# Psychology_Department_letterhead_Word_10162008_20704PM_LH_ProofAppendix A — Informed Consent

**Information**

You are invited to participate in a research study. The purpose of this study is to determine if relaxation has a meaningful impact on maintaining sustained attention. You will perform a finger-tapping task and a rapid serial visual presentation (RSVP) task in no particular order. During the finger-tapping task you will be asked to tap your finger in a steady rhythm for 4 minutes by pressing the space bar on the keyboard. Try your best to maintain the original rhythm for the entire duration of the task. During the RSVP task, you will be presented with a series of rapidly-presented letters. Within that stream are one or two numbers (1 to 9). You will be asked to make a mental note of the numbers presented, and to indicate at the end of the trial which numbers were shown, and in what order. These responses will be made on a number pad. Sometimes during the trial you may be presented with a blank screen. Please ignore that. This RSVP task should take approximately 11 to 14 minutes.

After completing both tasks, you will be asked to participate in 20 minutes of guided relaxation exercises presented via audio recording. Please follow the instructions provided. Try not to force yourself while doing this. There is no right or wrong way to complete this.

After 20 minutes of relaxation, you will be asked to once again redo the finger tapping and RSVP tasks. The duration of both will be the same as the previous session.

Throughout this study, you will be connected to an electroencephalogram (EEG). There is absolutely no pain involved with being connected to the EEG. You will be asked to wear a cap on your head with a small amount of gel. This cap is connected to the EEG amplifier and allows us to measure your brain activity during the experiment. We will also place small electrodes under your eye, attach these electrodes to the same EEG amplifier, and then measure the strength of your eye-blink response. This too is completely painless. Although the research cannot be fully explained at this time, a complete explanation will be provided at the conclusion of your participation today. The study should take two hours, and you will receive 2.0 research credits for your participation.

**Risks**

Although there are no foreseeable risks involved in participating in this study, you should be aware of a few things. First, EEG studies involve placing electrolyte gel in your hair, and this (i) involves a trained research assistant placing blunt electrodes directly onto (touching) your scalp and (ii) can become messy. Rest assured, however, that you will also have the opportunity at the end of the study to wash, style, and dry your hair.

**Benefits**

You will have the opportunity to observe the methods that researchers use to study the neural and psychophysiological factors related to people’s decision making, thus improving your understanding of psychological research methods. You will also contribute to the body of knowledge of people’s brain and psychophysiology as they make decisions. You will also be exposed to effective relaxation techniques, which are associated with cognitive and emotional benefits.

**Confidentiality**

Your responses will be kept completely confidential. Confidentiality of your research records will be strictly maintained by assigning all the data you provide a code number. Your confidential data will be kept in a locked   
office in the psychology department that can be accessed only by the research supervisor and authorized researchers, and will be destroyed seven years after the completion of this study, in accordance with American Psychological Association guidelines. The results of this study may be reported in conference presentations and journal articles. Note, however, that the responses of individual participants will not be identified in any reports of this research; only aggregated data (e.g., averages from the projected 75 participants) will be reported.

**Compensation**

You will receive 2.0 research credits towards the introduction to psychology extra credit option, and $20 for your participation in this study. If you begin the study but choose to withdraw prior to its completion or ask to have your data deleted, you will still receive your full 2.0 research credit and $20. Of course, once your data have been turned in, it cannot be withdrawn because it is anonymous.

**Contact and Feedback**

If you have questions at any time about the study or the procedures, you may contact the principle researchers, John Eusebio (john.eusebio@mail.utoronto.ca) or Dr. Michael Inzlicht (michael.inzlicht@utoronto.ca), at the Department of Psychology, University of Toronto, Scarborough Campus. This project has been reviewed and approved by the University Research Ethics Board. If you feel you have not been treated according to the descriptions in this form, or your rights as a participant in research have been violated during the course of this project, you may contact the University of Toronto Research Ethics Board (ethics.review@utoronto.ca). If you are interested in viewing the results of this study, please feel free to contact the principal researcher, John Eusebio (john.eusebio@mail.utoronto.ca).

**Participation**

Your participation in this study is completely voluntary. You may withdraw from the study at any time without penalty or loss of benefits to which you are entitled. You are also free to omit the answer to any question.

**Uploading Data to Research Database**

In line with scientific practice and research transparency, the data we collect (responses and any coded data) will be made available on a research forum for open science practice ([https://osf.io/](https://osf.io/%22%20%5Ct%20%22_blank)). All data that is uploaded, including transcribed video/audio files, will be coded scores, and not actual video/audio data itself. In addition, all information/data will be given a random ID and therefore, will not contain personally identifiable information.

**Consent to Participate**

I have read and understand the above information. I have received a copy of this form. I agree to participate in this study.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Consent to have Data Uploaded to Research Database**

I agree to have my data made available on a research database, which will be accessed by the scientific and psychological academic community. I am aware that any information of my data will not include personally identifiable information.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_