Are you interested in taking part in the research project "Design of Technology for Work Life Balance"?

Purpose of the project
You are invited to participate in a research project where the main purpose is to investigate, through a combination of conceptual and empirical research, how people can use digital technologies to negotiate work-life boundaries, so to achieve some balance between work and life matters. In so doing, it aims at advancing knowledge in the design of technology for work-life balance.

This project will be guided by three research questions.
- How, if in any ways, are higher education professionals currently using digital technologies to negotiate work-life boundaries?
- To what extent are those technology succeeding in supporting them in accomplishing work-life balance?
- What design opportunities are there for new technologies or technological improvements to support with work-life boundary negotiation for better work-life balance?

This is a doctoral thesis research towards the attainment of Doctor of Philosophy in Informatics – Design of Information Systems. Data collected will be used for the purpose of this project only and no other purposes.

Which institution is responsible for the research project?
University of Oslo, Faculty of Mathematics and Natural science, Department of Informatics is responsible for the project (data controller).

Why are you being asked to participate?
You are being selected because you qualify as a member of the participant group: professors at all levels, postdoctoral researchers, PHD research fellows or independent researcher. These groups of professionals are constantly involved in research, teaching, or administrative tasks and due to the flexible nature of their work (travelling for conference, remote work, lecturing, etc.) they make use of technologies that enable them integrate work and life matters from any location or environment. A maximum of 20 participants will be recruited for this project.

The Faculty of Mathematics and Natural Sciences
Department of Informatics
Information Systems Design

Postal address:
Institutt for Informatikk
Pb. 1080 Blindern
NO- OSLO, Norge/Norway

Visiting address:
Ole-Johan Dahls Building
Gaustadalleén 23 B
N - 0373 Oslo, Norway

Phone: 22 85 24 10
Fax/Mobile: 22 85 66 66
E-mail: ifiadm@ifi.uio.no
Web: mn.uio.no/ifi/english

What does participation involve for you?

Overall, there are three (3) studies involved in this project. **This is the first study**, and it is known as the contextual study. At this level, the aim of the research is to investigate how you make use of technologies in negotiating work life balance. The researcher will be observing your use of technologies at work and occasionally while remote working. The aim is to document how you negotiate between work and life with the aid of technology. The observation will include note taking (electronically or paper based) and pictures of technology usage. The captured data (e.g. image) will be focused on the activity, not the content of work (meaning, in the process of capturing the image, care will be taken that your face is not captured or the content of what is being done). You will be allowed to review the data afterward. You can suggest changes or request for data to be deleted. You can also make use of diaries, note or audio recording of activities, in cases where researcher is not available to observe an activity. The observation will be followed by a one-on-one interview to probe further into some of the observed phenomenon. If after the interview there is still unexplored areas, an online survey will be used to complete the data collection for this phase of the project.

Data collection Duration

The observation or interview may last for a max of two (2) hours at time. Meaning an observation/interview session can last for 15minutes, 30minutes, 1 hour or 2 hours maximum at a time. If you or the researcher wishes for data collection to last longer than two (2) hours, it will have to be agreed by both parties orally or in-writing (paper, email, etc.). Below is the timeline for this phase of data collection:

- Contextual study data collection 4 months (September 2024 – December 2024)

Participation is voluntary

Participation in the project is voluntary. If you chose to participate, you can withdraw your consent at any time without giving a reason. All information about you will then be made anonymous. There will be no negative consequences for you if you chose not to participate or later decide to withdraw.

Your personal privacy – how we will store and use your personal data

We will only use your personal data for the purpose(s) specified here and we will process your personal data in accordance with data protection legislation (the GDPR).

- *Only the researcher and the supervisor will have access to the data, no one else will be given access to the data.*
- *To ensure that the above is met, UiO approved devices (microphone, camera, and laptop) will be used for data collection. In addition, UiO Service for Sensitive Data (TSD) will be the only data service for collecting (UiO Nettskema - survey), storage, access, securing, and analysis of data. The TSD ensures that no unauthorised person gets access to the data.*
- *In addition to the TSD, strategies such as coding of personally identifiable data, separation of related data, encryption, etc. will be adopted for further security.*
- *No participant will be recognizable in any publication made from this study. Pseudonyms or generalize information will be used where necessary.*

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What will happen to your personal data at the end of the research project?
The planned end date of the project is December 2027. All personal data if any will be extracted, separated, and deleted (removed) from the dataset. The rest of the data will be anonymised and the guideline of the national strategy on access to and sharing of research data and the research council's policy for open access to research data will be applied.

Your rights
So long as you can be identified in the collected data, you have the right to:
- access the personal data that is being processed about you
- request that your personal data is deleted
- request that incorrect personal data about you is corrected/rectified
- object to the processing of your personal data, and
- send a complaint to the Norwegian Data Protection Authority regarding the processing of your personal data

What gives us the right to process your personal data?
We will process your personal data because the project has been assessed to be in the public interest.

Based on an agreement with The University of Oslo, The Data Protection Services of Sikt – Norwegian Agency for Shared Services in Education and Research has assessed that the processing of personal data in this project meets requirements in data protection legislation.

Where can I find out more?
If you have questions about the project, or want to exercise your rights, contact:
- University of Oslo, Faculty of Mathematics and Natural science, Department of Informatics via David Sampah (PHD Research Fellow) - daviasam@uio.no
- Supervised by Dr. Aparecido Fabiano Pinatti de Carvalho - fabiano.pinatti@ifi.uio.no
- Supervised by Professor Tone Bratteteig - tone@ifi.uio.no
- Our Data Protection Officer: Roger Markgraf-Bye - personvernombud@uio.no

If you have questions about how data protection has been assessed in this project by Sikt, contact:
- email: (personverntjenester@sikt.no) or by telephone: +47 73 98 40 40.

Yours sincerely,

Project Leader
(Researcher/supervisor)