

INFORMED CONSENT INFORMATION

FOR RESEARCH PARTICIPATION

Study Title: The Effects of Mindfulness and Attention on Life Satisfaction and Memory

Principal Investigator: Ella Bremmer

Co-Principal Investigator: Dr. Gregory Cox

IRB Study Number:

I am a student at the University at Albany, in the Department of Psychology. I am planning to conduct a research study, which I invite you to take part in.

This form has important information about the reasons for doing this study, what we will ask you to do, and the way we would like to use the information we collect about you.

Why are you doing this study?

You are being asked to participate in a research study that aims to understand if there is a relationship between mindfulness, the ability to pay attention, and life satisfaction.

The purpose of this study is to investigate if having better control over one's attention influences overall life satisfaction. Your participation will help us better understand if mindfulness and attention do have a significant effect on life satisfaction (i.e., how people feel about their lives overall). Then you will be asked to perform a conjunction visual search task to test your capacity to direct your attention over a sustained period.

Why am I eligible to participate in this study?

You are eligible to participate because you are a student at UAlbany, are at least 18 years old, and are proficient in English.

What will I do if I choose to be in this study?

If you choose to take part in our study, you will do the following:

1. Read and agree to the informed consent.
 - a. If you choose not to agree to the informed consent, you will be taken back to the SONA site.
2. Complete a demographic questionnaire that asks about your age, English proficiency, gender, and race.
3. Read instructions for the visual search task, which asks you to indicate if a target (a red triangle) is present among various other colored shapes. You should press the "F" key if a red triangle is present, or the "J" key if the target is absent.
4. You will be asked to respond to 270 visual search trials, with the opportunity to take short breaks as you go
5. You will complete the Mindfulness Attention Awareness Scale (MAAS), the Satisfaction With Life Scale (SWLS), and the Big Five Inventory.
6. After all questionnaires are completed, participants will be thanked for their time and will be provided the study debriefing. Following the debriefing, you will be sent back to the SONA research site.

For how long will I participate?

This study is a single online session that you can complete on a computer. The study can be completed in less than 30 minutes but could require as long as 45 minutes to complete.

Where will I need to go to participate?

All study procedures will take place online and can be completed wherever you have internet connection.

Are there any costs I should be aware of?

Participation is not expected to incur cost to participants. Free internet access is available anywhere on campus and in the university library.

What are the possible risks or discomforts?

As with all research, there is a chance that confidentiality of the information we collect from you could be breached – we will take steps to minimize this risk, as discussed in more detail below.

The risks associated with participating in this study are minimal; however, you may experience mild discomfort when reflecting on your mindfulness or life satisfaction when answering questionnaires in the study. To help minimize this, you can withdraw from the study at any time without any consequences. The study will take place online, and you will have the opportunity to take breaks while completing the survey to reduce the risk of eye strain associated with the use of electronic devices.

What are the possible benefits for me or others?

While there are no direct personal benefits to participants of this study, you may find value in reflecting on your mindfulness, attention, and its impact on life satisfaction by completing this survey. The data you contribute may help advance society's understanding of how mindfulness and attention relate to overall well-being, potentially informing future programs or interventions aimed at improving student mental health, attention, and life satisfaction.

Will I receive compensation for my participation?

SONA partial class credit will be awarded via the Psychology Department SONA research pool after you complete the survey in its entirety. Participants who withdraw before completing the survey will not receive partial credit. You will not receive monetary compensation for your participation in this study.

How will you protect the information you collect about me, and how will that information be shared?

Results of this study may be used in publications and presentations. Your data will be handled as confidentially as possible, and no identifiable information will be collected to link your data back to you. If results of this study are published or presented, only de-identified summaries of data will be used.

To minimize the risks to confidentiality, all data will be collected anonymously via Pavlovia.org which uses encryption to protect information (<https://pavlovia.org/docs/home/ethics>). Only the student researcher (Ella Bremmer), mentor (Pierce Johnson), and faculty advisor (Gregory Cox) will have password-protected access to the data. Data will be stored on secure, university approved computers.

Will my data be used in future research?

No personal identifiers will be collected in the data you provide us. Data will not be used in future research, and will be deleted after the required retention period.

What are my rights as a research participant?

Participation in this study is voluntary. You do not have to answer any question you do not want to answer. If at any time and for any reason, you would prefer not to participate in this study, please feel free not to. If at any time you would like to stop participating, you are welcome to stop. You can take a break or stop altogether. You may withdraw from this study at any time, and you will not be penalized in any way for deciding to stop participation.

If you decide to withdraw from this study, any information collected from you before withdrawing will not be used, and your data will be deleted.

What if I am a University at Albany student or employee?

You may choose not to participate or to stop participating in this research at any time. This will not affect your class standing, grades, employment, or any other

aspects of your relationship with the University at Albany.

Who can I contact if I have questions or concerns about this research study?

If you have questions, please feel free to stop and email the investigator, Ella Bremmer (ebremmer@albany.edu) or advisors, Pierce Johnson (pjohnson4@albany.edu) and Dr. Greg Cox (gecox@albany.edu). If you have questions later, you may also contact the researchers.

If you have any questions about your rights as a participant in this research, you can contact the following office at the University at Albany:

Institutional Review Board

University at Albany

Office of Regulatory and Research Compliance

1400 Washington Ave, Biology 227

Albany, NY 12222

Phone: 1-866-857-5459

Email: rco@albany.edu

Consent

I have read this form and the research study has been explained to me. I have been given the opportunity to ask questions and my questions have been answered. If I have additional questions, I have been told whom to contact. I agree to participate in the research study described above. I understand that I have the opportunity to download and save a copy of this form for my records.

To save a copy of this consent form for your records, press Ctrl+P (Windows/Linux) or Cmd+P (Mac) and select "Save as PDF".

By clicking "I Agree" below, I confirm that I agree to participate in the research study described above, and that doing so serves as my written signature consenting to take part in the study.

I Agree

I Do Not Agree