

The ethical issue involved in the proposal is that users will need to do a short exercise to test its effectiveness. However as mentioned above this potential risk will be minimised as a priority throughout the evaluation process.

5. Specify whether the research will involve children or those with mental disability or handicap:

There will be no use of children, mentally disabled, or handicapped individuals throughout the entirety of my experiment.

If so, explain the steps taken to obtain permission from LEAs, headteachers, parents etc:

N/A

6. State if payment will be made to participants:

There will be no payment offered to participants.

7. Describe procedures for advertising, for recruiting participants, and for obtaining consent from participants:

Recruiting participants will be done through my peers, advertised via word-of-mouth. Recruitment of participants will ensure all participants can comfortably run for the duration specified, are generally active individuals and don't have any underlying health conditions that could be provoked by the experiment. Consent will be obtained through a consent form that each participant will sign to ensure their understanding of the potential risks involved.

8. State whether the proposal is in accord with the BPS Code of Conduct or the ESRC Frame of Research Ethics.

The proposal is in accordance with the BPS Code of Conduct and the ESRC Frame of Research Ethics

9. Describe how the participants' anonymity and confidentiality will be maintained:

The data will be collected through a Google Form, where there is no personal information acquired.

10. Date on which the project will begin and end: 09/02/2024 – 29/02/2024

11. Location at which the project will be carried out: REMOTE

12. Describe how participants will be debriefed at the end of the experiment. This must include the opportunity to contact the experimenter (or supervisor) for feedback on the general outcome of the experiment.

The participant will be given a contact number in order to contact me if needed. They will also be given a reminder of what their data will be used for, as well as reminded that their data will remain entirely anonymous. Finally I will give a platform at the time for any questions they might have about the project or experiment.