ACCELEROMETRY SUB-STUDY: FREQUENTLY ASKED QUESTIONS
For more information, please email cps3substudy@cancer.org or call toll-free, 888.604.5888 and press option #2.
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What is the Accelerometry Sub-Study?
Studies have shown that being physically active decreases one’s risk of various cancers, but much more
remains to be learned. At CPS-3 Enrollment and on Follow-Up Surveys, CPS-3 participants are asked
questions related to different types of physical activity, sedentary behavior, and sleep. These survey
questions are designed to measure typical participant behaviors.

In the Accelerometry Sub-Study, we will collect objectively measured activity data using a device called
an activity monitor
SPent and

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Do I have to participate to remain involved with CPS-3?

ACCELEROMETRY SUB-STUDY:

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I run daily and sweat a great deal, should I remove the device?
Although not water proof, the device is water-resistant so sweating is not an issue. You can also wear
the device outside of your clothing while running.
What if I forget to wear the activity monitor during the 7-day period?
Please mark that you did not wear the monitor on that day on your daily diary (page 4 of the
Accelerometry Sub-Study Survey). Continue to wear the device for the remainder of the 7-day period. If
you have additional questions, please contact a CPS-3 Study Coordinator via email at
cps3substudy@cancer.org or call us toll-free 888.604.5888 and press option #2.
I work a night shift schedule (11pm – 7am), how do I answer the questions on the daily diary. The first
page of the survey indicates each day starts at midnight?
The instruction on the surveys first page was written to provide reference to participants since we know
some will have a shift schedule. Because we want to maximize the number of full days of data that we
collect, please complete the last page (daily diary) based on the following examples.
EX. 1: Day shift 10am – 6pm, bed at 1am, wake up at 9am. You should mark the daily questions “What
time did you sleep last night?” as 1am, “What time did you wake up this morning? as 9am, and ““What
time did you take the monitor off today?” as 1am.
EX. 2: Night shift 11pm-7am, bed at noon, wake up at 6pm. You should mark the daily questions “What
time did you sleep last night?” as 12pm, “What time did you wake up this morning? as 6pm, and ““What
time did you take the monitor off today?” as 12pm.
 EX. 3: Night shift 4am-12pm, bed at 8pm, wake up at 3a TJ
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