

# 私隱政策

## 香港中文大學 ‘Mood 都好’ 應用程式

歡迎使用「MOOD 都好」- 由香港中文大學精神科學系李潮江家族睡眠檢查室(「我們」)所設計及開發，幫助您記錄每天睡眠情況及情緒狀態的智能應用程式。在您使用應用程式期間，我們也將在匿名（未透露真實姓名）的情況下收集您的個人資料作指定研究用途。我們尊重您的私隱權，並會竭盡所能提供各種溝通途徑，確保您的個人私隱得到適當保障。所有為指定用途而蒐集的資料，使用完畢後即會被毀滅或處理至無法識別。

若您決定參與使用本應用程式，請仔細閱讀以下的資訊來確定是否同意參與。

### 若同意參與，我們會收集哪些資訊資訊？

當您第一次使用「MOOD 都好」應用程式時，您將需要提供一些個人資料，包括用戶名、電郵地址或電話號碼、年齡和性別。用戶亦可自由選擇記錄有關睡眠及心情等資訊，包括：1) 睡眠日記，用於記錄您每日的睡眠模式；2) 心情日記，會邀請您記錄當前自己的心情、精神和壓力等，每天四次；3) 飲食日記，會邀請您上傳食品照片及記錄當日的飲食情況；4) 日常評估，評估您最近的情緒和睡眠情況；5) 認知測試，評估及記錄您的認知功能包括反應、智能和工作記憶力。

### 將如何使用收集的資料？

所有收集的資料僅用於學術研究，以瞭解閣下得情緒及睡眠，並提供自助形式的健康課程。所有個人資料不會被公開，亦不會向任何第三方披露，除非我們可以在保密的基礎上，以匿名方式向我們的研究合作夥伴分享您的個人資料或研究成果。

我們會採取合理步驟，確保所收集、使用或披露的資料準確、完整及經常更新，儲存在只獲授權人士進入的保密環境。然而，我們不能保證不會有任何第三者入侵電腦，竊取資料，或不會有任何人擅自取閱資料。

### 您的權利

提供資料的人士有權查詢是否持有其個人資料，並有權索取這些個人資料的副本，及加以修正。如果您因任何原因需要刪除帳戶及其所有資料，請聯絡 [sleepresearch@cuhk.edu.hk](mailto:sleepresearch@cuhk.edu.hk)，我們會在十二至十四個工作天內回覆您然後啟動帳戶刪除程序。程序進行期間，我們有可能需要用電話通話或短訊核實您是帳戶用戶的本人，以確認及完成帳戶刪除的要求。

### 有問題如何聯絡我們？

若您有任何疑問或該應用程式對您造成了任何傷害，請在應用程式中的“查詢/意見”或電郵 [sleepresearch@cuhk.edu.hk](mailto:sleepresearch@cuhk.edu.hk) 中留下您的聯絡方式，我們會及時聯絡您。

香港中文大學精神科學系李潮江家族睡眠檢查室  
二零二二年八月十六日

# Privacy Policy

## The Chinese University of Hong Kong's "Mood Master" Mobile Application

Welcome to "Mood 都好 (Mood Master)" — a smart application designed and developed by the Li Chiu Kwong Family Sleep Assessment Unit within the Department of Psychiatry of the Chinese University of Hong Kong ("we"), to help you record your daily sleep experience and emotional state. During your use of the app, we will also collect your personal data anonymously (without revealing your real name) for designated research purposes. We respect your privacy rights and will do our best to provide various communication channels to ensure that your personal privacy is properly protected. All the information collected for the designated purpose will be destroyed or processed to be unrecognizable after use.

If you decide to participate in the use of this application, please read the following information carefully to determine whether you agree to participate.

### **If you agree to participate, what information will we collect?**

When you use the "Mood 都好 (Mood Master)" app for the first time, you will be required to provide some personal information, including username, email address or phone number, age and gender. Users can also freely choose to record information about their sleep and mood, including: 1) sleep diary, which is used to record your daily sleep patterns; 2) mood diary, which is used to record your current mood, energy and stress, etc., four times a day; 3) food diary, which is used to upload photos of food and record your diet on the day; 4) daily assessment, which is used to assess your recent mood and sleep experience; 5) cognitive test, which is used to assess and record your cognitive functions including reaction time, Intelligence and working memory.

### **How will the collected data be used?**

All information collected is only used for academic research to assess your mood and sleep, and to provide self-help health courses. All personal data will not be made public and will not be disclosed to any third party, unless we are able to confidentially share your personal data or research results anonymously with our research partners.

We will take reasonable steps to ensure that the information collected, used or disclosed is accurate, complete and frequently updated and stored in a confidential environment accessible only to authorized persons. However, we cannot guarantee that there will be no third-party hacking the computer, stealing information, or someone gaining access to the information without authorization.

### **Your rights**

The person who has provided the information has the right to enquire whether his/her personal data is being held, and has the right to request a copy of such personal data and to have it corrected. If for any reason you need to delete the account and all its associated data, please email [sleepresearch@cuhk.edu.hk](mailto:sleepresearch@cuhk.edu.hk). We will reply to you in 12 to 14 working days and initiate the account deletion procedure subsequently. For the procedure, we may need to verify your identity as the holder of the specified account through phone call or SMS, so that we can confirm and complete your account deletion request.

### **How can you contact us if you have any questions?**

If you have any questions or the app has caused you any harm, please leave your contact information in the "Enquiries/Comments" in the app or email [sleepresearch@cuhk.edu.hk](mailto:sleepresearch@cuhk.edu.hk). We will contact you as soon as possible.