

**Ethics review form of psychology research, School of Psychology, Beijing Sport University**

To standardize the management of the experimental research process at the School of Psychology, Beijing Sport University, and to protect the legitimate rights of participants, this "Ethical Review Form of the School of Psychology, Beijing Sport University" is formulated in accordance with the requirements of psychological ethics review and the standards of the Chinese Psychological Society for research ethics review. All psychology topics applying for experimental research must fill out this review form and obtain approval from the members of the Ethics Review Committee or its director before they can apply to conduct the relevant research in this laboratory (Note: This form is in two copies, to be submitted together with the laboratory application form, one of which is kept on file in the psychology laboratory).

The ethical review process includes the following steps: Self-inspection by the researcher (or student) → Verification by the project leader (or advisor) → Re-examination by the members of the Ethics Committee (if the members are uncertain whether the researcher's plan adheres to ethical standards, the issue is brought before the Ethics Committee for a collective discussion and a decision is reached).

# 1. Research topic information (Detailed experimental design is provided in appendix)

Project Title	Emotion regulation flexibility of athletes : When do shooters switch between different strategies?		
Research Direction	Athlete emotion regulation		
Subject Facilitator	Zhou Lulu	Subject Executor	Li Yingxia
Subject Participant	Liu Huimin		
Brief introduction of research content	<p>Negative emotions directly affect shooting performance. High-intensity emotional experiences can impair cognition and self-control, resulting in perceptual, motor, coordination, and strategic errors. Emotional regulation is a crucial psychological ability that significantly influences the execution of sports skills. The complex and changeable nature of competitive sports situations causes intense emotional changes in athletes, necessitating a higher ability to regulate emotions in order to ensure optimal sports performance. Athletes must flexibly choose and utilize different regulation strategies based on the changing situations, aligning with the emotional regulation process in competitive sports contexts. This study examines how shooters adaptively modify their regulation strategies using them as an example. Two experiments were conducted to compare shooting performance of shooters under different situations by employing specific regulation strategies and adapting those strategies according to consistent situation changes. The relationship between situation changes and strategy modifications reflects emotional regulation flexibility.</p>		

## 2. Participant information

### 2.1. Basic information introduction

Expected number of participants to be recruited: 50	Expected duration: 8 days (14 time points before and during the race)
Special Requirements for participants: None	

### 2.2. Type of participant (delimited by the applicant)

Adult	Teenager	Physical and mental condition of participants
<input checked="" type="checkbox"/> 18-64years	<input type="checkbox"/> Newborn/Infant	<input checked="" type="checkbox"/> Healthy Volunteers
<input type="checkbox"/> 65years or older	<input type="checkbox"/> Children(2-12 )	<input type="checkbox"/> Impaired judgment (e.g. abnormal mental state, brain damage, etc.)
	<input checked="" type="checkbox"/> Teenager(13-18 )	<input type="checkbox"/> Physical disorders (e.g. spinal cord damage)
		<input type="checkbox"/> Pregnant woman
		<input type="checkbox"/> Others:

### 2.3. Subject source (tick the appropriate option by the applicant)

<input checked="" type="checkbox"/> Cooperative institution	<input type="checkbox"/> Newspaper/radio/TV ads
<input type="checkbox"/> School Posting	<input type="checkbox"/> Email
<input type="checkbox"/> Web	<input type="checkbox"/> Census/Public Records/Business mailing list
<input type="checkbox"/> Subject database	<input type="checkbox"/> Oral recruitment
<input type="checkbox"/> Others (please specify) :	

### 2.4. Informed consent form (marked by the applicant)

<input checked="" type="checkbox"/> Including <b>written informed consent</b> of the subject (submitted with this review form)	
<input checked="" type="checkbox"/> Participants had at least 12 hours to decide whether to participate. If it is less than 12 hours, an explanation should be given below:	
Subject informed consent signer  <input checked="" type="checkbox"/> Participants <input type="checkbox"/> Parents <input type="checkbox"/> Relatives <input type="checkbox"/> Legal representative	Subject informed consent collector  <input checked="" type="checkbox"/> Psychology Researcher (Assistant)  <input type="checkbox"/> Others (please specify) :

### 2.5. Subject remuneration (to be ticked off by the applicant)

<input type="checkbox"/> No <input checked="" type="checkbox"/> Yes
<input type="checkbox"/> Cash                      Amount: <input checked="" type="checkbox"/> Others (please specify) : Game conditioning services

## 3. Ethical review criteria (if the criteria are met, the applicant will mark the corresponding items)

<b>3.1. The resolution of moral problems</b>
3.1.01 <input checked="" type="checkbox"/> If there is a possibility of misuse and misrepresentation in the research work, researchers should take reasonable measures to correct or minimize such misuse and misinterpretation.
3.1.02 <input checked="" type="checkbox"/> If the work of the researcher conflicts with other laws, regulations, or other authoritative norms, the researcher should clarify the nature of the conflict and resolve it reasonably under the premise of complying with moral and legal principles. Under no circumstances should this standard be used to justify or defend actions that violate human rights.
3.1.03 <input checked="" type="checkbox"/> When a researcher believes that another researcher may violate ethical and moral standards, the researcher may take appropriate measures that do not compromise confidentiality to remind them of the issue.
3.1.04 <input checked="" type="checkbox"/> If a researcher's actions clearly violate ethical and moral standards or may seriously harm an individual or organization, it may be reported to a more authoritative body or authority.

3.1.05 Researchers must not submit or encourage the submission of ethical applications that disregard the truth.
3.1.05 <input checked="" type="checkbox"/> Researchers must not submit or encourage the submission of ethical applications that disregard the truth.

### 3.2. Competence

3.2.01 <input checked="" type="checkbox"/> Researchers should only conduct research within the scope of their competencies as represented by their consultation, learning, or previous professional experience.
3.2.02 <input checked="" type="checkbox"/> The conduct of psychological research is closely related to factors such as age, gender, race, ethnicity, religion, and sexual orientation. Researchers should have the necessary experience before conducting research to ensure they have the capability to provide the corresponding services.
3.2.03 <input checked="" type="checkbox"/> In extremely urgent situations, if no professional personnel are present, researchers without professional training may provide services as appropriate, but the services must be immediately discontinued after the emergency situation ends.
3.2.04 <input checked="" type="checkbox"/> Researchers should continuously develop and maintain their own work competence.
3.2.05 <input checked="" type="checkbox"/> The work of psychological researchers should be based on the scientific and professional knowledge of the discipline.
3.2.06 Principles for delegating work to other assistants: <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Avoid delegating work to those who have multiple relationships with the research population;</li> <li><input checked="" type="checkbox"/> Prioritize delegating work to personnel with relevant work experience;</li> <li><input checked="" type="checkbox"/> Supervise the work of the delegated personnel.</li> </ul>
3.2.07 <input checked="" type="checkbox"/> If a researcher realizes that personal issues may interfere with the research, they should take appropriate measures and decide whether to restrict, suspend, or terminate their involvement with the research work.

### 3.3. Interpersonal relationship

3.3.01 <input checked="" type="checkbox"/> Within the field in which the researcher works, the researcher must not engage in activities related to age, gender, race, and religion that are prohibited by law.
3.3.02 <input checked="" type="checkbox"/> Researchers must not sexually harass research participants.
3.3.03 <input checked="" type="checkbox"/> Researchers should take reasonable measures to avoid harming research participants or to reduce anticipated unavoidable harm.
3.3.04 <input checked="" type="checkbox"/> Researchers cannot conduct research that intentionally causes physical or psychological pain to an individual.
3.3.05 <input checked="" type="checkbox"/> When conducting research, psychological researchers should use language that is as accessible as possible to their participants, except for content that cannot be disclosed by government or legal regulations.
3.3.06 <input checked="" type="checkbox"/> For individuals who are legally incapable of giving informed consent, researchers still need to: 1. Provide appropriate explanations; 2. Seek personal consent; 3. Consider the person's preferences and best interests; 4. Seek assistance from legally authorized representatives.

3.3.07	<input checked="" type="checkbox"/> Researchers may appropriately document written or oral consent, permissions, etc.
3.3.08	<input checked="" type="checkbox"/> When providing assistance to an organization, researchers must inform the client in advance, including: 1. The nature and objectives of the services; 2. The anticipated number of personnel; 3. The relationship between the researcher and each individual and the organization; 4. The information that may be used; 5. Who will receive the information; 6. Principles of confidentiality.
3.3.09	<input checked="" type="checkbox"/> If the law or organization informs the researcher that research information cannot be disclosed to other specific individuals or groups, the researcher should inform these specific individuals or groups of this information before the research begins.

<b>3.4. Privacy and confidentiality</b>	
3.4.01	<input checked="" type="checkbox"/> Researchers have an obligation to keep confidential any information about individuals stored in any form.
3.4.02	<input checked="" type="checkbox"/> When working with others or organizations, researchers must sign confidentiality agreements and agreements on the use of relevant information.
3.4.03	<input checked="" type="checkbox"/> Confidentiality agreements should be prepared before the research and modified according to specific circumstances unless it is impractical to do so.
3.4.04	<input checked="" type="checkbox"/> Researchers must pay attention to the confidentiality of information transmitted through the network or electronic facilities.
3.4.05	<input checked="" type="checkbox"/> Researchers must pay attention to the confidentiality of information transmitted through the network or electronic facilities.
3.4.06	<input checked="" type="checkbox"/> Researchers cannot disclose information that could lead to the identification of visitors/patients, research participants, relevant individuals, and groups without first obtaining the consent of the individuals or groups involved.
3.4.07	<input checked="" type="checkbox"/> Researchers must not publicly disclose confidential and identifiable private information about visitors/patients, students, survey participants, group visitors, or other individuals receiving psychological services in their own publications, speeches, or other public media, unless they have obtained permission from the individuals or legal authorization.

<b>3.5. Record retention and expenses</b>	
3.5.01	<input checked="" type="checkbox"/> Researchers should create and maintain all obtained relevant records and data within a controllable scope for subsequent use by professionals; allow for the redesign and reanalysis of the research; and ensure the accuracy of billing and payment, as well as compliance with legal regulations.
3.5.02	<input checked="" type="checkbox"/> All data and records collected by researchers must adhere to the principles of confidentiality.
3.5.03	<input checked="" type="checkbox"/> Researchers may reach a consensus agreement with research participants regarding compensation and billing arrangements.
3.5.04	<input checked="" type="checkbox"/> Researchers must not intentionally mislead research participants about the fees they are entitled to.

### 3.6. Assessment

3.6.01 ☒ When interpreting test results, including through automated interpretation programs, researchers should consider the purpose of the test as well as the various elements of the test, the capabilities of the participants, and other relevant characteristics.

3.6.02 ☒ Psychological practitioners must not base tests, interventions, and recommendations on data or test results that are outdated or obsolete for the current research purpose.

### 3.7. Opinion of self-examination

I hereby declare that the information I have provided is true and accurate. I will strictly conduct experiments and research in accordance with the content of the application and assume the relevant ethical responsibilities.

Applicant: 同路路

Date: July 28, 2023

## 4. Ethical review opinion

This study complies with the ethical requirements for psychological experiments, and I agree to proceed with the research.

Project manager (supervisor) 姜媛

Date: July 29, 2023

### Ethics Committee Review Opinion:

伦理委员会复核意见:

☒ Upon review by the Ethics Committee (or its members), it is determined that the study complies with ethical standards, and permission is granted to conduct the experimental research.

☐ Upon review by the Ethics Committee (or its members), it is determined that the study does not comply with ethical standards, and permission to conduct the experimental research is withheld.

Ethics Committee member or director 迟之忠

Date: July 29, 2021