

Participant Information Sheet/Information about the research (Version 1.0: 19th March 2023)

Title of Study: Simulating the Effects of International Travel in a Virtual World to Provide Training and Reassurance

We are inviting you to take part in a research study. Before you decide, it is important that you know why we are doing the study and what is involved. Please read the following information carefully.

You should make a note of your unique reference so you can use this to identify yourself to the researcher, later if you would like to opt-out of the study.

My Unique Reference: _____

What is the purpose of the study?

We are investigating the effectiveness of a simulated experience of international travel to see how it will affect the anxiety of a participant (you).

This is important to study this because of the recent history of lockdowns and Brexit, this can be very overwhelming. We want to create a tool that can allow people to understand the procedures and the changes that have occurred in an engaging manner.

The study will be conducted on the Brayford Pool campus, or remotely via Microsoft Teams (this will be addressed on a case-by-case basis – depending on the equipment you have at home. You will have a chance to discuss this with the researcher).

Am I eligible to take part?

Everyone can take part in the study, as long as you feel comfortable using a virtual reality headset. You do not need to provide this – as one will be provided for you to use.

An ideal candidate may have travelled via air previously or not at all. This may have been internationally from the UK, or it may have been a domestic flight e.g., Birmingham to Glasgow, or it may have been further afield.

You should not take part if you suffer from conditions which would be negatively affected by using the VR headset, such as **vertigo** or **epilepsy**.

Do I have to take part?

Participation is completely voluntary. You should only take part if you want to and choosing not to take part will not disadvantage you in anyway.

What will I be asked to do?

- You will be asked to meet with the researcher (on the Brayford Pool Campus unless otherwise requested), at your convenience. **This will take around an hour to complete**, you may request to do this as a part of a group or on your own.
- You will then be given access to complete a questionnaire; this will ask some general questions relating to your experience travelling.
- You will then be given access to an experience inside of a virtual reality headset to simulate the experience of internationally travelling. You will be always supervised while using the headset.
- Once you have completed the experience you will be given a debrief, explaining the effects of using a virtual reality headset, this is to ensure you are feeling ok.
- And then, you will be asked to complete the questionnaire again, this time it will ask you questions regarding the experience and the presence, using the methodologies created by Witmer & Singer (1994) and GAD-7.
- You will be then free to carry on with your day.

Will I be paid expenses for taking part?

You will not be paid to participate in the study.

What are the possible benefits / risks of taking part?

By taking part in this study, you will be able to experience the full process of travelling internationally, which will allow you to reduce your levels of travel anxiety.

You will be able to use a virtual reality headset to experience this.

This comes with the risk that you may feel sick, disorientated and or anxious; if this happens raise this with the researcher and the study will stop, and you may wish to either take a break or withdraw from the study and have all your information deleted.

If you continue to feel unwell you may find it necessary to contact the on-site first aider or student wellbeing, the contact details have been provided towards the end of this document.

Any questions you have relating to anxiety after completing this study will not be able to be answered by the researcher and you will not be given your results. If you would like to learn more about anxiety please see the NHS website <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anxiety-fear-panic/>.

Will anyone know I have taken part?

The University of Lincoln (UoL) is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly.

The research team will keep your name and contact details confidential and secure. The research team will use this information as needed, to contact you about the research study, and make sure that relevant information about the study is recorded for your care, and to oversee the quality of the study. Certain individuals from UoL may look at your research records to check the accuracy of the research study. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details.

The questionnaire will be confidential unless you reveal that you or someone you know is at serious risk of harm. We will talk about it with you so that we can work out together how best to handle this.

However, your information will not be published in the publication created from this study.

Where will my data be stored?

The data obtained from the study will be stored securely on the university OneDrive in password protected files. Only the researcher will have access to it.

The data collected from the study may only be identified with the code that you should have recorded on the front of this document. This is something you should keep secret unless you would like to withdraw from the study.

What will happen if I don't want to carry on with the study?

You are free to withdraw at any point from this study, without having to give a reason, by contacting the project researcher, Josh Cooper.

If you choose to withdraw from the study, the information you have given us up to this point will be deleted/destroyed.

You should do this within seven days of taking part in this study as requests after this period may not be able to be fulfilled.

What will happen to the results of the research study?

The results of this study will be used to produce a Dissertation for the completion of the researcher's undergraduate degree in Games Computing. This may be published online or in the library. Your personal data will not be published and will be deleted on 1 September 2023.

Who is organising and funding the research?

This research is being organised by Josh Cooper at the University of Lincoln and is being funded by himself and the School of Computer Science.

Who has reviewed the study?

All research conducted by the University of Lincoln is looked at by an independent group of people, called a Research Ethics Committee, to protect your rights, dignity and wellbeing. This study has been reviewed and given favourable opinion by a University of Lincoln Research Ethics Committee. The reference number is **13535**.

What if there is a problem?

It is very unlikely that this study would cause you any harm. If you have a concern or a complaint about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions. The researchers contact details are given at the end of this information sheet.

If you remain unhappy and wish to complain formally, you can make a formal complaint through the University complaints procedure or by contacting ethics@lincoln.ac.uk.

Further information and contact details

Contact details

Project Researcher (primary contact):

Josh Cooper

25466645@students.lincoln.ac.uk

Project Supervisor:

Craig Green

CrGreen@lincoln.ac.uk

On-site First Aid (Brayford Pool Campus):

01522 88 6666 (x6666 from a University Phone)

Student Wellbeing:

studentsupport@lincoln.ac.uk

01522 83 7080

Samaritans:

<https://www.samaritans.org/>

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Information compliance

The University of Lincoln is the lead organisation for this study and will be the data controller for this study. This means that we are responsible for looking after your information and using it properly.

The university's **Research Participant Privacy Notice** (<https://ethics.lincoln.ac.uk/research-privacy-notice/>) explains how we will be using information from you in order to undertake this study.

If you feel that we have let you down in relation to your information rights then please contact the Information Compliance Team by email on compliance@lincoln.ac.uk or by post at Information Compliance, Secretariat, University of Lincoln, Brayford Pool, Lincoln, LN6 7TS.

You can also make complaints directly to the Information Commissioner's Office (ICO). The ICO is the independent authority upholding information rights for the UK. Their website is ico.org.uk and their telephone helpline number is 0303 123 1113.