

# PWM-Pilot-Audio — Participant Summary

What you'd be agreeing to do

June 6, 2026

## PWM-Pilot-Audio — Participant Summary

*A research study. Voluntary. Not medical care.*

### What is this?

A 30-day research study testing whether a computer system can predict a person's near-future everyday choices — like which project you'll focus on tomorrow, or whether you'll follow through on something you said you'd do. We want to know whether recordings of your everyday speech help the system predict better than simply guessing from averages or from your usual routine.

### What would I do?

- **Record portions of your day's audio** using a recorder or phone app (you control it).
- **Spend about 5–10 minutes each evening** confirming a few things that happened and flagging anything to delete.
- That's it. Setup is a one-time ~30–45 minutes.

### How much audio?

We'd love 8–12 hours/day, but the minimum is about 4 hours/day. It mostly runs in the background. **You can pause any time.**

### What happens to my data?

- Your **raw audio is never shared or published.** It stays encrypted, accessible only to you and the researcher.
- We turn audio into text transcripts and short structured notes (e.g., “mentioned a deadline Friday”).
- Only **anonymized, averaged numbers** (how accurate predictions were) ever appear in a report.
- You're identified only by a code like **P001** — never your name.

### Important cautions

- **Audio is sensitive.** Conversations may accidentally capture **other people who haven't agreed.** Please don't record where others expect privacy, and minimize capturing others. You can flag anything for deletion.

- **Recording laws vary by location.** We'll go over what applies to you.

### Your rights

- Participation is **completely voluntary**.
- You can **stop at any time**, for any reason, with no penalty.
- You can **request deletion** of any segment or all of your data.

### What this is *not*

This is **research**, not medical care, therapy, diagnosis, or productivity coaching. The system isn't judging, treating, or advising you. Nothing here is a health assessment.

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**Questions or to take part:** contact Yuri Sylvester (details provided at enrollment). Only take part if you understand and are comfortable with everything above.