**Ethics assessment template – Project outline and ethics application**

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| **Section 1.** | | | | |
| **Name:** | **Pop Lorenzo** | **Supervisor:** | **David Barron** | |
| * 1. **Project Title** | | | | |
| How social media usage, stress, sleep, need of belonging to a group influence body appreciation | | | | |
| **1.2. Who will be your participants? (age, gender, etc.)** | | | | |
| Participants will be male and females over 18 years old, being students of University of Westminster. | | | | |
| **1.3. How do you intend to recruit participants?**  Participants will be recruited inside the Course of Psychology of the University of Westminster. They will be asked if they would like to be part of the study. | | | | |
| **1.4. What will the participant be asked to do?**  Participants will be asked to read the Information Sheet, and sign the ethic consent before being part of the study. There is gonna be a website with a survey with the 5 questionnaire which they will be asked to complete. | | | | |
| **Section2** | | | | |
| **2.1 Please provide a description of the background with references to relevant literature (250 words maximum):** | | | | |
| **Body appreciation can lead to serious consequences as low self esteem, depression, and different mental issues. The problem is arising especially to young adults and kids and studies show that children with body appreciation concern tend to result in higher stress, physical unhealthy, mental difficulties, signs of depression(Johnny Shannon, Body Image Statistics Australia). Social media usage plays an important role in shaping the body appreciation of a person. Social media users, tend to upload only the best picture of themselves, comments likes and status shape the way people think are seen by others, resulting in different body appreciation levels. As well, social media users promote and like different values, as thinness/muscularity or objectification of their body. The social comparison theory have negative consequences when the person can achieve their body similar to the model they follow, and this leads to low level of body appreciation(Fardouly and Vartanian, 2016). Stress could predict arise in two different ways correlated to body appreciation. Stress is at any age because of different events or stressors, but this could threat the physical well being of a person. Unhealthy stress coping styles could lead to eating disorders, which could lead to low levels of body appreciation(Bennett and Cooper, 1999). As well stress could arise because of males or females being under the pressure of looking under certain social approved patterns. This stress can be amplified by friends, family, or even relation partner. Sleep can influences the perception of body image. Less hours of sleep can induce dermatological issues as wrinkles, fine lines around the eyes. This could lead to face complexity and changing the way people think they are perceived by others. As well photographs of sleep deprived faces tend to negatively rated(Umair Akram, 2017). Poor steps can accentuate irrational thoughts, leading to amplifying even more the complexity of the face and the body esteem. The need of a belong to a group and to have social relations is one of the main drives of human nature. Groups are formed based on same values, or even same physical values. Refusal of a group would lead to a wrong perceived idea of the person excluded of how she is perceived by the rest of the group. Knowing that groups form on same values and even physical values, a refusal would mean a perceived idea of wrong physical values, which could lead to low levels of body appreciation.** | | | | |
| **2.2. Please provide a brief description and the aims of your study (250 words maximum):** | | | | |
| **The study consists of 4 predictors variable which are Stress, Social media usage, quality of sleep, need to belong to a group.The outcome is of the prediction is Body Appreciation. The study aims to find out if low self body appreciation is predicted by the 4 predictors. This research could help finding further solutions for finding what causes low self body appreciation by knowing what is predicted by. Low body esteem could be a serious problem which could lead to different consequences, as mental issues, problems in social relations, intimacy problems, social fear, different eating disorders, and also low self esteem. Not only, studies show that the problem start at fragile ages as 10-11 years old, and statistics show that the concerned children about their body image have high level of stress and low physical health.** | | | | |
| **2.3. Please outline the design and methodology of your study and details of any invasive or intrusive procedures (400 words maximum):** | | | | |
| **The study is gonna be qualitative based on a survey with 5 different scales, measuring Stress, Social media Usage, Quality of Sleep, Need to belong to a group, and Body Appreciation. The Independent Variables are Stress, Quality of sleep, Social media usage, and need to belong to a group while the predicted variable is body appreciation. A linear regression would be used to find out the regression equation. Participants will be male and female students over 18 years old from the University of Westminster. Participants will be recruited after finishing the module seminars. They will be presented the study, the information consent, and the ethics consent in order to proceed, mentioning that no harm will bring the and they could cancel anytime they want. The questionnaire will be on qualtrics website, where they will have to tick the box mentioning that they are older than 18yr old, and tick their consent to take part to the study. Data is gonna be fully anonymous, and after analyse it the data will be deleted. The ethics consent would be handled to supervisor. Data is gonna be protected by an encrypted password file on personal computer. The measure used for measuring the variables are Body Esteem Scale by Franzoi & Shields, Social Media Usage Scale By Iffat Ali, Sleep quality scale by Yi, Perceived Stress Scale by Sheldon Cohen. The measure used for the outcome is Body Appreciation Scale. The sample is gonna be a convenience sample, and the sample size is gonna be 24 participants(confidence level of : 85%, margin of error of 15%).** | | | | |
| **Section 3** | | | | |
| **3.1 Timetable of Activities. Please provide a timeline for your research (e.g. when you plan to have generated/collated the study materials, collected the data, analysed the data, completed a 1st draft):** | | | | |
| Collected studies deadline is gonna be 25 November.  Data will start being collected after the Ethics are gonna be approved. Deadline of collecting data is 10 December. The data will be analysed by 10 January. The 1st draft will be done by 10 February. | | | | |
| **3.2 Journal name and web address for author instructions:** | | | | |
| Current Research in Ecological and Social Psychology  [**https://www.sciencedirect.com/journal/current-research-in-ecological-and-social-psychology**](https://www.sciencedirect.com/journal/current-research-in-ecological-and-social-psychology) | | | | |
| **3.3 Reasons for selecting this particular journal:** | | | | |
| I selected this journal because focusses on social psychology, and they promote the effects of media on human emotion and cognition. I consider that the article submitted on this journal would target audience people which will be interested in reading and discovering the effects of media especially social media. | | | | |
| I confirm that I have watched the training videos on the Ethics Blackboard Organisation site and have discussed the ethical considerations of my project with my supervisor. | | | | (Please provide your initials here to confirm) |

**YOU MUST ALSO INSERT THE FOLLOWING TO THE END OF THIS DOCUMENT:**

1. Participant information sheet (using the template example)
2. Debrief information (using the template example)
3. Consent form (using the template example)
4. Draft Indicative Interview Protocol, e.g. proposed interview questions.
5. Copies of any questionnaires and/or stimuli (to either be inserted into this document or emailed separately to your supervisor)
6. Sensitivity protocol (**if doing Class 2 research on sensitive subjects**)
7. Online advert (**if advertising online**)
8. Counter sign and print the COVID procedures for face-to-face research and upload with your application (**ONLY if proposing to do face-to-face research**): <https://westminsterpsych.az1.qualtrics.com/jfe/form/SV_8tWYb8DV3HoC5Ey>

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| **RISK OF HARM (to self, colleagues, participants, environment or animals)** | | **Yes** | **No** | **N/A** |
| **1** | Will any pain or more than mild discomfort result from the study? |  | **<** |  |
| **2** | Could the study induce any psychological stress or anxiety or cause harm or negative consequences beyond the risks encountered in normal life? |  | **<** |  |
| **3** | Will the study involve prolonged or repetitive physical or psychological testing of human participants that may put someone at risk, e.g. use of treadmill? |  | **<** |  |
| **4** | Will the study involve raising sensitive topics (e.g. sexual activity, drug use, revelation of medical history, bereavement, illegal activities, etc.)? |  | **<** |  |
| **5** | Does your work involve any “relevant material” containing human cells (e.g. blood, urine, saliva, body tissues but NOT established cell-lines) from living or deceased persons (Such work must take account of the Human Tissue Act)? |  | **<** |  |
| **6** | Will DNA samples be taken from human participants (Such work must take account of the Human Tissue Act)? |  | **<** |  |
| **7** | Does your study raise any issues of personal safety for you or other researchers or participants involved in the project (Especially relevant if taking place outside working hours or off University premises)? |  | **<** |  |
| **8** | Does your study involve deliberately misleading the participants (e.g. deception, covert observation)? |  | **<** |  |
| **9** | Does your work involve administration of a food or non-food substance of a different type from or in abnormally higher or lower amounts than normal or one that is known to cause allergic reaction(s) or potential psychological stress? |  | < |  |
| **10** | Does your study involve issues relating to personal and/or sensitive data? |  | < |  |
| **11** | Does your research involve any ‘security sensitive’ material? |  | < |  |
| **PARTICIPANTS (and/or their records/associated data)**  **Does your work involve any of the following:** | | **Yes** | **No** | **N/A** |
| **11** | Human participants in a health and/or social care setting (e.g. patients, those attending day centres, community care, rehabilitation centres, etc., including in the NHS, other public, private and/or voluntary sectors)? |  | **<** |  |
| **12** | Human participants who may be deemed vulnerable due to their setting (e.g. prisoners, children in social care, day centres, community care)? |  | **<** |  |
| **13** | Expectant or new mothers? |  | **<** |  |
| **14** | Refugees/Asylum seekers? |  | **<** |  |
| **15** | Minors (under the age of 18 years old)? |  | **<** |  |
| **16** | Participants in custody (e.g. prisoners or arrestees)? |  | **<** |  |
| **17** | Participants with impaired mental capacity (e.g. severe mental illness, brain damage, sectioned under Mental Health Act, learning disabilities, lowered or reduced sense of consciousness, dementia)? |  | **<** |  |
| **18** | Animals (or animal tissue). |  | **<** |  |
| **INFORMATION TO PARTICIPANTS** | | **Yes** | **No** | **N/A** |
| **19** | Will you provide participants with a Participant Information Sheet prior to obtaining informed consent which can be taken away by the participant? | **<** |  |  |
| **20** | Will you describe the procedures to participants in advance, so that they are informed about what to expect? | **<** |  |  |
| **21** | Will you obtain informed consent for participation (normally written)? OR in the case of using personal data previously acquired was consent given for the reuse of the data for other research purposes? | **<** |  |  |
| **22** | Will you tell participants that they may withdraw from the research at any time and for any reason? | **<** |  |  |
| **23** | Will you give participants the option of omitting questions they do not want to answer? | **<** |  |  |
| **24** | Will you tell participants that their data will be treated as confidential and that, if published, it will not be identifiable as theirs? | **<** |  |  |
| **25** | Will you offer feedback to participants at the end of their participation, upon request (e.g. give them a brief explanation of the study and its outcomes)? | **<** |  |  |

**If you answer ‘yes’ to any questions from 1 – 18 above or ‘no’ to any questions from 19-25 your research is class 2 and you will need to complete the risk assessment and hazard analysis section (next page)**



**In signing this consent form I am indicating that my participation has been explained to my satisfaction and I am agreeing to and understand the following – please initial each box below, as appropriate:**

|  |  |
| --- | --- |
| My participation in this research is on an entirely voluntary basis. |  |
| I am able to stop at any point during the process without having to provide an explanation. |  |
| Once I have taken part, I am still able to withdraw my data at any point until the data has been anonymised or analysed as part of the research project. I understand that if I do not provide any identifying information it will not be possible to remove my data after I submit it as it will not be possible to identify it. |  |
| I do not have to answer all questions or complete all tasks that are presented to me. |  |
| My data will be anonymised and all identifying features will be removed so that my contribution will not be identifiable when reporting this research. |  |
| If I provide any personal identity data this will be treated confidentially and in accordance with the University of Westminster ethical guidelines and British Psychological Society code of human research ethics. It will be securely stored and managed in accordance with the Data Protection Regulation 2018 and the General Data Protection Act 2018. |  |
| The responses that I provide **may** be shared with members of the research and/or teaching team, and the University of Westminster External Examiner. |  |
| The duty of confidentiality is **not absolute** and in exceptional circumstances this may be overridden by more compelling duties such as to protect individuals from harm. |  |
| My anonymised contribution to this research may be used for future research and may undergo secondary analysis. Future research may be unrelated to the goals of this study and may be conducted by researchers that are unrelated to this study. |  |
| I consent to take part in this research study |  |

**Please**

**Initial**

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| --- | --- |
| **Participant’s Signature:** | **Researcher’s Signature:** |
| **Date:** | **Date:** |

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**Debrief Sheet**

Thank you very much for being part of this research, it is of great help.

**What was the study about?**

The study is about finding if the image of the body and the appreciation of it, can be predicted by social media usage, stress and sleep quality. The importance of this prediction is that finding what predicts low body esteem, could help people find easily the cause of it and ultimately find a better solution to fix it.

**What can I do to find out more information or if I would like further support ?**

We hope that this study has not raised any uncomfortable feelings. However, if you are worried about your mental health, you may want to speak to your doctor.

To find out more information about the study, papers related to the study can be found on

<https://scholar.google.com> .

If you have any questions about the research and wish to discuss them with the researchers please use the following contact email:

**Student Researcher**: [w1689677@my.westminster.ac.uk](mailto:w1689677@my.westminster.ac.uk)

**Project Supervisor**: [david@perdanauniversity.edu.my](mailto:david@perdanauniversity.edu.my)

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#### Psychology

#### School of Social Sciences

#### 115 New Cavendish Street

#### London

#### W1W 6UW

**Research Project Title:**  How social media usage, stress, sleep, need of belonging to a group influence body appreciation?

**Study invitation**

You are being invited to take part in a research project. Before you decide whether to take part, it is important for you to understand why the research is being conducted and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

**What is purpose of the project?**

Body esteem is a social problem arising throughout teenagers and adults. The purpose of this study is to find out if stress, social media usage, quality of sleep and the need to belong to a group predict the appreciation of a persons body. The result of this study could help people facilitate the cause of this problem and also help them find better and more valid solutions.

**Who can take part?**

The participants must be students of the University of Westminster London.

**Do I have to take part?**

No, your participation is entirely voluntary. You can stop taking part at any time without having to provide an explanation.

You can close at any moment the questionnaire website, and your data will not be used.

You can choose to decline answering any question or undertaking any task that is asked of you, even after the study starts.

After the study has finished, you can withdraw your data if you provided enough information to allow your responses to be identified.

Your data can be withdrawn at any point until they have been analysed or until they have been anonymised, by sending a request to [w1689677@my.westminster.ac.uk](mailto:w1689677@my.westminster.ac.uk)

**What will happen to me if I take part?**

Nothing will happen to you, the study is safe from an ethical point of view.

**How long will it take?**

The study will take between 15-20 minutes.

**What are the possible disadvantages and risks of taking part?**

There are no risks of taking part to the study.

**What are the possible benefits of taking part?**

The benefits of taking part, would be the help to validate the theory of the project, which could lead to better solutions to fix the issues and finding easier the cause. In this case would mean finding easier the cause and solutions to low body appreciation.

**What if something goes wrong?**

This research has been approved by the Psychology Research Ethics Working Group at the University of Westminster.

If you would like to make a complaint about this research, please contact:

Professor Dibyesh Anand (Head of School of Social Sciences) - D.Anand@westminster.ac.uk

**What will happen to my data?**

This research is being conducted in accordance with the University Of Westminster Code Of Practice Governing the Ethical Conduct of Research and the British Psychological Society (BPS) Code of ethics.

If you provide any personally identifiable data it will be treated confidentially and in accordance with the University of Westminster ethical guidelines and British Psychological Society code of human research ethics. Note in exceptional circumstances, the duty of confidentiality may be over ridden by more compelling duties such as to protect the individual from harm.

All data will be securely stored and managed in accordance with the Data Protection Regulation 2018 and the General Data Protection Act 2018.

You will not be personally identifiable in any reports that arise from this study.

Your data may be shared with other members of the research team including the supervisor of the research or those working closely with the supervisor.

Your anonymised data may be used for future research and may undergo secondary analysis. This future research may be unrelated to the goals of this study may be conducted by researchers unrelated to this research project.

**What will happen to the results of the research project?**

The results of this research will provide a table of results that is gonna be used in this article. While the results are gonna be permanently deleted.

**Who is organising and/or funding this project?**

The project is being organised by Pop Lorenzo, student of the University of Westminster studying Psychology , under the supervision of Dr David Barron. For this project there is no funding.

**Please contact the researcher and/or their supervisor at the following email addresses if you have any questions about this research:**

Researcher email : [w1689677@my.westminster.ac.uk](mailto:w1689677@my.westminster.ac.uk)

Supervisor email : [david@perdanauniversity.edu.my](mailto:david@perdanauniversity.edu.my)

**Thank you for considering taking part.**