other apps too). Go to Settings > Sounds (or Sounds and Vibration) > make sure all volumes are on loud (specifically notifications if you can choose that).
3. If you still hear **no m-Path notification sound** it may help to **change the default notification sound**. Go to settings > Sounds (or Sounds and Vibration) > Change notification sound (on some phones you first have to go to advanced). On some phones you can go to Apps > select m-Path > Try to change notification sound for m-Path specifically.

General Settings



Make sure, that you phone is **connected to the internet** and **notifications are switched on**.

For IOS based devices

The first time you open m-Path you will be asked to enable notifications. Here you have to click Allow.



Click 'Allow'.

If you have missed to allow notifications, you can use your general settings in your mobile to turn it on afterwards.