

Joseph Banks Secondary College
Year 11 Psychology
Assessment Task 2 – Investigation 1

Investigation: Does exercise affect mood?

Dear Student,

As part of this unit on psychology, you will be examining whether exercise improves mood. Specifically, you will investigate the impact of 10 minutes of moderate exercise on mood pleasantness and arousal, compared to 10 minutes of relaxation.

Participants in this investigation will carry out both the control and experimental conditions in alternating days to reduce participant extraneous variables and order effects. This will occur over four days, therefore each participant will participate in the control condition and experimental condition twice.

- *Control condition:* 10 minutes of quiet relaxation.
- *Experimental condition:* 10 minutes of moderate exercise.

Participants will undergo a modified Brief Mood Introspection Scale (BMIS) before and after the experimental or control conditions. The data collection for this investigation will take place during regular class time at the beginning of the lesson, please ensure you have access to a sports uniform for the experimental condition, this will include two sessions of: 105 seconds jogging, 45 seconds lunging, 45 seconds push-ups, 45 seconds star jumps with 15 seconds break in-between each activity.

To safeguard anonymity, students' written responses will be identified by a code number and all individual student data will be shredded at the completion of the unit.

Please ask the experimenter if you do not fully understand the information provided or if you would like further information. In understanding, what is required of you as a participant in this investigation, you may choose to consent to participate fully in this investigation, in some part of this investigation or not at all. If you decide to participate, please read, complete and sign the attached consent form.

Due to being under 18 years of age, a parent or guardian must also provide consent for your participation in this investigation. If they agree, please ask them to also sign the provided consent form.

Even if you have signed the consent form, you may withdraw from this investigation at any time. There will be no consequences if you do not want to participate, or if you initially agree to participate and later decide to withdraw. Your rights and responsibilities are detailed in the consent form.

Please feel free to speak with the experimenter if you have any concerns or queries about this investigation or about your involvement in this investigation.

Yours sincerely,

Ms Sarah Davey
Psychology Teacher

Joseph Banks Secondary College
Year 11 General Psychology
Unit 1 – Assessment Task 2 – Investigation 1

Investigation: Does exercise affect mood?

Informed Consent Form

Participant's name: _____

Investigation title: **Does exercise affect mood?**

Teacher's name: _____

I consent to participate in the research investigation named above. The nature of the research, including the procedures, has been explained to me, and is summarised on the information letter I have been given

I give permission for the responsible teacher, named above, to use the outlined investigation procedures with me.

I understand that:

- (a) I am free to withdraw from the investigation at any time. There will be no consequences if I decline to participate or if I initially agree to participate, but later decide to withdraw.
- (b) The investigation is for the purpose of teaching and learning.
- (c) The confidentiality of the information I provide will be safeguarded. Written responses will be identified only by a code number in order to ensure that responses are anonymous.
- (d) There are no known adverse effects of participation in this investigation.
- (e) I will maintain the confidentiality of other participants in this investigation.

Please return this signed consent form to your teacher.

Signed:
(student)

Date:

Students may participate in this investigation only if a parent or guardian completes the following section.

I consent to the participation of in the above research investigation.

Signed:
(parent/guardian)

Date: