Facebook Study @ Berkeley

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1. Installing Paco
Locate the App Store app on your phone and tap on it.
Tap on the search icon
Type "paco" and tap Search
Tap Get next to the Paco app (the one with a dog icon)
Tap Install

Paco
Paco Developers

INSTALL

Welcome to PACO - the Paco Analytics Companion

"The unexamined life is not worth living." - Socrates

We think these are words to live by.

Paco is a platform for getting to "know thyself." You decide what to track and see it.

Paco also allows you to create and participate in behavioral science studies with other people to move science forward.

Here are some tips for getting started:

1. Press 'Find Experiments' to find experiments. Try some out.
2. Press 'Current Experiments' to see experiments you have joined.
Wait for Paco to install.

Next you’ll learn how to sign into Paco and join the experiment.
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2. Joining the experiment
After Paco finishes installing, tap Open.

If you left the App Store, open Paco by tapping the Paco app on your home screen.
If prompted, tap **OK**

It’s necessary to allow notifications for this study.

If you accidentally tap “Don’t Allow,” go to the Settings app, tap Notifications, tap on the Paco app (scroll down until you find it), then turn on “Allow Notifications.”
Sign in with the **same Google email** you gave us in the opening questionnaire and then tap **Next**.
Enter your password for your Google email and tap **Sign In**
Tap Accept. This transfers your name and your Google email to us for matching with your other responses.
You should now see Paco’s main screen.

Let's join the experiment for our study.
Tap Find Public Experiments
Scroll through the list to find the **Berkeley Study** experiment. It might not be at the top!

Tap on this experiment.
Berkeley Study

**Description:**
This is a paid study of social media users and their daily lives at the University of California, Berkeley. If you have not yet signed the Consent Form or if you have questions, please contact researcher Galen Panger <gpanger@berkeley.edu>.

**Start Date:** 2016/06/04  
**End Date:** 2017/6/4

**Creator:**

| Join this Experiment | }
Tap 'I Consent'
If you want to customize when Paco signals you, tap "Edit" next to the time you want to change.

Set the Start Time to when you **normally wake up** and the End Time to when you **normally go to bed** (choose a time before midnight, otherwise you may receive an error).
Set the new time and tap **Done**.

Repeat these steps for each time you want to change.
When you’re finished, tap **Join**
You’ve now joined the experiment!

Next you’ll learn how to participate in the study.
Facebook Study @ Berkeley

3. Participating in the Study
Four times per day at random times during your waking hours, Paco will "bark" and send you a notification. That means it's time to participate! Pause what you are doing and respond as soon as it is safe to do so.
Participate by swiping the notification.

This takes you directly to the survey questions.
If you forget to swipe on it, you can also find the notification in your Notification Center. Swipe down from the top of your screen to reveal the Notification Center, then tap on the Paco notification.
Answer all of the questions. It usually only takes about 1-2 minutes and will go more quickly as you get used to it.

Take a moment to note what was happening, where you were and what you were feeling as you were signaled. Now, hold that feeling in your mind as you answer the following questions. As you were signaled, were you feeling generally positive or negative?

- Very negative
- Negative
- Slightly negative
- Neutral
- Slightly positive
- Positive
After entering text, make sure to **tap Done** on the keyboard.

This is very important!

If you don’t tap *Done*, the keyboard won’t go away and could block other questions.
Once you finish answering all the questions, tap Submit.

This is very important!

If you don't tap Submit, your answers will not be recorded.
It’s important to respond as soon as possible to each signal.

If you swipe on a notification after too long, Paco will let you know that it’s expired.

Tip: Turn up your ringer volume so that you hear the signals.
You can also check to see if you missed signals by going to “Running Experiments” and tapping on the experiment name...
...and reviewing your response rate.

Try to maintain a 100% response rate. Doing so ensures we obtain the highest-quality results possible.
If you have to miss a signal, you can voluntarily submit a survey as soon as possible after you were originally signaled.

Just tap *Participate* to submit a survey.
That's it!

Remember:

- You will receive **four signals per day** during the study, which lasts seven days.
- Respond every time you receive a signal, as soon as possible.
- Don’t forget to press *Done* to get rid of the keyboard, and *Submit* at the end.
- If absolutely must miss a signal, you can volunteer one later by tapping *Participate*.

Take a moment to note what was happening, where you were and what you were feeling as you were signaled. Now, hold that feeling in your mind as you answer the following questions. As you were signaled, were you feeling generally positive, slightly positive, neutral, slightly negative, or negative?
You're all set to participate in the study on Paco. You should receive your first signal today.

In seven days, you’ll receive an email with a link to the Closing Questionnaire. Please look out for it!

If you have questions, email us at facebookstudy@berkeley.edu.

Thank you for participating in research at Berkeley!