



Do you measure your own blood pressure?

Do you ever measure your own blood pressure?

Do you own a blood pressure monitor?

Have you ever downloaded a blood pressure app?

We are looking for people who measure their own blood pressure or who do this for someone else close to them. You might own your own blood pressure monitor, or may keep a record of your measurements. If you do this now or have done in the past, would you be willing to take part in an interview?

We are researchers in the Department of Sociological Studies. We would like to know more about why and how people measure their own blood pressure and how people come to start (or stop) measuring. If you do this for yourself, or someone you are close to, either now or in the past, would you be willing to take part in an interview?

Interviews can take place at a time and place convenient for you. People who take part will be offered a £20 voucher for their time and effort.

The project has been reviewed by the Department of Sociological Studies Research Ethics Committee at the University of Sheffield.

If you are interested in taking part or would like more information, please contact Ros Williams at r.g.williams@sheffield.ac.uk or on 0114 2226423, or visit our website at <http://tracking-ourselves.org/>