

**Mindful Affirmation Practice Mobile App Study (COVID-19) NTU-IRB Ref no. IRB-2020-04-027**

You are invited to participate in a research study on how practice of mindful affirmations via a mobile app may have an effect on your perceptions during this COVID-19 pandemic. This study is conducted by **Assistant Professor Kee Ying Hwa, National Institute of Education, Singapore at the Nanyang Technological University.**

This study will be conducted **over 8 days**, which will involve **using the designated app to record the frequency of practice of mindful affirmations**, as well as responding to questionnaires twice.

Before beginning the study, we ask that you first think of **a phrase that you believe is personally meaningful**, something which can be used as a verbal affirmation that can help you feel more positive in this COVID-19 situation. For example, this affirmation may be short phrases like **“Think positive”, “This too shall pass”, “We will overcome this”**, or any phrase, mantra or invocations that you want to focus on. This affirmation should be a phrase you are willing to repeated aloud or silently at least between 20 to 500 times per day, over these next 7 days. You can also use a simple phrase like **“I notice my breathe”** as an affirmation, which may help to facilitate your practice of mindful breathing when you say it repeatedly.

Whatever phrase you decide on as your affirmation, while you repeat the affirmation verbally (silently or aloud), you are asked to **mindfully tap on the counting button on the app**. As you coordinate your verbalisation with your hand action during this task, such practice may bring about a sense of mindful focus and attention, which in turn may have some effects on your well-being. To help you stay motivated, we also provide a chart within the app to help you keep track of your progress over the seven days. **You will be given a minimum daily target to meet, which can be between 20 to 500 counts.**

In addition to the data we collect from your mindful affirmation practice, you will also be asked to complete **two online surveys on Day 1 and Day 8**. In particular, we kindly request that you remember to complete the survey on Day 8, regardless of your practice frequency. This will help improve the validity of this study.

A target of **1000** participants are targeted for this study.

Your participation in this study is completely voluntary, and you have the right to withdraw from the study at any time without any penalty. You may skip also any questions you do not wish to answer. If you do not wish to complete the study, simply delete the mobile application.

Your participation in this research will be kept confidential. Your responses will be anonymous and IP addresses will not be collected to guarantee complete anonymity. Possible outlets of dissemination may be journals related to public health, mindfulness, and mhealth.

Kindly note that anonymised and non-identified data collected from this study may be published in open data depository under the University’s data sharing guidelines.

Although your participation in this research may not benefit you personally, it will help us understand how such affirmative practices can improve psychological well-being during this

period of COVID-19 pandemic. There will be no compensation provided.

There are no risks to individuals participating in this survey beyond those that exists in daily life.

We will provide **a brief report** of your participation for reference on the "About U" section of the app at the end of the study.

If you have questions about this project, you may contact **Assistant Professor Kee Ying Hwa (contact information +65 67903374 and [yinghwa.kee@nie.edu.sg](mailto:yinghwa.kee@nie.edu.sg))**. You may also communicate with us anonymously using the "Contact Us" feature of the app.

This project has been reviewed and approved by NTU-Institutional Review Board. Questions concerning your rights as a participant in this research may be directed to the NTU-IRB at [IRB@ntu.edu.sg](mailto:IRB@ntu.edu.sg) or call +65 6592 2495.

A copy of this can be found in this app under "About". You can retrieve a copy of this consent form there for your records, if you so desire.

Thank you.