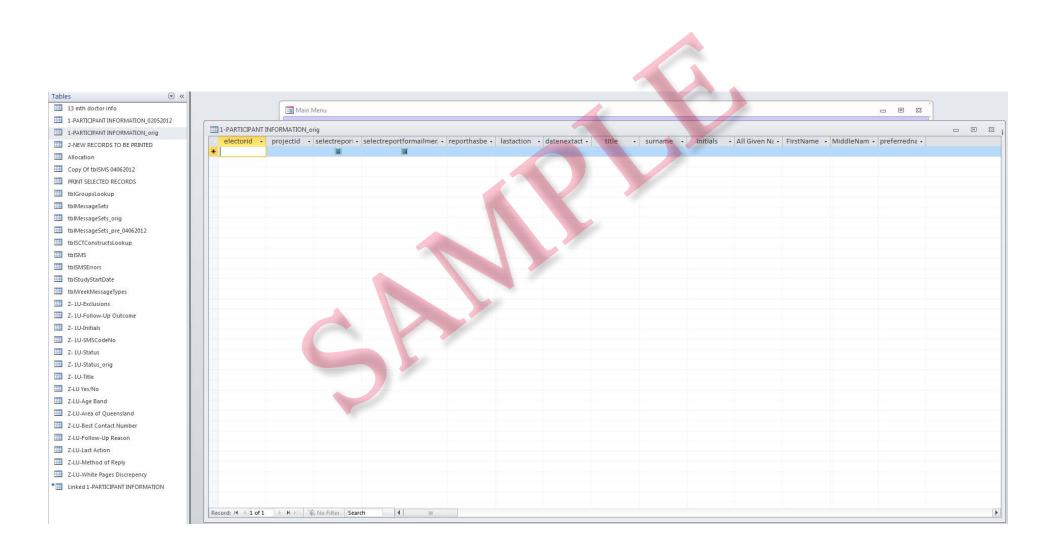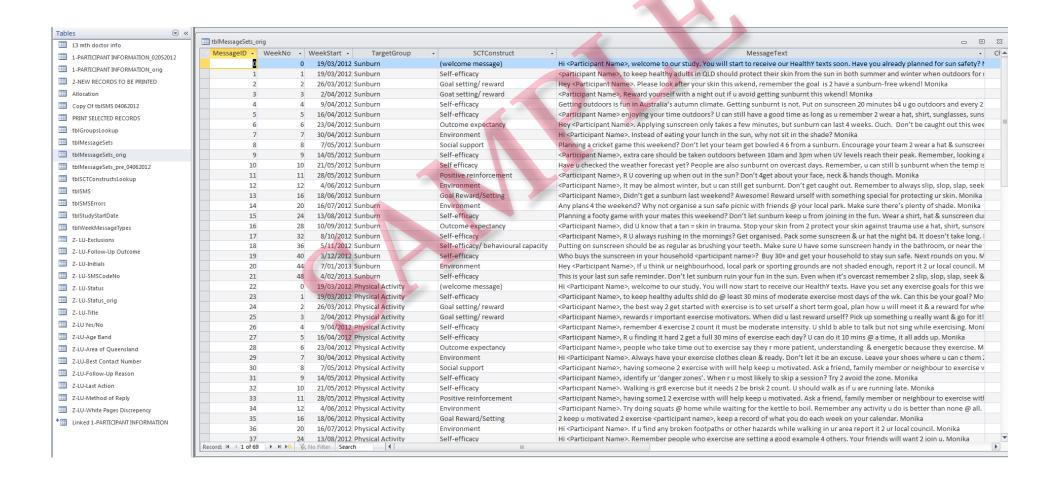- The 'Participant Information' tab – shows common participant information that is needed for data collection.
- The 'Text Messages' tab – to set-up example test messages for particular weeks.
- The 'Auto Message Send' tab – to set-up automatic messages to be sent at particular weeks.
- The 'Check Sent Message Status' tab – to check what messages have been sent and when.
- The 'View Send Errors' tab – to check errors that have occurred with message sending.

Tables

- 13 mth doctor info
- 1-PARTICIPANT INFORMATION_02052012
- 1-PARTICIPANT INFORMATION_orig
- 2-NEW RECORDS TO BE PRINTED
- Allocation
- Copy Of tblSMS 04062012
- PRINT SELECTED RECORDS
- tblGroupsLookup
- tblMessageSets
- tblMessageSets_orig
- tblMessageSets_pre_04062012
- tblSCTConstructsLookup
- tblSMS
- tblSMSErrors
- tblStudyStartDate
- tblWeekMessageTypes
- Z- LU-Exclusions
- Z- LU-Follow-Up Outcome
- Z- LU-Initials
- Z- LU-SMSCodeNo
- Z- LU-Status
- Z- LU-Status_orig
- Z- LU-Title
- Z-LU Yes/No
- Z-LU-Age Band
- Z-LU-Area of Queensland
- Z-LU-Best Contact Number
- Z-LU-Follow-Up Reason
- Z-LU-Last Action
- Z-LU-Method of Reply
- Z-LU-White Pages Discrepency
- Linked 1-PARTICIPANT INFORMATION

Main Menu

Healthy Texts Study Participant Database

Participant Information

Test Messages

Auto Message Send

Check Sent Message Status

View Send Errors

Query Missing Details

Query Bad Message Status

Study Start: 14/05/2012

Week No:

SMS to go?

New SMS Errors?

Credits Remaining

Common participant characteristics to be collected

Example study messages

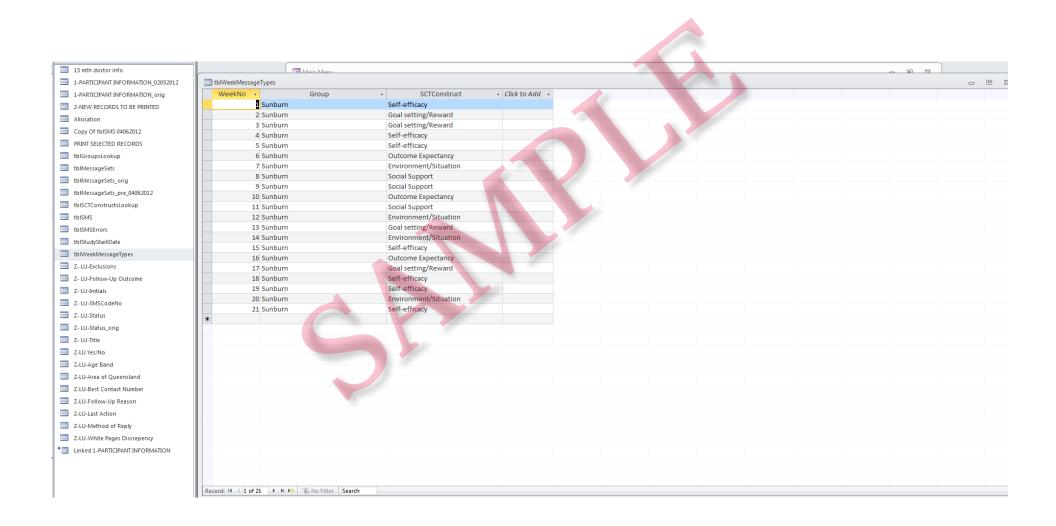| MessageID	WeekNo	WeekStart	TargetGroup	SCTConstruct	MessageText
0	0	19/03/2012	Sunburn	(welcome message)	Hi <Participant Name>, welcome to our study. You will start to receive our HealthY texts soon. Have you already planned for sun safety? M
1	1	19/03/2012	Sunburn	Self-efficacy	<participant Name>, to keep healthy adults in QLD should protect their skin from the sun in both summer and winter when outdoors for m
2	2	26/03/2012	Sunburn	Goal setting/ reward	Hey <Participant Name>. Please look after your skin this wkend, remember the goal is 2 have a sunburn-free wkend! Monika
3	3	2/04/2012	Sunburn	Goat setting/ reward	<Participant Name>, Reward yourself with a night out if u avoid getting sunburnt this wkend! Monika
4	4	9/04/2012	Sunburn	Self-efficacy	Getting outdoors is fun in Australia's autumn climate. Getting sunburnt is not. Put on sunscreen 20 minutes b4 u go outdoors and every 2
5	5	16/04/2012	Sunburn	Self-efficacy	<Participant Name> enjoying your time outdoors? U can still have a good time as long as u remember 2 wear a hat, shirt, sunglasses, suns
6	6	23/04/2012	Sunburn	Outcome expectancy	Hey <Participant Name>. Applying sunscreen only takes a few minutes, but sunburn can last 4 weeks. Ouch. Don't be caught out this wee
7	7	30/04/2012	Sunburn	Environment	Hi <Participant Name>. Instead of eating your lunch in the sun, why not sit in the shade? Monika
8	8	7/05/2012	Sunburn	Social support	Planning a cricket game this weekend? Don't let your team get bowled 4 6 from a sunburn. Encourage your team 2 wear a hat & sunscreen
9	9	14/05/2012	Sunburn	Self-efficacy	<Participant Name>, extra care should be taken outdoors between 10am and 3pm when UV levels reach their peak. Remember, looking a
10	10	21/05/2012	Sunburn	Self-efficacy	Have u checked the weather forecast yet? People are also sunburnt on overcast days. Remember, u can still b sunburnt when the temp is
11	11	28/05/2012	Sunburn	Positive reinforcement	<Participant Name>, R U covering up when out in the sun? Don't 4get about your face, neck & hands though. Monika
12	12	4/06/2012	Sunburn	Environment	<Participant Name>, It may be almost winter, but u can still get sunburnt. Don't get caught out. Remember to always slip, slop, slap, seek
13	16	18/06/2012	Sunburn	Goal Reward/Setting	<Participant Name>, Didn't get a sunburn last weekend? Awesome! Reward urself with something special for protecting ur skin. Monika
14	20	16/07/2012	Sunburn	Environment	Any plans 4 the weekend? Why not organise a sun safe picnic with friends @ your local park. Make sure there's plenty of shade. Monika
15	24	13/08/2012	Sunburn	Self-efficacy	Planning a footy game with your mates this weekend? Don't let sunburn keep u from joining in the fun. Wear a shirt, hat & sunscreen dur
16	28	10/09/2012	Sunburn	Outcome expectancy	<Participant Name>, did U know that a tan = skin in trauma. Stop your skin from 2 protect your skin against trauma use a hat, shirt, sunscre
17	32	8/10/2012	Sunburn	Self-efficacy	<Participant Name>, R U always rushing in the mornings? Get organised. Pack some sunscreen & ur hat the night b4. It doesn't take long. I
18	36	5/11/2012	Sunburn	Self-efficacy/ behavioural capacity	Putting on sunscreen should be as regular as brushing your teeth. Make sure U have some sunscreen handy in the bathroom, or near the
19	40	3/12/2012	Sunburn	Self-efficacy	Who buys the sunscreen in your household <participant name>? Buy 30+ and get your household to stay sun safe. Next rounds on you. M
20	44	7/01/2013	Sunburn	Environment	Hey <Participant Name>, If u think ur neighbourhood, local park or sporting grounds are not shaded enough, report it 2 ur local council. M
21	48	4/02/2013	Sunburn	Self-efficacy	This is your last sun safe reminder. Don't let sunburn ruin your fun in the sun. Even when it's overcast remember 2 slip, slop, slap, seek &
22	0	19/03/2012	Physical Activity	(welcome message)	Hi <Participant Name>, welcome to our study. You will now start to receive our HealthY texts. Have you set any exercise goals for this we
23	1	19/03/2012	Physical Activity	Self-efficacy	<Participant Name>, to keep healthy adults shld do @ least 30 mins of moderate exercise most days of the wk. Can this be your goal? Mo
24	2	26/03/2012	Physical Activity	Goal setting/ reward	<Participant Name>, the best way 2 get started with exercise is to set urself a short term goal, plan how u will meet it & a reward for whe
25	3	2/04/2012	Physical Activity	Goal setting/ reward	<Participant Name>, rewards r important exercise motivators. When did u last reward urself? Pick up something u really want & go for it!
26	4	9/04/2012	Physical Activity	Self-efficacy	<Participant Name>, remember 4 exercise 2 count it must be moderate intensity. U shld be able to talk but not sing while exercising. Moni
27	5	16/04/2012	Physical Activity	Self-efficacy	<Participant Name>, R u finding it hard 2 get a full 30 mins of exercise each day? U can do it 10 mins @ a time, it all adds up. Monika
28	6	23/04/2012	Physical Activity	Outcome expectancy	<Participant Name>, people who take time out to exercise say they r more patient, understanding & energetic because they exercise. M
29	7	30/04/2012	Physical Activity	Environment	Hi <Participant Name>. Always have your exercise clothes clean & ready. Don't let it be an excuse. Leave your shoes where u can c them
30	8	7/05/2012	Physical Activity	Social support	<Participant Name>, having someone 2 exercise with will help keep u motivated. Ask a friend, family member or neighbour to exercise v
31	9	14/05/2012	Physical Activity	Self-efficacy	<Participant Name>, identify ur 'danger zones'. When r u most likely to skip a session? Try 2 avoid the zone. Monika
32	10	21/05/2012	Physical Activity	Self-efficacy	<Participant Name>, Walking is gr8 exercise but it needs 2 be brisk 2 count. U should walk as if u are running late. Monika
33	11	28/05/2012	Physical Activity	Positive reinforcement	<Participant Name>, having some1 2 exercise with will help keep u motivated. Ask a friend, family member or neighbour to exercise with
34	12	4/06/2012	Physical Activity	Environment	<Participant Name>. Try doing squats @ home while waiting for the kettle to boil. Remember any activity u do is better than none @ all.
35	16	18/06/2012	Physical Activity	Goal Reward/Setting	2 keep u motivated 2 exercise <participant name>, keep a record of what you do each week on your calendar. Monika
36	20	16/07/2012	Physical Activity	Environment	Hi <Participant Name>. If u find any broken footpaths or other hazards while walking in ur area report it 2 ur local council. Monika
37	24	13/08/2012	Physical Activity	Self-efficacy	Hi <Participant Name>. Remember people who exercise are setting a good example 4 others. Your friends will want 2 join u. Monika

If the administrators use a behaviour model to guide the messaging, they may need a tab in the database (such as the one below) to list the types of messages against the constructs.

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- 7- LU-Exclusions
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Main Menu

tblSCTConstructsLookup

SCTConstruct	Description	Click to Add
Behavioural Capacity		
Environment/Opportunity		
Environment/Situation		
Goal setting/Reward		
Observational Learning		
Outcome Expectancy		
Positive Reinforcement		
Self-efficacy		
Social Support		

Types of messages – examples

Text messaging algorithm

SUN PROTECTION
Did you get a sunburn within the last 12 months?

Yes

[name], you had several sunburns last year. This could increase your risk of skin cancer. Let's aim for zero burns in the next year.

No

It's great that you haven't been sunburnt in the past 12 months [name]. Let's go another 12 months without sun burn! Keep up the good work.

PHYSICAL ACTIVITY
Did you do any physical activity this week?

Yes

[name], it's great that exercise is part of your life right now. Can you make it a habit even if you have a busy week?

No

[name], can't fit exercise into your day? Set yourself a small goal and reward yourself when you achieve it. Even 10 mins here and there count.