

EXPLANATORY STATEMENT

Project: A Field Study on Classroom Lighting and Its Visual and Non-visual Effects on Humans

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

What does the research involve?

The aim of this project is to investigate the effect of classroom lighting on human visual and non-visual systems. A psychological experiment will be conducted to achieve the following objectives:

- (i) To investigate the effect of short-term exposure of high and low Circadian Action Factor (metric to quantify circadian content in a spectrum) on the attention, alertness, sleepiness, executive function and cognition of humans using LED-based spectrally tunable light sources.

As a participant, you will be required to:

- (i) Pass an Ishihara color blindness test and declare that you have no visual impairment.
- (ii) Remain in a classroom with a pre-designed lighting condition for a certain number of hours as determined by the experimental setup.

- (iii) Answer questions in self-assessment tests.
- (iv) Respond to psychological tests and cognitive tasks.
- (v) Be equipped with wearable circadian lux sensors.

This test is expected to last several hours.

Why were you chosen for this research?

You were chosen for this research because you:

- i) Have no color blindness.
- ii) Have no vision impairment (as declared by yourself).

Source of funding

The research investigators have received the Infrastructure funding for Intelligent Lighting Laboratory (Project code: 5140001-226) from Monash University Malaysia to support the project.

Consenting to participate in the project and withdrawing from the research

The consent process involves signing and returning the consent form. The research experiment comprises psychological tests, self-assessment tests and cognitive tasks conducted in a purpose-designed space. You have the right to withdraw from participation any time before or during the experiment. It will not be possible to withdraw data once you have participated in the experiment.

Not participating in this research will not disadvantage you in any way and will have no influence on your relationship with the academic staff at Monash University.

Possible benefits and risks to participants

Any discomfort throughout the experiment can be addressed by withdrawing from the experiment instantly. All objects used in the experiment will be free of hazards and hence pose only low risks to the participant. The outcomes from this research can potentially benefit the health and wellbeing of humans through your participation.

Payment

Every participant will be awarded a shopping voucher worth RM 40 upon completion of the experiment.

Confidentiality

Participant's personal identity will be kept confidential in the events of reporting and publication.

Storage of data

The information you provide on this form is collected for the primary purpose of research and will be entered into a private database to assist with statistical analyses. These records are accessed by the staff and students in the

Intelligent Lighting Laboratory at Monash Malaysia and will be kept confidential for 7 years preceding the experiment after which it will be destroyed.

Results

The results of the study will be made available on request as a link to a publication, once the research is published.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics (MUHREC):

Executive Officer

Monash University Human Research Ethics
Committee (MUHREC)
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24 Sports Walk, Clayton Campus
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Thank you,



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