SUS PARTICIPANT INFORMATION SHEET

A Study into the use of Art and History in Mobile Mindfulness Interventions

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This information sheet forms part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. Please read this information sheet carefully and ask one of the researchers named above if you are not clear about any details of the project.

1.   What is the purpose of the project:
This study explores the usability of an application being developed with the purpose of reducing the users stress through art-based therapy techniques and calming audio meditation.

Since participants of the evaluation study will use Muse to aid in reducing their stress levels, it is important that the web app is easy to use. Your role as a usability participant is to ensure that the web app is easy to use, and evaluation participants can complete the study as intended.

2.   Who can be a participant?

To participate you must:
-    Be over the age of 18 years old
-    Have a good understanding of English
-    Be able to use a computer or smartphone

3.   Do I have to take part?

It is completely up to you to decide if you would like to participate. Before you decide to take part, we will describe the project and go through this information sheet with you.

If you agree to take part, we will then ask you to sign a consent form.

However, if at any time you decide you no longer wish to take part in this project you are free to withdraw, without giving a reason.

4.   What will I be asked to do?

If you decide to continue taking part in this study, you will be first asked to fill out a consent form.

Once you have completed the consent form, you will be asked to interact with a mindfulness, art-therapy based application called Muse. Here you will be able to experience the whole range of features developed for this web application. The two main features to explore here are:
- listening to calming audio including rain sounds and guided mindfulness meditation.
- interacting with a 3D virtual museum artefact.

Following your exploration with the app you will be asked to complete a short usability survey. This will help to assess the usability of the application for its role in the study.

You can withdraw from the study at any point.

5.   What are the exclusion criteria?

Unfortunately, due to time limitations, the application has not yet been developed to accommodate a wide range of disabilities. Users with movement-based disabilities, visual impairments or hearing impairments may not take part. We apologise for this and understand this may be upsetting to some potential participants.

6.   What are the possible benefits of taking part?

There are no benefits of taking part in the project. However, the information that you and other participants provide in this project will help us to determine whether the web application being developed will have the therapeutic property of reducing perceived stress.

7.   What are the possible disadvantages and risks of taking part?

There are no disadvantages to you taking part in the project. If the questionnaire asks a question that you do not want to answer for any reason, you can choose not to answer.

8.   Will my participation involve any discomfort or embarrassment?

We do not expect you to feel any discomfort or embarrassment if you take part in this study. If, however, you do feel uncomfortable or appear upset at any time, the researcher will stop the interview right away and may direct you to approach an appropriate support service.

9. Who will have access to the information that I provide?

Only the researcher and supervisor will have access to the personal information that you provide. All records will be treated as confidential.

10. What will happen to the data collected and results of the project?

All data collected during the project including personal, identifiable data will be treated as confidential and kept on a password protected file on the University of Bath's secure server. This storage of data will be done in accordance with the latest UK data protection legislation. Recorded data will not be kept for any longer than 10 years. Your name or other identifying information will not be disclosed in any presentation or publication of the research. Questionnaire responses will be used anonymously with only an ID linking to your completed consent form with name and email address if you have chosen to be informed of the result of the project after its completion.

After the project has finished, we will also provide participants with a summary of the project results if they would like. This summary will not include any identifiable information and will show the overall findings of the project.

11. Who has reviewed the project?

This project has been reviewed through the EIRA1 process within the Department of Computer Science and by the Research Ethics Approval Committee for Health (REACH) at the University of Bath.

12. How can I withdraw from the project?

If you wish to stop participating before completing all parts of the project you can inform one of the above identified researchers in person or by email. You can withdraw from the project at any time without providing a reason for doing so and without any repercussions.

If for any reason you wish to withdraw your data, please contact an identified researcher within two weeks (14 days) of your participation. After this date it may not be possible to withdraw your data as some results may have been published or anonymized. Your individual results will not be identifiable in any way in any presentation or publication.

13. University of Bath privacy notice

The University of Bath privacy notice can be found here: https://www.bath.ac.uk/corporate-information/university-of-bath-privacy-notice-for-research-participants/.

14.   What happens if there is a problem?

If you have a concern about any aspect of the project, you should ask to speak to the researchers who will do their best to answer any questions.

15.   If I require further information who should I contact and how?

Thank you for expressing an interest in participating in this project. Please do not hesitate to get in touch with us if you would like some more information.

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