

## **BRAIN, BEHAVIOR & WELLBEING**

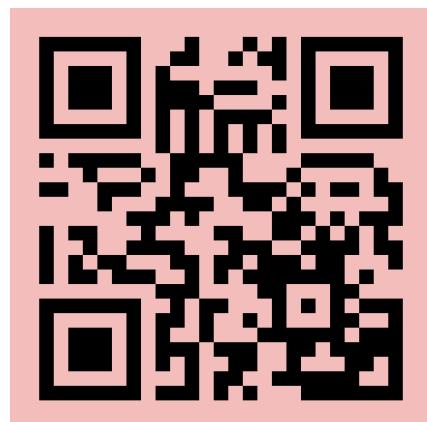
# **Participant Passport**



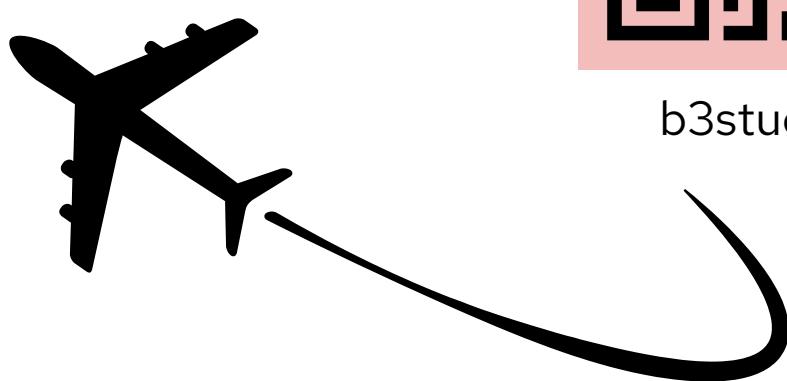
# Welcome!

The Brain, Behavior, and WellBeing (B3) Study investigates how technology and digital media can influence health behaviors and wellbeing in adolescents. The purpose of this study is to address the urgent need to understand how technology and digital media use could impact adolescent development and health. You are 1 of 400 participants from across the state of Wisconsin.

Visit our website for more information and resources.



[b3study.org](http://b3study.org)



# The Study

The B3 study aims to answer the following research questions:

**What parts of social media positively impact adolescent wellbeing?**

**What kind of health behaviors do adolescents share on social media?**

**How do adolescent's brains develop during this time period?**

Below is a study timeline to see where you could be involved for 2 years. This passport contains a timeline of all B3 tasks, follow along and check off the tasks as you go! Note: not all participants will be eligible for the text message surveys about technology use or the brain scan.

| Enrollment Call   | 6 Months   | 12 Months  | 18 Months  | 24 Months   |  |
|---|--|--|--|---|--|
|  <b>Survey #1</b><br>\$20            |  <b>Survey #2</b><br>\$20     |  <b>Survey #3</b><br>\$20         |  <b>Survey #4</b><br>\$20      |  <b>Survey #5</b><br>\$20            |  |
|  <b>Text survey #1</b><br>\$50       |  <b>Interview #1</b><br>\$50  |  |  <b>Text survey #2</b><br>\$50 |  <b>Interview #2</b><br>\$50         |  |
|  <b>Brain scan survey #1</b><br>\$10 |  <b>Brain scan #1</b><br>\$50 |  |  |  <b>Brain scan survey #2</b><br>\$10 |  <b>Brain scan #2</b><br>\$50 |
| <b>Total</b>  |  <b>Surveys (5)</b><br>\$120  |  <b>Text surveys (2)</b><br>\$100 |  <b>Interviews (2)</b><br>\$100 |  <b>Brain scan (2)</b><br>\$100      | <b>Grand Total</b><br><b>\$420</b>   |

# Study Activities

Cross off study activities as you complete them with a sticker.  
Stickers included in the back of the passport.

## Enrollment Call

Date:

|   |  |
|---|--|
|  | Fill out the interest form                     |
|   | Complete a phone call with a study team member |
|   | Accept social media follow requests            |

|  |                            |
|--|----------------------------|
|  | Complete survey #1<br>\$20 |
|--|----------------------------|

## Notes:

|  |   |
|--|---|
|  | Complete text message survey about your technology use #1<br>(not all participants are eligible)<br>\$50 if answer 4 out of 5 prompts, \$25 if answer 3 or less prompts |
|--|---|

## Notes:

|  |   |
|--|---|
|  | <p>Complete pre-brain scan self-report survey<br/>(not all participants are eligible)<br/><i>\$10 if completed within 2 weeks of receiving the survey,<br/>\$5 if completed after 2 weeks</i></p> |
|--|---|

**Notes:**

|  |  |
|--|--|
|  | <p>Schedule brain scan<br/>(not all participants are eligible)</p> |
|--|--|

## 6 Months

Date:

Complete survey #2  
\$20

### Notes:

Complete phone interview #1 with study  
team member  
\$50

### Notes:

|  |   |
|--|---|
|  | Complete brain scan #1<br>(not all participants are eligible)<br>\$50 |
|--|---|

**Notes:**

## 12 Months

Date:

Complete survey #3  
\$20

### Notes:

## 18 Months

Date:

Complete survey #4  
\$20

### Notes:

Complete text message survey about  
your technology use # 2  
(not all participants are eligible)  
*\$50 if answer 4 out of 5 prompts, \$25 if answer 3 or less  
prompts*

### Notes:

## 24 Months

Date:

|  |                            |
|--|----------------------------|
|  | Complete survey #5<br>\$20 |
|--|----------------------------|

### Notes:

|  |  |
|--|--|
|  | Complete phone interview # 2 with a<br>study team member<br>\$50 |
|--|--|

|  |   |
|--|---|
|  | <p>Complete pre-brain scan self-report survey<br/>(not all participants are eligible)<br/><i>\$10 if completed within 2 weeks of receiving the survey,<br/>\$5 if completed after 2 weeks</i></p> |
|--|---|

**Notes:**

|  |  |
|--|--|
|  | <p>Complete brain scan #2<br/>(not all participants are eligible)<br/>\$50</p> |
|--|--|

**Notes:**

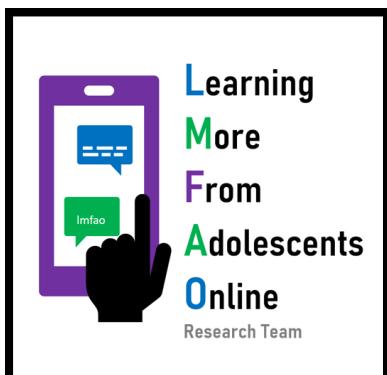
# Meet the Team

The B3 study team is made up of three research teams from the University of Wisconsin-Madison with expertise in social media and brain research.



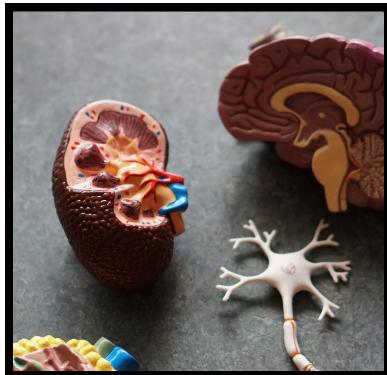
## **Social Media and Adolescent Health Research Team (SMAHRT)**

The SMAHRT team strives to advance society's understanding of the relationship between media and adolescent health.



## **Learning More From Adolescents Online (LMFAO)**

The LMFAO lab seeks to identify ways to promote well-being for adolescents and young adults when using technology and digital media.



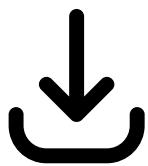
## **Communication, Brain, and Behavior Lab (CBB)**

The CBB lab uses tools from communication neuroscience and social neuroscience to understand when persuasion works.

Meet the full team: [b3study.org/study-team/](http://b3study.org/study-team/)

# Learn More

🔗 [b3study.org](http://b3study.org)



Download the  
study flyer



Review the guide  
to your B3  
appointments



Meet more of the  
study team



Contact us



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