

**Technostress at work:
construction of an online training course based on gamification**

INFORMED CONSENT

Dear participant,

this study aims to help us to build a training program that will be useful to cope the so-called "technostress" or the stress deriving from the use of technology, particularly in the workplace. This study is part of a broader European project called "DESTRESS" (<http://destress.eu>) which involves University of Verona (Italy), Universidad de Sevilla (Spain), ISCTE IUL (Portugal), MIS Foundation (Polonia), CCS Digital Education (Ireland) e CRE.THI.DEV. (Grecia).

We ask for your willingness to participate in the research. Before deciding whether or not to give your consent, it is important that you carefully read the following information regarding the objectives of the research and how it is conducted. Please take the time to read the following information and do not hesitate to ask for further clarification.

What is the aim of this research?

The research aims to build an online training course (available for free) to protect workers from technostress by identifying useful strategies to cope it. Technostress is that particular form of stress that is linked to the use of technology.

Why have I been contacted?

To carry out this study we are asking for the participation of workers who use technology at work (computers, smartphones, tablets, or other media).

Am I obliged to give my consent?

Participation at this study is voluntary, so you can refuse to give your consent. In that case you should logout of the DeSTRESS platform. If you continue using the DeSTRESS platform and contents you are implicitly giving the consent to participate at the research and to the processing of the data collected through your participation. The consent can be withdrawn at any time. Your eventual withdrawal won't have any negative consequences. You don't need to specify the reason for your withdrawal.

What should participants do?

If you agree to take part in this research, you will be required to participate in an online training which has the structure of a video game, in which there will be some scenarios that you can meet in the workplace.

These scenarios concern the situations that can generate technostress, that is a form of stress relates to the use of digital technology. You will have to assume a role and react in the situations that are presented in the game. Your choices will be associated with scores that will allow you to understand if the strategies you use are useful for effectively coping to "techno-stressing" situations. An introductory scenario is available to help you understand how to play the game.

Then, you will be presented with a questionnaire that will assess your level of technostress, as well as other information on wellbeing at work. In addition, at the end of the training, you will be asked for useful comments to improve the training platform. You will be asked to answer a questionnaire with the aim of evaluating various technical and educational aspects of the online training you have carried out.

The platform will remain available for several days, and you will be able to use the video game throughout the period, both during working hours (as agreed with your organization) and outside working hours. The overall time required for the entire game is approximately three hours.

Is participants' identity protected?

The data will be processed in accordance with Article 13 of Regulation (EU) n. 679/2016 and by the D.L. 196/2003, as adapted to the D.L. 101/2018 regarding the protection of personal data. The Data Controller is Carlos Vaz de Carvalho, Virtual Campus Lda, Av. Fernão Magalhães, 716 1º 4350-151 Porto PORTUGAL. Further information on the processing and protection of personal data in the case of research carried out at Virtual Campus Lda can be found on the website.<http://virtual-campus.eu/privacy> The collected data will be used exclusively for scientific research purposes. All information collected will be stored securely and prevented from being viewed by outsiders. Any information that can define the participants will be to ensure their anonymity. The material will be kept by the head of the study.

Are there any risks for participants?

This research has a very low level of risk. You may run the risk of getting bored, or you may risk reliving stressful situations that you have already experienced in your workplace, with the consequence of feeling uncomfortable. We remind you that in any case you can withdraw from participation in this research at any time, even without any explanation.

What are the benefits of participating?

If you participate you will have the opportunity to increase your awareness of stressful situations deriving from technology and to learn how to manage it. You will also contribute to improve the online training path with your comments, to the benefit of the end user community.

Is it possible to know the results?

The results of the research will be made public both through the usual scientific channels and through the more popular ones they will be available on the project website (<http://destress.eu/>). If you are interested in more details, you can contact the research manager.

Who can I contact for further information?

If you have any questions or doubts about the research in question, you can contact the research manager,

What are my rights if I decide to participate in the research?

If you decide to withdraw your consent and interrupt your participation in the research, you will not renounce any legal rights acquired through participation in the research.

If you have any questions about your rights while participating in this research, or have any doubts, suggestions or would like to talk about the research with anyone other than the researchers involved, you can contact Silvia da Silva, silvia.silva@iscte-iul.pt.

We thank you for your cooperation.