

## RSQ PARTICIPANT INFORMATION SHEET

### A Study into the use of Art and History in Mobile Mindfulness Interventions

Name of Researcher: Richard Andrews  
Contact details of Researcher: RA845@bath.ac.uk

Name of Supervisor: Daniela De Angeli  
Contact details of Supervisor: DADA21@bath.ac.uk

This information sheet forms part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. Please read this information sheet carefully and ask one of the researchers named above if you are not clear about any details of the project.

#### **1. What is the purpose of the project:**

This study explores the effect on users' stress levels of a mindfulness, art-based web application.

#### **2. Who can be a participant?**

To participate you must:

- Be over the age of 18 years old
- Be comfortable completing a series of short questions about your current stress levels
- Have a good understanding of English
- Be able to use a computer or smartphone

#### **3. Do I have to take part?**

It is completely up to you to decide if you would like to participate. Before you decide to take part we will describe the project and go through this information sheet with you.

If you agree to take part, we will then ask you to sign a consent form.

However, if at any time you decide you no longer wish to take part in this project you are free to withdraw, without giving a reason.

#### **4. What will I be asked to do?**

If you decide to continue taking part in this study, you will be first asked to fill out a consent form and a short survey to collect basic demographic data and information about your current perceived stress levels (5 minutes). You will then be given a participant ID by the Researcher

Once you have completed the pre-intervention survey, you will be asked to interact with the mindfulness, art-therapy based, web application called Muse (The Intervention). The application will provide you with EITHER:

- a selection of curated digital 3D museum artefacts with and a selection of calming audio tracks to listen to OR
- just a selection of calming audio tracks to listen to

Which of these are available to you will be determined by your participant ID which will be given to by the Researcher. You must follow the steps on the home page of Muse and enter your participant ID WHEN asked.

Following the intervention, you will be asked to complete a short post-intervention survey about your current stress levels (5 minutes).

Finally, you will undergo a quick debrief from the study.

You can withdraw from the study at any point.

## **5. What are the exclusion criteria?**

You must be over the age of 18 years old to take part in this study.

Some may find the discussion of stress to be upsetting and may result in additional stress. If you have recently experienced or are currently experiencing high levels of stress, you may consider not taking part.

Unfortunately, since this application is a prototype, it has not yet been developed to accommodate a wide range of disabilities. Users with movement-based disabilities, visual impairments or hearing impairments may not take part. We apologise for this and understand this may be upsetting to some potential participants.

Similarly, translation has not been possible. Users with a poor understanding or written and spoken English may not take part.

## **6. What are the possible benefits of taking part?**

There are no benefits of taking part in the project. However, the information that you and other participants provide in this project will help us to determine whether the application being developed will have the therapeutic property of reducing perceived stress.

## **7. What are the possible disadvantages and risks of taking part?**

There are no disadvantages to you taking part in the project. If the questionnaire asks a question that you do not want to answer for any reason, you can choose not to answer.

### **8. Will my participation involve any discomfort or embarrassment?**

We do not expect you to feel any discomfort or embarrassment if you take part in this study. If, however, you do feel uncomfortable or appear upset at any time, the researcher will stop the study right away and may direct you to approach an appropriate support service.

### **9. Who will have access to the information that I provide?**

Only the researcher and supervisor will have access to the personal information that you provide. All records will be treated as confidential.

### **10. What will happen to the data collected and results of the project?**

All data collected during the project including personal, identifiable data will be treated as confidential and kept on a password protected file on the University of Bath's secure server. This storage of data will be done in accordance with the latest UK data protection legislation. Recorded data will not be kept at least 10 years. Your name or other identifying information will not be disclosed in any presentation or publication of the research. Questionnaire responses will be used anonymously with only an ID linking to your completed consent form with name and email address if you have chosen to be informed of the result of the project after its completion.

After the project has finished, we will also provide participants with a summary of the project results if they would like. This summary will not include any identifiable information and will show the overall findings of the project.

### **11. Who has reviewed the project?**

This project has been reviewed through the EIRA1 process within the Department of Computer Science and by the Research Ethics Approval Committee for Health (REACH) at the University of Bath.

### **12. How can I withdraw from the project?**

If you wish to stop participating before completing all parts of the project you can inform one of the above identified researchers in person or by email. You can withdraw from the project at any time without providing a reason for doing so and without any repercussions.

If for any reason you wish to withdraw your data, please contact an identified researcher within two weeks (14 days) of your participation. After this date it may not

be possible to withdraw your data as some results may have been published or anonymized. Your individual results will not be identifiable in any way in any presentation or publication.

### **13. University of Bath privacy notice**

The University of Bath privacy notice can be found here:

<https://www.bath.ac.uk/corporate-information/university-of-bath-privacy-notice-for-research-participants/>.

### **14. What happens if there is a problem?**

If you have a concern about any aspect of the project, you should ask to speak to the researchers who will do their best to answer any questions.

### **15. If I require further information who should I contact and how?**

Thank you for expressing an interest in participating in this project. Please do not hesitate to get in touch with us if you would like some more information.

Name of Researcher: Richard Andrews

Contact details of Researcher: [RA845@bath.ac.uk](mailto:RA845@bath.ac.uk)

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