

Study Information

Study Participants Wanted!

How do young adults structure their daily lives? Take part in a scientific study now!



We are conducting a research study to explore how young adults go about their everyday routines. For seven days, participants will wear small, portable devices that measure environmental and personal conditions such as light exposure and physical activity. In addition, participants will answer brief surveys via smartphone. Participation is simple and takes place entirely within your normal daily life.

Who can participate?

You are eligible if you...

- ▶ are enrolled at a university and between 18 and 35 years old
- ▶ are generally in good health
- ▶ own a smartphone (Android or iOS)
- ▶ have sufficient English skills, as the study is conducted in English



Compensation

Receive up to €100 for your participation



What does participation involve?

- One appointment at the Uniklinik RWTH Aachen to receive the devices
- Seven days of wearing the devices in daily life and answering short app-based questionnaires
- One appointment to return the devices



Study timeline

The study will start in July 2025 and run for several months.



Interested and meet the criteria?

Get in touch by email: HLS_AVE@ukaachen.de