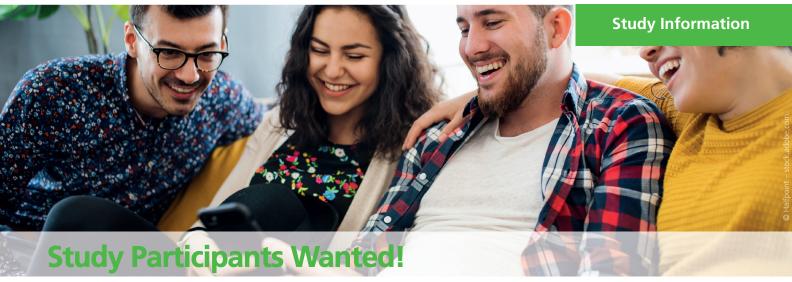


Institut für Arbeits-, Sozialund Umweltmedizin



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 generally in good health

own a smartphone (Android or iOS)

have sufficient English skills, as the study is conducted in English



Compensation

Study timeline

Receive up to €100 for your participation

The study will start in July 2025 and run for



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









