

CLASP

# In-home emissions testing



## DISCUSSION GUIDE

OP22300

2 November 2023



# Welcome activity

## Homepage

Hi everyone and welcome to this research.

We are delighted to have you on this project. We are conducting this research on behalf of CLASP, an environmental not-for-profit organisation, to better understand the experiences of people who use gas or electric hobs and/or ovens to cook food at home.

**As a reminder, there are 2 parts to this study:**

- **Part 1: The Welcome Activity**
- **Part 2: The Cooking Diary**

**As a thank you for your full participation in both part 1 and part 2, we are pleased to offer you a [incentive] incentive.**

**Your incentive will be paid after your in-home monitoring equipment has been collected from your home.**

**Return postage of the monitoring equipment will take place on **Monday 13<sup>th</sup> February**.**

The courier will come to your address to collect the equipment. **Please ensure that you have packaged up the equipment in time for collection.**

### **Part 1: The Welcome Activity**

The welcome activity involves you logging onto an online platform to answer a set of questions telling us more about your home, your cooker and any cooking ventilation you may have.

**The welcome activity will be hosted in this online community. To find the questions, click on the 'Activities' tab at the top of this screen.**

The welcome activity will take around 30 minutes to complete.

You can log in and complete the activity at a time most convenient for you. We ask that you complete the welcome activity by **[deadline]**.



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## Who can see your responses to the welcome activity?

The welcome activity will be private. You won't be able to see the responses from others taking part and they won't be able to see your answers either.

Opinium, the research agency, will log in and read your responses and may ask you additional follow up questions. TNO (a specialist consultant in applied sciences working with CLASP) may also log in and observe the research as it takes place so may also have access to your first name (or the name you set your profile up in), your profile picture and any videos or photographs that you upload as part of the research.

## Help and support

In the community on the 'help and support tab' you will also find:

1. **Instructions for setting up monitoring equipment (for part 2)**
2. **An FAQs document**
3. **A support forum, where you can ask questions about the research to your dedicated support team. Questions posted here will also be seen by others taking part in the research.**

## Part 2: Cooking diary

Part 2 will involve you using air quality monitoring equipment to monitor emissions created when using your gas or electric cooking appliances. At the same time, we would like you to complete an online app-based diary telling us about what you cooked each day to help us better understand the data that the monitors collect.

The diary will involve you taking and uploading a picture of the meals that have been cooked each day and answering a few follow-up questions. You will be prompted to complete the diary in the morning, afternoon and evening.

### Setting up the sensors

We are sending you the monitoring equipment for part 2 by DHL Express. If you have any questions or issues, please let us know on the support page (which can be found in the activities tab).

You will find full set up instructions (both written and in video) for setting up your in-home monitoring equipment in this community by clicking on the help and support' tab at the top of this page. This information was also shared in your invitation email.

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### Setting up the app-based diary

You will find full set up instructions for setting up the app-based diary in this community by clicking on the help and support' tab at the top of this page. This information was also shared in your invitation email.

### Getting in touch

If you have any questions, queries, or issues during the community, about how your data will be used or if you choose to withdraw from the research do send a message on support page and we will get back to you as soon as possible.

Alternatively you can email [\[email\]](#).

You have the right to withdraw at any point. Please note that if you do decide to withdraw you may not be eligible for the full incentive.

**That's all the admin for now. Please move on to the welcome activity....**

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## Welcome

### 1.1 [OPEN TEXT / POLL] ABOUT YOUR HOME

**TASK RATIONALE:** To understand the makeup of their family and property

**TASK OUTPUT:** Poll response, Verbatim

**SCRIPTING NOTES:** Sentence completion format

**I'd like to begin by asking you questions about you, your household and about the physical characteristics of your home...**

1. **[OPEN]** Please tell us a little bit about your household. Who do you live with? (If you have children, please tell us their ages).  
**[INSERT TEXT BOX]**
  
2. **[OPEN]** [ROUTE FROM QUESTION D5 IN THE SCREENER – ask if live in a flat (first floor or above, maisonette, other)] If you live in a building that houses multiple homes (e.g. in a maisonette or block of flats), how many stories does the main building have?  
**[INSERT TEXT BOX]**
  
3. **[OPEN]** [ROUTE FROM QUESTION D5 IN THE SCREENER – ask if live in a flat (first floor or above, maisonette, other)] And on which story do you live?  
**[INSERT TEXT BOX]**
  
4. **[OPEN]** Roughly how old would you say the property is? If you don't know, please give us your best estimate.  
**[INSERT TEXT BOX]**
  
5. **[Single poll]** How many stories / floors are there inside your home?
  - a. 1 story / floor
  - b. 1 ½ story / floor split level
  - c. 2 stories
  - d. 2 ½ story split level
  - e. 3 stories
  - f. More than 3 stories

## 1.2 [OPEN TEXT / POLL] ABOUT YOUR KITCHEN AND COOKER

**TASK RATIONALE:** To understand the kitchen, cooktop / oven details

**TASK OUTPUT:** Poll response, Verbatim

**SCRIPTING NOTES:** Sentence completion format

The next few questions are about the layout of your kitchen and the physical appliances you use.

We will ask you some questions about your cook top (i.e. the top part of your cooker)



And we will ask you some questions about the oven (i.e. the enclosed compartment on your cooker)



These questions may be easier to answer while in the kitchen.

Your answers to these questions will help us analyse the measurements we make in your home to better understand the air quality in other homes and households with similar characteristics.

1. [OPEN] Is your kitchen in the same room as your living room, or separate?  
[INSERT TEXT BOX]

- 
2. **[POLL]** Thinking about your **cooktop**, how many burners are on the cooktop? (Central griddle or grill counts as 1 burner).
- 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - More than 6
3. **[POLL]** Approximately how old is the **cooktop**? If you are unsure, please feel free to estimate and note that you are unsure.
- 0 - 5 years old
  - 6 – 10 years old
  - 11 – 15 years old
  - 16+ years old
  - Don't know
4. **[POLL]** **[ROUTE FROM QUESTION Q5 IN THE SCREENER – ask if have a gas cook top]** Do your **cooktop burners** have a pilot flame, electronic ignition or do you light them by match / hand-held lighter? (Electronic ignition uses a small spark to light the flame. If the cooktop makes a clicking sound when you turn the knob to start the flame, it is electronic spark ignition.)
- Electronic spark
  - Pilot flame
  - Match / hand-held lighter
5. **[POLL]** When cooking on your **cooktop**, do you more often use the front or back burners, or do you use all the burners equally?
- Front burners
  - Back burners
  - Use both equally
  - I don't know
6. **[POLL]** Looking at your **oven**, does the oven have a broiler / grill function with controls that are separate from the rest of the oven?
- Yes
  - No
  - Don't know



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7. **[POLL]** **[ROUTE FROM QUESTION Q5 IN THE SCREENER – ask if have a gas oven]** Does the **oven** burner have a pilot flame, electronic spark ignition or do you light it by match / hand-held lighter?
- Electronic spark
  - Pilot flame
  - Match / hand-held lighter
8. **[POLL]** Does the oven have a self-clean setting?
- Yes
  - No
  - Don't know
9. **[MULTI MEDIA]** Please upload a picture of both your cook top and your oven.



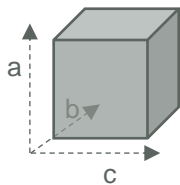
### 1.3 [OPEN TEXT] KITCHEN SIZE

**TASK RATIONALE:** To understand the volume (m<sup>3</sup>) of kitchen

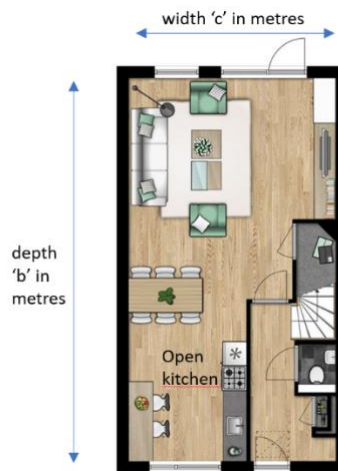
**TASK OUTPUT:** Verbatim

To make sense of the data recorded by your sensors, it's important that we know the size of your kitchen.

So that we can calculate the volume (m<sup>3</sup>) of your kitchen, please tell us the height, depth and width of your kitchen. In case you have an open kitchen, please give the size of kitchen including the living room.



To measure the height, depth and width please use a measuring tape or a measuring app on your phone to measure point a, b and c shown in the image above.



1. [OPEN] What is the height of your kitchen in meters? [INSERT TEXT BOX]
2. [OPEN] What is the depth of your kitchen (+ living room in case of an open kitchen) in meters? [INSERT TEXT BOX]
3. [OPEN] What is the width of your kitchen (+ living room in case of an open kitchen) in meters? [INSERT TEXT BOX]

In case of an I-shaped open kitchen, in which the kitchen is smaller than the living room, please take the width of the living room.

### 1.4 [OPEN TEXT / POLL] MODIFICATIONS MADE

**TASK RATIONALE:** To understand actions taken to improve air quality

**TASK OUTPUT:** Poll response, Verbatim

**SCRIPTING NOTES:** Sentence completion format

The next set of questions ask you about ventilation and the air quality in your home....

1. [MULTI MEDIA UPLOAD] [ROUTE FROM QUESTION Q6 IN THE SCREENER – ask those who use an extraction hood all, most or some of the time] Please upload a picture of your extraction / exhaust hood.

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2. **[POLL] [ROUTE FROM QUESTION Q6 IN THE SCREENER – ask those who use an extraction hood all, most or some of the time]** Which of the following best describes your extraction /exhaust hood?
- Range hood above the cooktop
  - Microwave and exhaust fan combination above the cooktop
  - Downdraft exhaust at the back of the cooktop
  - Downdraft exhaust in the middle of the cooktop
  - Exhaust fan in ceiling or wall above cooktop
  - Exhaust fan in ceiling or wall not above the cooktop
  - Other (please describe in the text box below)
  - Don't know

**[INSERT TEXT BOX]**

3. **[POLL] [ROUTE FROM QUESTION Q6 IN THE SCREENER – ask those who use an extraction hood all, most or some of the time]** If you have a range hood or microwave exhaust fan above the cooktop, does it exhaust to the outdoors or does it have grills or holes in the front where it blows filtered air back into the kitchen?

If you are uncertain, please switch on the range hood / exhaust fan to test it. If you can feel air being blown back into the room through a grill or set of holes at the top, it does not exhaust to the outdoors. Alternatively, if you can see a duct going from the top of the hood up toward the roof or back into the wall, it exhausts to the outside. This duct may be inside a cabinet above the hood.

- Exhaust to the outdoors
  - Blows air back to the kitchen
  - N/A – it doesn't work
  - N/A – I don't have this type of hood / exhaust
  - Don't know
4. **[OPEN]** To your knowledge, has the home or building been renovated by a contractor to reduce air leakage (for example, weather-stripping on doors and windows, caulking to seal cracks, addition of insulation, and sealing of heating ducts)? If yes, approximately how many years ago was this done?

- 
5. **[Poll]** To your knowledge, does your home have a whole-house ventilation fan that operates continuously or on a set schedule? These devices are most commonly found in very new houses, in homes that have been “air sealed” for energy efficiency and in some apartment buildings.
- Yes, my home has a ventilation fan that runs continuously
  - Yes, my home has a ventilation fan that runs with a set schedule
  - Yes, my home has a ventilation fan but I’m not sure how it runs
  - My home has a ventilation fan but I have disabled it / turned it off
  - No, my home does not have a ventilation fan
  - I don’t know if my home has a ventilation fan
6. **[Poll]** How often do you have windows open in your house during this time of year (in the month of February)?
- Less than 1 hour a day
  - 1 hour a day
  - 2 hours a day
  - 3 hours a day
  - 4 hours a day
  - 5 hours a day
  - More than 5 hours a day
  - Not applicable – I don’t have my windows open

## 1.5 [MEDIA UPLOAD] HOUSEHOLD ELECTRICAL CAPACITY

We need to record the rated electrical capacity (Amperage) of the households participating in the study.

**Please locate the electrical switchbox for your house** – this is a metal or plastic rectangular box affixed to a wall in your house which contains circuit breakers or fuses.

In order for our researchers to determine the rated capacity of your home, we need **a few photos of the circuit breakers/fuses in your switchbox.**

Please take and upload the following:

- 1) One or more steady, non-blurry photos of the whole board with all the breakers/fuses for your home visible. If you are taking multiple photos, please ensure the photos overlap so we can read the text and numbers on all of the breakers / fuses.
- 2) A steady / non-blurry photo of the main breaker for your house / apartment. The main breaker has the highest rated capacity. It is usually located at one end of a row of switches, and is typically larger and/or can take up two positions. Please see some examples of photos below and let us know if you have any questions.

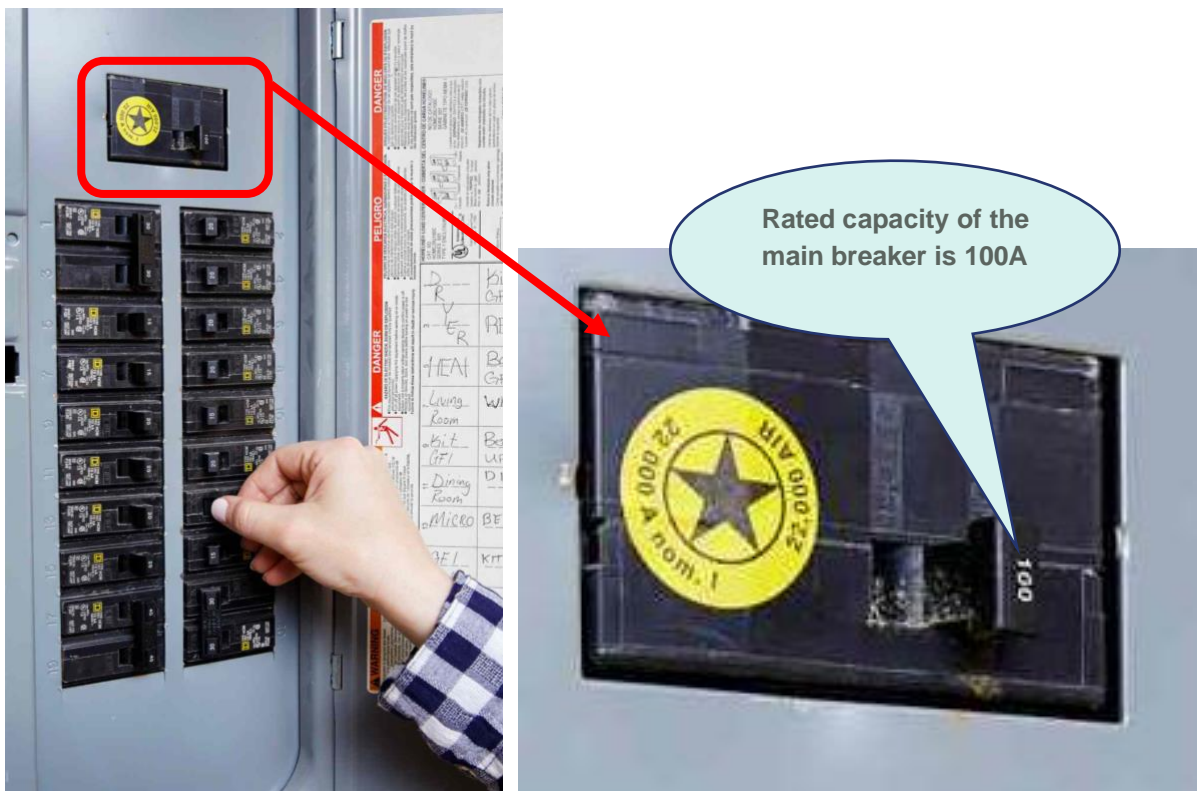
Example 1. Circuit Breaker Box and Close-Up of the Main Breaker



Example 2. Circuit Breaker Box and Close-Up of the Main Breaker



Example 3. Circuit Breaker Box and Close-Up of the Main Breaker





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## 1.6 [MEDIA UPLOAD] SENSOR SET UP

Please take a picture or video of the setup of your two blue and the white sensors in the kitchen so we can see their placement in relation to the hob.

### [END PAGE]

Thank you for completing the welcome activity. We have enjoyed learning more about you and your home.

We look forward to hearing more from you in part 2.

Please see the 'help and support' tab for instructions on how to set up the monitoring equipment and the download the Indeemo app that we will use for the daily cooking diary.

### [HELP AND SUPPORT PAGE]

Welcome the support forum – here you will find

- Instructions for setting up the sensors for the monitoring the air quality whilst you cook
- A FAQs document on setting up the sensors
- Instructions for downloading the app

If you have any questions, concerns or queries, please post a comment in the support forum and someone will get back to you. Others taking part in the research will see the questions and answers posted here.

# Diary

## INTRO

Welcome to part 2 of this research – we're so pleased to see you back here!

You should have now set up your monitoring equipment. If you have any questions on the set up, please go back into the welcome activity and post your question in the support forum.

To help us understand the data that the sensors pick up when you are cooking, we ask that you complete daily cooking diaries. The diary will involve you uploading a picture of the hot meals you have cooked during the day and answering a few follow-up questions.

You can take your picture live or upload it from your camera reel. We look forward to hearing from you each day.

## DAY PART 1

**1. OPEN TEXT/ PHOTO:** If you cooked a meal between 6am and 12pm (noon) today, please upload one or more pictures of the cooking that was done so we can see how you used your cooktop or oven today and what you were cooking. Please note this should be a picture of your hob whilst cooking your food (not of your meal after you have cooked it). Please see below for two examples:



Only if you are unable to upload a picture, please briefly describe the cooking / heating that took place this morning.



- 2. OPEN TEXT/ PHOTO:** What ventilation, if any, did you use when you cooked / heated a hot meal using your cooktop or oven between **6am and 12pm (noon)**? Please write the letter of the answer that best describes what you did in the open text box below:
- A. I switched on the exhaust hood over the cooker
  - B. I switch on or increased the setting of my whole-house ventilation fan
  - C. I opened a window
  - D. I didn't use any additional ventilation

## DAY PART 2

- 1. OPEN TEXT/ PHOTO:** If you cooked a meal between **12pm and 5pm today**, please upload one or more pictures of the cooking that was done so we can see how you used your cooktop or oven today and what you were cooking.

Please note this should be a picture of your oven or hob whilst cooking your food (not of your meal after you have cooked it). Please see below for two examples:



Only if you are unable to upload a picture, please briefly describe the cooking / heating that took place this afternoon.

- 2. OPEN TEXT/ PHOTO:** What ventilation, if any, did you use when you cooked / heated a hot meal using your cooktop or oven between **12pm and 5pm**?

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Please write the letter of the answer that best describes what you did in the open text box below:

- A. I switched on the exhaust hood over the cooker
- B. I switch on or increased the setting of my whole-house ventilation fan
- C. I opened a window
- D. I didn't use any additional ventilation

### DAY PART 3

1. **OPEN TEXT/ PHOTO:** If you cooked a meal between **after 5pm today**, please upload one or more pictures of the cooking that was done so we can see how you used your cooktop or oven today and what you were cooking.

Please note this should be a picture of your oven or hob whilst cooking your food (not of your meal after you have cooked it). Please see below for two examples:



Only if you are unable to upload a picture, please briefly describe the cooking / heating that took place this evening.

2. **OPEN TEXT/ PHOTO:** What ventilation, if any, did you use when you cooked / heated a hot meal using your cooktop or oven between **after 5pm?**

Please write the letter of the answer that best describes what you did in the open text box below:

- A. I switched on the exhaust hood over the cooker
- B. I switch on or increased the setting of my whole-house ventilation fan
- C. I opened a window
- D. I didn't use any additional ventilation

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**Reminder**

Thank you so much for all your uploads so far. We greatly appreciate your attention to these details as they are critical to the research.

Please don't forget to keep uploading to your daily diary tasks so we can keep match up the meals with the emissions. If you have any questions, please visit the support page or contact us.

**END**

**Thank you again for your participation in this research. Your feedback has been very valuable.**

**As a reminder, your incentive will be paid after your in-home monitoring equipment has been collected from your home.**

**Return postage of the monitoring equipment will take place on DATE. Please contact the courier by phone at least one day before pickup to discuss the optimal pick up time and place. E.g. it is also possible to let the pickup to take place at your work. The phone number is mentioned in the DHL document in the experiment box.**

**A courier will come to home to collect the equipment. Please ensure that you have packaged up the equipment in time for collection.**