



## Photovoice and Guidelines

Great news that you are interested in getting involved in Photovoice!

### What is Photovoice?

Photovoice is a type of research which gives you, the participant, the opportunity to visually portray your experiences.

### What does it involve?

If you agree to participate in the Photovoice element of this study we would like you to take up to 5 photos that show us if and how your physical activity has changed during the Covid-19 pandemic. If your physical activity has remained the same during the pandemic then you can show us what you usually get up to. If it has changed, then you can take photos which show us how it has changed.

#### What is physical activity?

Physical activity is any activity that involves moving your body. This can be anything from taking out the rubbish to running a 10k.



We will then chat about what is going on in your photos as part of your interview.

### Photo Guidance

We want you to take ownership over the kind of photos you take, however there are a few pieces of guidance we would like you to follow:

1. **Please be considerate of other people's privacy.** We are happy for you to take photos of the environment (e.g. of sport equipment or a venue) or selfies, however it gets a little complicated when other people are in the photo. Photos with people in the background or turned away are okay. If you can identify anyone, other than yourselves, in the photo then we won't be able to accept it. Being identifiable means the viewer can make out someone's facial features clearly enough to recognise them.
2. **Please avoid taking photos that show others in a negative light or might embarrass them.**
3. **Safety first!** Safety is a priority, please do not do anything you would not normally do to take a photo e.g. travel to a dangerous place or break social distancing measures.

### Camera Basics

Photo quality is not important, as long as the photo represents something you want the research team to see and you are happy to discuss.

The examples used below are for an iPhone, your device may be similar or different depending on the brand or model. The answer to some question you have about your device may be found easily by searching online, using a search engine such as Google, or by asking a member of the research team.

### 1. Composition

Feel free to try different angles or points of view. The subject (what you are trying to capture in your photo e.g. an object or person) should generally fill the screen. Stand 3-8 feet away from your subject (unless your photo is a selfie, your photo is a macro, or your phone has an ultra wide lens).



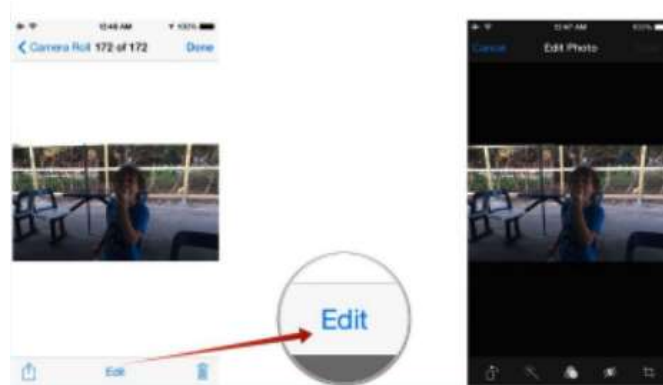
### 2. Lighting and flash

You can adjust for poor lighting by using the flash or by keeping the sun to your back or side. If you plan to use the flash, make sure your fingers are clear from the lens.



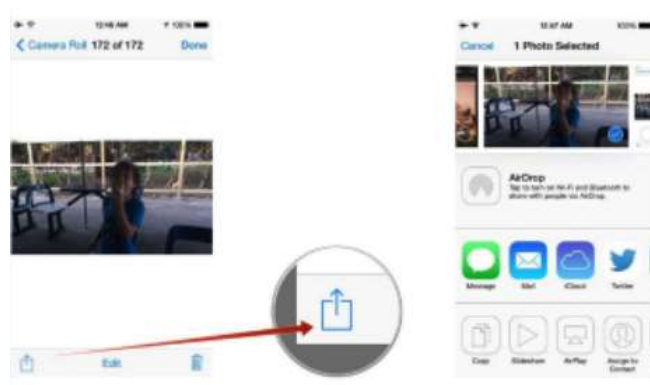
### 3. Editing

Please do not heavily use editing functions such as filtering and enhancing. Feel free to edit your photo within the device you used to take the photo, but only if this is necessary to explain or portray the meaning behind your photo.



### How to submit your Photo

Please attach your photos to an email and send them to the following address [APADC.study@mrc-epid.cam.ac.uk](mailto:APADC.study@mrc-epid.cam.ac.uk) at least two days before your interview. You can do this using a web browser, if you upload your photos from your device to a laptop or desktop computer. Alternatively, if you are using a phone, you can send them straight from your device using an email app. If you are struggling to figure out how to do this then please contact the research team using the contact details below.



If you have any questions about the information on this sheet or about taking photos then please do not hesitate to contact the research team using the contact information below.

**Email:** [APADC.study@mrc-epid.cam.ac.uk](mailto:APADC.study@mrc-epid.cam.ac.uk)

**Phone:** +44(0) 1223 746877

**Website:** <https://www.mrc-epid.cam.ac.uk/apadc/>

**Thank you for taking the time to read this information. We look forward to receiving your photos!**