

## RESEARCH PRIVACY STATEMENT "Health from nature – Also digitally"

Data Protection Act 2018/1050, EU General Data Protection Regulation 2016/679.

This document is based on Articles 13 and 14 of the EU's General Data Protection Regulation (GDPR) and provides more detailed and project-specific information on the processing of personal data. In the background, the research data category's Data Protection Announcement is available at <https://www.xamk.fi/en/xamk2/data-protection-announcement/>

### 1. Data Controller

South-Eastern Finland University of Applied Sciences Ltd  
PO Box 68 (Patteristonkatu 3)  
50101 Mikkeli  
Switchboard +358 40 655 0555  
Business ID: 2472908-2

### 2. Contact person in matters concerning the register

Coordinator of research data category:  
Minna Pasila  
Contracts and IPR Specialist  
Tel. +358 50 312 5109  
minna.pasila@xamk.fi

### 3. For what purpose(s) is my personal data processed?

- For scientific research
- In the production of student theses

### 4. On what grounds is my personal data processed?

The processing of personal data in scientific research is based on the EU's General Data Protection Regulation and the national Data Protection Act. Scientific research is classified as a public interest task within the General Data Protection Regulation, in which case "scientific research in the public interest" is a ground for processing personal data (Data Protection Act). In the GDPR (Recital 159), the concept of research also covers research, development, and innovation activities.

### 5. Name, nature, duration and organisers of the research or project

"The Wellbeing Effects of Breaks" is a research project that is implemented during the period: 27 February 2023 – 31 December 2023.

Project Manager:  
Susanne Kumpulainen  
South-Eastern Finland University of Applied  
Sciences  
Raviradankatu 22 B  
50100 Mikkeli  
+368 40 191 6946

RDI Specialist:  
Samad Esmaeilzadeh  
South-Eastern Finland University of Applied  
Sciences  
Raviradankatu 22 B  
50100 Mikkeli  
samad.esmaeilzadeh@xamk.fi

Director of the Active Life Lab Research Unit:

Arto Pesola

South-Eastern Finland University of Applied  
Sciences

Raviradankatu 22 B

50100 Mikkeli

+358 40 641 1504

## **6. What kind of information about me is being processed?**

Processed personal data include name, gender, age, height, weight, telephone number, and email address.

Information content stored in connection with the research also includes the responses given in the surveys related to profession, connection to nature, mental state and wellbeing. The externally measured and recorded data contents of the heart rate belt include different parameters related to the functioning of the autonomous nervous system.

The data and measurement files of individual subjects are stored under numeric codes, and only those files with numeric codes are processed during the analysis. The results are analysed and reported in groups so that an individual person cannot be identified. The document linking the personal data to associated numeric codes is stored in a locked space and within a password-protected file.

## **7. What sources are my data collected from?**

The data to be recorded in the register are obtained from surveys filled in by the subjects and from data obtained from measuring sensors (heart rate).

The data subject is asked to give their consent to being included in the register as well as to data collection in writing before the measurements are taken.

## **8. Will my personal data be disclosed to third parties?**

Anonymised data can be transferred to third parties, e.g., thesis students. Individuals are not identifiable from this information.

## **9. Are my data processed outside the EU or the EEA?**

Data are not transferred outside the EU or EEA by the controller.

Xamk uses Microsoft cloud services (Teams and OneDrive) as storage space. As a rule, Microsoft processes data in the EU/EEA and regional data centres. Microsoft is committed to complying with EU General Data Protection Regulation. The Microsoft Privacy Statement is available at: <https://privacy.microsoft.com/en-us/privacystatement>

## **10. How long will my data be stored?**

In project activities, personal data are stored according to the archiving period required by the funder. However, personalised wellbeing data will only be stored until the end of the project.

Data collected from individual subjects are not stored under the subject's name. Each subject is given a numeric code, which is used instead of the name in all saved documents. The results are analysed and reported in such a way that the individual cannot be identified. The document linking the personal data to associated numeric codes is stored in a locked space and within a password-protected file. The code key is handled by the persons responsible for the study and it will be disposed of at the end of the analysis (end of 2023). Anonymised material is stored for 10 years so that it can be re-analysed if necessary, with new methods of analysis.

If the data subject requests the deletion of personal data concerning them, they will be removed from the register. If a person withdraws their consent to the use of their data for a specific purpose, this will be entered into the system.

### **11. How is my personal data protected?**

The data are stored in an information system. Users have personal user IDs. The data in the system are only accessed and used by the controllers who have the right to access the data in their work. Individual data are encrypted with unique numeric codes.

### **12. How can I exercise my rights under the GDPR?**

The rights to the register are listed in more detail in the research data category's Data Protection Announcement (<https://www.xamk.fi/en/xamk2/data-protection-announcement/>).

Subjects can make all requests to the contact person below.

Project Manager:  
Susanne Kumpulainen  
South-Eastern Finland University of Applied Sciences  
Raviradankatu 22 B  
50100 Mikkeli  
Tel: +358 40 191 6946  
email: [susanne.kumpulainen@xamk.fi](mailto:susanne.kumpulainen@xamk.fi)