What is this study about?

This is a pilot study which intends to examine the effects of emotion recognition on mental wellbeing in an ecologically valid way (i.e., outside the laboratory setting).
This study has been given ethical approval by the Research Ethics Committee of University of Bristol (53001).

IMPORTANT: The website used to run the study should be smooth and responsive. If you find that everything is moving slowly or seems buggy, please read the Troubleshooting section below.

What will you have to do?

5 sessions over 3 weeks, ~120 minutes in total, for ~£12.50

You will need to **complete 5 sessions over a 3 week period** - Complete your first session to reserve a place in the study. **Sessions 1-4 are completed in your first week**, and **Session 5 is completed ~3 weeks after your first sign up.** Sessions 1, 4 and 5 include a chance to win additional money (up to £3), which will be included in your reward. **You will only be paid on completion of all 5 sessions.** The schedule below shows how much time each session will take, but see 'Further information' for more details of all the tasks. The study is best performed in full-screen mode, so please press F11 before you begin.

- *Session 1:* 35 mins of questionnaires, an emotion recognition task and a button-pressing task
- *Session 2 & 3: 1*0 mins of emotion recognition task
- *Session 4:* 35 mins of questionnaires, an emotion recognition task and a button-pressing task
- *Session 5:* 30 mins of questionnaires, an emotion recognition task, a button-pressing task and user experience questionnaire. We will send you a reminder **3 weeks after you complete Session 1**

In order to take part in the study, you will need to confirm that you are:
- **over 18** years of age
- have **English** as your first language
- **and have not consumed alcohol within the last 12 hours**

What is your reward?

You will receive **£10** for completing **all 5 sessions**, and have a chance to win **up to £3 extra** as a reward from the button pressing task.

Pilot Study

The software on which this experiment runs is newly developed. As such, you may experience bugs, failures or other strange things. If your testing is prevented by any such problems, then we will reimburse you fairly so don't worry! We would also really appreciate your feedback on what worked and what didn't, and whether any instructions were unclear or incorrect. Please contact us with any queries at using the Prolific Messenger or at chung.looi@bristol.ac.uk.

Further information

In this study, you will be asked to complete the following:

- **Daily stress questionnaire**: rate the level of stress that you feel for each item on the list
- **Health questionnaire**: rate your quality of health

- **Quality of life questionnaire**: rate your life satisfaction and enjoyment
- **Anxiety questionnaire:** rate the level of your anxiety
- **Mood questionnaire**: rate your **mood at the time** on a scale
- **Emotion recognition task**: view a series of faces and identify whether the emotion shown is **'happy' or 'sad'**
- **Mood questionnaire**: rate your **mood at the time** on a scale
- **Behaviour task**: make a series of choices on whether to do a **'hard' or 'easy' task** to earn virtual money. This task involves button pressing, and 2 of your winning trials will be selected to earn you **additional real money.**
- **User experience survey**: answer a few questions to help us improve our research

Troubleshooting

IF everything is running REALLY slowly and you're using Chrome:
Type chrome://settings/ into the URL bar, then go to Advanced -> System is "Use hardware acceleration where available". Make sure it's ticked! Most browsers have this enabled by default, but a couple of people have had trouble. Then refresh the page and it should all work!

IF everything is running REALLY slowly and you're not using Chrome:
If you are really keen to take part, then it's worth trying other browsers such as Chrome or Firefox. However don't feel you have to. If the website is really slow, then please don't waste your time continuing, as the data will not be valid if the site is not running at full speed and I will be unable to reimburse you. It shouldn't take much more than 30 minutes to complete this session.

If you have any questions, please contact us using Prolific Messenger or at chung.looi@bristol.ac.uk. Thank you!