



Mood Music Study – Is how we listen to music related to our mood?

Participant Information Sheet

Research team contact: Dr Nina Di Cara – nina.dicara@bristol.ac.uk

We are doing a study to find out about how the music we listen to is related to our mood. This sheet tells you more about the study so you can decide whether you would like to take part in it.

Who is doing this research?

The people responsible for this study are Dr Nina Di Cara, Dr Oliver Davis and Professor Claire Haworth. We are a team at the School of Psychological Science and the MRC Integrative Epidemiology Unit at the University of Bristol.

Who can take part?

You can take part if you are:

- ✓ Over 18 years old
- ✓ A University of Bristol student
- ✓ A Spotify user with a personal account who usually listens to music on Spotify daily

What is involved?

To enter the study you will come to meet one of the research team who will explain the study and answer any of your questions. If you want to take part then you will...

1. Fill in some surveys online about your wellbeing, mental health, personality traits, and your age and gender. This won't take longer than 30 minutes.
2. For the next two weeks, you will get asked five short questions about how you feel, four times a day. This is done via a phone app, and your answers will be securely stored on your phone.
3. When the two weeks is over we will ask you to email us your daily survey answers, and do some final online surveys about your mental health, which should take no more than 15 minutes.
4. Last, we will ask you to request your music listening data from Spotify. Once you receive it, you will send it on to the research team.

What benefits are there to taking part?

As a 'THANK YOU!' for taking part, you will get a visualisation of your Spotify data that you can explore. If you are a Psychology student, you will also be able to claim **2 Experimental Hours credits**.

By taking part in the study you will also be helping us to understand the ways in which our wellbeing affects our behaviour. This research is working towards helping us understand mental health, wellbeing and behaviour better.

What risks are there to taking part?

The study will ask you questions about how you feel regularly throughout the day, for 2 weeks. You should think about whether you will be comfortable to reflect on how you are feeling this often.

At the beginning and end there are also questions about your wellbeing and mental health.

All the data we collect about you will be analysed after the study stops collecting data. This means that we will not be able to provide you with any support based on your answers. However, we will provide you with information of places you can contact if you feel you need mental health support.

How will information about me be stored?

We will be taking several steps to keep your data safe, and make sure your confidentiality is maintained. All data will be managed in line with GDPR requirements, and stored in a safe location approved for research data storage.

Data that might reveal who you are, which in this case is your email address, will be kept separately to the other data you provide. It will only be accessible by the study team. For all the other data we collect, we will store it against an anonymous participant code, instead of your name, to maintain your confidentiality.

Within 60 days of the data collection finishing, we will delete the connection between your email address and your data. At this point we will no longer know whose data is whose and it will be anonymous.

The only reason that we would break our promise of confidentiality during the study is if we were so concerned about your mental health that we thought you might be a risk to yourself, or to somebody else. In this situation we would call the emergency services.

Withdrawing from the study

If you begin the study but decide that you no longer wish to take part, you can withdraw without giving a reason at any time. Please let Nina know at nina.dicara@bristol.ac.uk so your data can be removed and you will not receive further emails about the study.

After the study has finished you will be able to withdraw up to **60 days** after data collection has finished. This is when we will delete your email address and so we could not identify your data to remove it after this time.

What will happen to my data?

At the end of the study we will make your **listening history** (the list of songs you have listened to, and the date/time you listened to them), and your **survey data** (your age, gender and survey responses) available as an anonymous dataset, along with everyone else's data who took part in the study. This means that you will not be identifiable.

Researchers who want to use the dataset in the future will have to ask to get access to it, and will have to sign an agreement to say they will use it responsibly. The data will be stored safely by the University's Research Data Repository for at least 20 years. By making the data available to other researchers we can help improve the quality of science by allowing other people to check our results, or answer new questions with the data.

What will happen to the results of the research project?

When we have analysed the data everyone has provided, we will write a blog on the Jean Golding Institute's website. After that, we will write an academic research article about the results, so that other people can find out about what we have done. The data we share in these articles will never contain identifying information.

We will let you know at the end of the study how to stay up to date with the results if you are interested.

Who is funding this research?

This study has been funded by the Jean Golding Institute, and the Elizabeth Blackwell Institute.

Ethical approval

This study has been reviewed and approved by the University of Bristol's School of Psychological Science Research Ethics Committee (approval reference 16687). If you have any concerns related to your participation in this study, please direct them to the School of Psychological Science Research Ethics Committee (research-governance@bristol.ac.uk).