

# ENLIGHT Round 4

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## ENLIGHT Survey Round 4

Thank you for agreeing to participate in **Round 4** of the ENLIGHT survey. We look forward to receiving your input. Please note that to qualify for contributorship under a group authorship model, you must complete Rounds 1, 2, and 4.

Following **Round 3**, we have made numerous changes in the checklist by identifying common thematic clusters brought up in the synchronous Round 3 discussions (see attachment to the invitation email). These changes have simplified, condensed, and improved the checklist.

We have also written guidelines explaining concepts contained in the checklist. These guidelines are kept concise, and are only intended to help authors complete the checklist and are not intended to provide a comprehensive guide on how to design studies or perform light measurements.

In **Round 4**, we will ask for your input on which items in the checklist should be reported in studies **irrespective of the specific context or study design**. Items which more than 75% of experts believe should be reported irrespective of context will have the “not applicable” box removed in the final checklist to indicate that the item is applicable regardless of context. All items will still have a “not available” box for authors to tick.

We will also ask you to review both the **Checklist** and **Guidelines** and provide any final feedback. Please ensure any feedback is concise, specific, and actionable. Similarly to Round 3, we will group common themes that arise from the written feedback and make changes to the guidelines and/or checklist as appropriate.

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**Please remember: The checklist and guidelines are intended for use in human in-laboratory studies of the non-visual effects of light. We appreciate that there are other contexts, for example field research, where some of the items in the checklist may not be available or measurable. However, the development of a checklist which additionally covers these contexts is beyond the scope of the current exercise.**

Please enter your unique 5-character ID. \* *Required*

Your answer should be no more than 5 characters long.

# Essential reporting items

Here, we ask you to indicate which reporting items should **always be reported**, irrespective of context, design or other specific aspects of the study. When we receive a consensus agreement of 75% that the item should always be reported, the "Not applicable" checkbox will be removed from the final version of the checklist.

We note that indicating something should *always be reported*, does not prescribe a specific way of designing or running a research study.

**Example 1:** Indicating “yes” for “Pre-laboratory sleep-wake/rest-activity behaviour” (Section A1) would mean that you think that the not-applicable box should be removed for this item in the checklist. Therefore, authors would always need to either describe how “Pre-laboratory sleep-wake/rest-activity” was measured/controlled, OR state explicitly in the manuscript that it was not measured/controlled, OR indicate that it is not available in the checklist.

**Example 2:** Indicating “no” for “Wearable light-filtering apparatus” (Section B1) would mean that you think that the not-applicable box should always be available for authors completing the checklist.

## A.1. Protocol-level characteristics

Should the following **protocol-level characteristics** always be reported, irrespective of context, design or specific aspects of a study?

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	Yes	No
Description of experimental setting	<input type="checkbox"/>	<input type="checkbox"/>
Timeline of experiment (including timing and duration of light)	<input type="checkbox"/>	<input type="checkbox"/>
Pre-laboratory sleep-wake/rest-activity behaviour	<input type="checkbox"/>	<input type="checkbox"/>
Pre-laboratory light exposure	<input type="checkbox"/>	<input type="checkbox"/>

Immediate prior light exposure (in laboratory)	<input type="checkbox"/>	<input type="checkbox"/>
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## A.2. Measurement-level characteristics

Should the following **measurement-level characteristics** always be reported, irrespective of context, design or specific aspects of a study?

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	Yes	No
Measurement plane (e.g., horizontal or vertical)	<input type="checkbox"/>	<input type="checkbox"/>
Measurement viewpoint and location	<input type="checkbox"/>	<input type="checkbox"/>
Type, make and manufacturer of the measurement instrument	<input type="checkbox"/>	<input type="checkbox"/>
Calibration status of the instrument	<input type="checkbox"/>	<input type="checkbox"/>

## A.3. Participant-level characteristics

Should the following **participant-level characteristics** always be reported, irrespective of context, design or context, design or specific aspects of a study?

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	Yes	No
Pupil size and/or dilation	<input type="checkbox"/>	<input type="checkbox"/>
Relative time (e.g. to circadian phase or sleep)	<input type="checkbox"/>	<input type="checkbox"/>
Ocular health and functioning	<input type="checkbox"/>	<input type="checkbox"/>

## B.1. Light source characteristics

Should the following **light source characteristics** always be reported, irrespective of context, design or specific aspects of a study?

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	Yes	No
Type, make and manufacturer of the light source	<input type="checkbox"/>	<input type="checkbox"/>
Use of wearable filtering apparatus (e.g., blue-blocking glasses)	<input type="checkbox"/>	<input type="checkbox"/>

## B.2. Light-level characteristics

For these items, indicating “yes” would mean that you think either the illuminance/irradiance or luminance/radiance for each item should always be reported, depending on the type of light source, not that both should be.

Should the following **light-level characteristics** always be reported, irrespective of context, design or specific aspects of a study?

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	Yes	No
Spectral irradiance OR radiance distribution	<input type="checkbox"/>	<input type="checkbox"/>
Illuminance (lux) OR luminance (cd/m <sup>2</sup> )	<input type="checkbox"/>	<input type="checkbox"/>
$\alpha$ -opic irradiance OR radiance (including melanopic)	<input type="checkbox"/>	<input type="checkbox"/>
$\alpha$ -opic equivalent daylight illuminance OR luminance (EDI/EDL, including melanopic)	<input type="checkbox"/>	<input type="checkbox"/>

## B.3. Colour characteristics

For “Peak wavelength/bandwidth”, these items are only relevant to narrow-band/monochromatic light sources, as already noted in the checklist. Therefore, if you select “yes” below, this would indicate that where narrow-band/monochromatic light

sources are selected in Section B.1, you think that the not-applicable option should be removed for “Peak wavelength/bandwidth”.

Should the following **colour characteristics** always be reported, irrespective of context, design or specific aspects of a study?

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	Yes	No
Peak wavelength and bandwidth	<input type="checkbox"/>	<input type="checkbox"/>
Colour quantities (any)	<input type="checkbox"/>	<input type="checkbox"/>
Colour rendition metrics (any)	<input type="checkbox"/>	<input type="checkbox"/>

#### B.4. Temporal and spatial characteristics

Should the following **temporal and spatial characteristics** always be reported, irrespective of context, design or specific aspects of a study?

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	Yes	No
Temporal pattern (including flash frequency and waveform)	<input type="checkbox"/>	<input type="checkbox"/>
Location of stimulus and viewing distance	<input type="checkbox"/>	<input type="checkbox"/>
Relative or absolute size of the stimulus	<input type="checkbox"/>	<input type="checkbox"/>

## Comments on checklist and guidelines

Do you have any open comments on the **checklist**? Please be concise and specific.

Do you have any open comments on the **guidelines**? Please be concise and specific.

## Consortium authorship

As indicated in our invitation email, participants completing Rounds 1, 2 and 4 can be included on the manuscript describing the checklist, guidelines and the process by which the checklist were derived as contributors in a [group authorship model](#). Completing Round 4 will make you eligible for inclusion in the consortium.

In the following section, we explicitly ask you to give your permission to be included as a contributor and ask for the name and email address with which you would like to be included. **Please note that there will be no explicit opportunity to comment/provide feedback on the manuscript.** However, prior to submission (either to a journal or pre-print server) you will receive a confidential copy of the manuscript, and be able to withdraw your contributorship if you no longer wish to be involved.

Do you wish to be **named as part of the ENLIGHT consortium** and be a **contributor** following the [group authorship model](#)? \* *Required*

- ☐ Yes
- ☐ No



## Your details

Your **first name** (including any initials) as you wish it to appear on MEDLINE \*  
*Required*

Your **last name** as you wish it to appear on MEDLINE \* *Required*

Your email address \* *Required*

Your ORCID

## Reason for not joining the group authorship

What are your reasons for not joining the ENLIGHT consortium as a contributor on the publication?



# Evaluation of the modified Delphi process

We would like to ask you to evaluate the modified Delphi process which we have implemented as part of the ENLIGHT project. We ask you to evaluate the **process** separately from the **outcome**.

We would like to thank you again for your time and contribution. We really appreciate your ongoing involvement.

How satisfied are you with the ENLIGHT modified Delphi **process**?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Unsure
- ☐ Dissatisfied
- ☐ Very dissatisfied

How satisfied are you with the **ENLIGHT checklist**?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Unsure
- ☐ Dissatisfied
- ☐ Very dissatisfied

How satisfied are you with the **ENLIGHT guidelines**?

- ☐ Very satisfied
- ☐ Satisfied

- ☐ Unsure
- ☐ Dissatisfied
- ☐ Very dissatisfied

# Final page

Thank you participating in the ENLIGHT project. We appreciate the time and effort you have put into this.

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