

Can you help with setting up an app for a research study about Rheumatoid Arthritis?

Guidance for people supporting research participants

About the research

A research team at the University of Manchester are running the REMote MONitoring of Rheumatoid Arthritis (REMORA2) study in Greater Manchester and North West London. For this, we have developed an app that people with rheumatoid arthritis (RA) can use to track their symptoms on their smartphone and share this information with their rheumatologist to view at the next hospital appointment. The REMORA2 study will help us understand whether patients using the REMORA app do better than those who are not.

Why do we need your help?

A person with RA who is taking part in the REMORA2 study (referred to as a participant) may benefit from your help with the process of getting everything set up. It would be helpful if you could guide them through one or more of the following steps to support them with anything they find difficult:

1. Find and open the REMORA2 welcome email. The **REMORAid** and the **REMORA activation code** are in the REMORA2 welcome email.
2. Set up an Apple account or a Google account (if they do not already have one)
3. Download the REMORA app onto their smartphone or tablet
4. Set up an NHS login (if they do not already have one)
5. Set up the REMORA app
6. Use the REMORA app to start tracking their RA symptoms

If you are helping more than one REMORA2 participant, please make sure you only use the details that are specific to them.

Please do not use your own device or personal details for any of the above tasks. Instead, help the person you are supporting to use their own mobile device and their own personal details to complete the setting up process and track their RA symptoms.

Instructions

The following table shows a list of documents and videos that we have developed to help REMORA2 participants with setting up and using the REMORA app. Please use these instructions to provide your support. They have been sent to the person you are supporting in the REMORA2 welcome email (**step 1** in the setting up process; subject line: REMORA2 welcome email).

Document name	Document purpose	Link to instructional video
Setting up a new Apple ID	How to set up an Apple ID	https://youtu.be/qp7tqP4kn_w
Setting up a new Google Account	How to set up a Google account	https://youtu.be/lyB2dgOzi38
How to set-up your NHS login	How to set up an NHS login	https://youtu.be/lye2yMzPY_Y
How to download and set-up the REMORA app on your phone	How to download the REMORA app	https://youtu.be/k0YSGqj6EO8
How to download and set-up the REMORA app on your phone	How to set up the REMORA app	https://youtu.be/k0YSGqj6EO8
How to use the REMORA app	Overview of the different features of the REMORA app and how to track your symptoms	https://youtu.be/k0YSGqj6EO8
How to use the REMORA app	How to track your symptoms	https://youtu.be/k0YSGqj6EO8

	using the REMORA app	
How to use the REMORA app	How to self-examine for tender and swollen joints	https://youtu.be/SBSJKMYNOaw?si=FvFXaeDVsq5WHnkW

Readiness check-in

Once the person you are supporting has completed tasks 1 to 6, please make sure that they are now comfortable using the REMORA app by checking that they can:

- Respond to a notification on their phone or tablet (to practise in the app, go to 'alarm schedule' and press 'test alarm')
- Find the 'Settings' page in the app
- Find the 'Instructions' page in the app
- Find the 'My Scores' page in the app
- Answer a daily questionnaire (to practise completing questionnaires in the app, go to the 'Instructions' page and select 'You can practice answering questions')
- Answer a weekly questionnaire, including the self-assessed tender and swollen joint count
- Answer a monthly questionnaire

Additional resources

If you or the person you are providing support to need further help with setting up the REMORA app, please visit the REMORA webpage (<https://sites.manchester.ac.uk/remora/>) where you will find an overview of the study and resources for patients, including a list of frequently asked questions about the REMORA2 study (www.sites.manchester.ac.uk/remora/faqs/).

You can also email the study team at: REMORA2@manchester.ac.uk or call them on 0161 306 2000 to ask any questions about the app or about the study. A member of the University of Manchester study team will answer any queries you have on working days from Monday to Friday and will reply as soon as possible.

Many thanks for your help.

