

**Are you over 18 and
want to have more
information?**

Contact us

University of Zürich
Dr. Liliana Barrios or Marcelo Stegmann
Email: fido@dsi.uzh.ch
Tel. or Whatsapp: +41 77 414 11 74

Study sites

For healthy volunteers without known disease
University of Zurich
Rämistrasse 69, 8001 Zurich

All information will be treated confidentially.

**This project was designed with the support of
patient experts in MS and Long COVID.**

Our Partners



University of
Zürich
Digital Society Initiative



ETH zürich



FACING THE CHALLENGES OF OUR TIME



BELLEVUE
MEDICAL GROUP



ORTHO-ANALYTIC
Labor für Integrative Medizin

Innovation project
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University of
Zurich

Beyond Exhausted?

**Our Study:
Fatigue Investigation
using Digital
Outcomes (FIDO)**

Join Our Research Study!

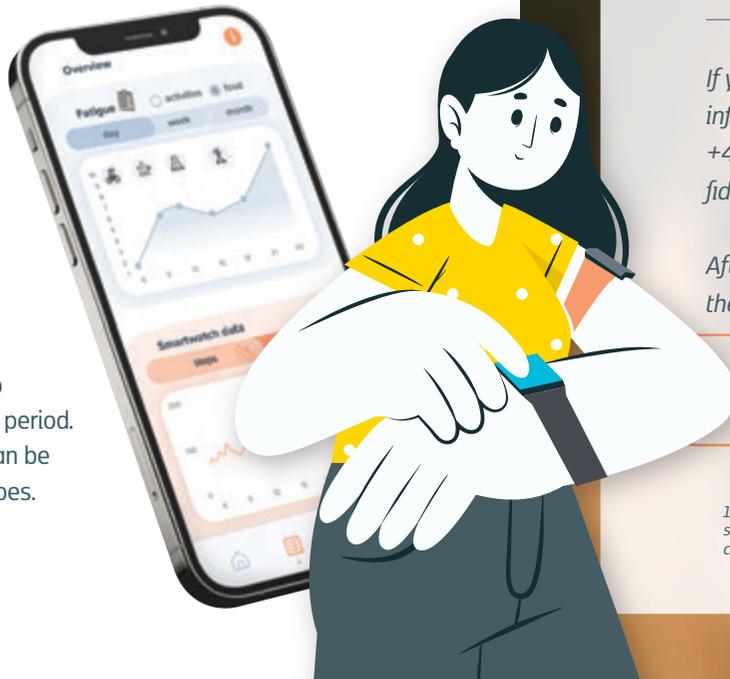
Want to be a control in our study?

Fatigue is a common and debilitating symptom of many chronic diseases. To date, there is no satisfactory treatment for this symptom. Often, patients with fatigue experience little understanding from those around them and feel abandoned by the healthcare system.

Aims of the study: We would like to investigate the potential of digital technologies (smartphone and wearables) for objectively measuring fatigue and remotely monitoring of health status over a 2-month period.

What would participation involve?

The study includes two in-person visits (approximately 2 hours each) at our study sites, scheduled two months apart. During these visits, you will complete questionnaires and undergo assessments (e.g., electrocardiogram and blood pressure measurement). For the two months between visits, you will be asked to wear two wearable devices 24/7 and regularly use the FIDO smartphone app to track your lifestyle, answer questionnaires, and complete short tasks such as 30s tapping on the screen. To examine the relationship between gut bacteria, lifestyle, fatigue, and disease status, you will also provide two small stool samples during the study period. These samples are easy to collect at home and can be sent directly to the lab using the provided envelopes.



Who can participate in the FIDO study?

Healthy men and women aged between 18 and 65 years old, who have a smartphone, and speak fluent German or English.

You are not allowed to participate if you are breastfeeding or pregnant and/or have been diagnosed with any chronic disease or take medications that may affect your fatigue or the nervous system (e.g., autoimmune diseases or heart problems).

Remuneration: 200 CHF if you are compliant with the study protocol.

All data will be treated confidentially. Participants should not expect any medical benefit.

Please note that your data will be registered when you contact us by telephone or email. If you are not interested in participating in the study, your data will be deleted immediately.

If you are interested in participating in the study or would like more information, please contact our researchers at the University of Zurich at +41 77 414 11 74 (via telephone or Whatsapp) or via email at fido@uzh.dsi.ch¹.

After participating, you can request a summary of your data and receive the overall results once the project has been completed.

Help us redefine fatigue assessments and pave the way for better symptom management.

1. Please only use the provided communication channels for further information on the study or for technical support when participating in the study. No medical information can be provided via these communication channels and we ask you not to share any medical information on these.