

The paper by Roscoe brilliantly describes numerous ways to have an inclusive population in experiments conducted in HF/E, including purposive, over and community sampling. They mention that researchers can encourage inclusive sampling by utilizing it in practice as well as by defining the goals of their research to advocate it. The chapters offer in depth insights about sampling and describe various methods of sampling and how to optimize them to address problems in various contexts. Then the authors go on to describe the problems with treatments which include delivery, adherence and receipt and further ways to measure these and reduce problems in each stage. Statistical methods are described to measure implementation. Attrition is described, the difference between measurement and treatment attrition is established and different causes for attrition are explained. Various methods to reduce attrition or address it when it occurs are described, similar statistical techniques are also described. Many great examples to illustrate each concept are also provided.

The research question being addressed is how digital habits and dependency levels change in college students when influenced by social and cultural influences. The study involves a quasi-experimental design with no control groups, but with a pre-test and post-test. Recruited participants will be assigned to groups based on their knowledge of digital wellbeing and will go through a focus group exercise, while imposters present in the group will try to influence the group members to either increase or decrease their digital habits subtly. Data collected in five stages throughout the study will be analysed to identify trends of change.

Participants will be recruited from existing student pools in an inclusive manner, first through a primary collection, then using the three questions provided by Roscoe, 2021 and identifying the missing population for cultural and social diversity. This study involves numerous problems regarding treatment implementation and attrition. The first of them being the dynamic nature of the treatment. Imposters would need to customize their views and

responses to what is being said in the focus groups, this cannot be anticipated and brings in uncertainty about the treatment implementation. One way to address this would be to go through literature or rely on pilot tests and observations to make a semi structured manual that offers venues and suggestions about the influencing directions and statements, this manual must be validated. Imposters can rely on this manual and contextualize it during focus groups, this will help assess treatment delivery. Analysing focus group recordings will also help in determining the efficiency of treatment delivery. Treatment receipt can be measured by analysing the digital usage data collected every week from participants, a change in usage statistics would indicate the receipt of the treatment. Further, analysing the recordings and monitoring for facial expression, body language cues or verbal responses like follow-ups, agreements or disagreements to imposter statements can help in identifying treatment receipt. Treatment adherence is not of concern here, participants are in the dark about the actual treatment, this implicitly ensures that they are adhering to it. Treatment attrition and measurement attrition both exist in the current study. Treatment attrition can arise from participant internal characteristics such as social anxiety or the presence of a dominating character in the group, leading to other participants feeling inadequate or shadowed. Fear of stigma about digital habits and negative experiences in the group sessions can also lead to attrition. This can be addressed by clearly defining and advocating the practice rules of the focus group emphasizing on being kind and open-minded. An expertly trained focus group administrator can be used, when someone is taking all of the speaking time, they can deftly encourage other participants to speak, they can encourage participants to be open and honest as well as ensure that no one is left out. Highlighting the benefits of participating can also reduce attrition. Measurement attrition can be reduced by developing technical tools that automatically collect digital data usage and store it, with participants

consent. This significantly reduces the number of times participants would have to fill forms, while there may still be a couple of them to be filled.