



Participant Information Sheet

Researcher: My name is Aseel Sahib, and I am a PhD candidate at the Research School of Psychology, in the College of Health and Medicine at the Australian National University.

Project Title: The Relationship between Intolerance of Uncertainty, Emotion Regulation, and Emotion Difficulties.

General Outline of the Project:

- *Description and Methodology:* This research is a longitudinal study (one that looks at separate instances over long periods of time and measures the difference between them) which aims to explore the impact of emotion regulation on intolerance of uncertainty and emotional difficulties. This research will be used to provide a possible framework for improving emotional difficulties in adults.
- *Participants:* Approximately 200 adults who are currently living in an English-speaking country will participate in this research.
- *Use of Data and Feedback:* Research results will be used in published form and a PhD thesis; however no identifiable information of participants will be mentioned. All results will be published in group summary form. Information regarding ethnic identity will be used for the demographic section of the results, to understand how universal the results are. If you are interested in the findings, you can view the results in this website:
<https://aseel97.wixsite.com/uncertaintyresearchr>. We will have research summary updated once research is completed.

Participant Involvement:

- *Voluntary Participation & Withdrawal:* Participation in this study is voluntary. You can refuse to answer a question. You can withdraw from participating at any time and at any wave, by exiting out of the browser, without telling me why. If you do pull out, I will not use what you told me.
- *What does participation in the research entail?* You will be asked to answer a series of questions that will assess your levels of intolerance of uncertainty, emotion regulation, and emotional difficulties at three separate times over the course of a year.
- *Location and Duration:* The research will take place online. The survey will take approximately 20 minutes to complete. You will be asked to complete the survey three times, so the total time requested of you in this research is one hour. The project will be conducted from July 2022 to

December 2023.

- *Remuneration:* Participation is completely voluntary. To be compensated for your time, you can choose to opt-in to ONE of either a lottery draw (to win one of five \$20 Visa gift-cards per wave) or if you are an ANU first year psychology student you may choose to receive 30 minutes course credit per wave (1.5 in sum). If you choose to be compensated, you will be required to provide a contact email address. However, there is no pressure to complete the study if you do not wish to do so and you may exit the study at any time. The lottery draw will be randomly drawn by the researchers within two weeks of each wave closing and the winning email addresses will be emailed.
- *Risks:* While unlikely, it is possible for some people to experience mild discomfort while answering certain questions. Some questions will ask about mental health, specifically depression, anxiety, and stress. We will also ask you for your ethnicity to investigate cultural differences. Should you feel uncomfortable disclosing this information, you are able to not answer this question. If you experience mild discomfort, you are encouraged to take a break from the study for as long as is needed. If great discomfort is experienced, you should stop participation in the study and close your browser. It is important to know you may withdraw from the study at any time without reason. A list of free and confidential support resources is provided on the next page and at the end of the survey, should you want to discuss any issues and/or seek help.
- *Benefits:* It is unlikely that you will personally benefit from participating in this research, but we expect that this research will improve understanding of how uncertainty and emotion regulation can impact adult mental health, which will have benefits for the wider community.

Confidentiality:

- *Confidentiality:* The online survey is anonymous, and all data collected will be kept confidential as far as the law allows. All data from the survey will be published in group summary form, with no identifiable information on any individual. The only information this study requires is an email address contact you again and ask you to complete the follow-up survey and if participants intend to enter the lottery draw. Information for participants who choose to opt-in and provide a contact email address for the lottery draw will be kept confidential as well. These participants' email addresses will be collected via a separate Qualtrics link to the survey which will be presented at the end of the survey. As a result, email addresses provided will not be linked to the individual's specific responses on the survey, ensuring participants specific answers are unidentifiable. Emails will be stored in a password protected computer and only the researchers can access it for contact purposes. Once the survey and draw is finished, the email addresses will be deleted.

Privacy Notice:

In collecting your personal information within this research, the ANU must comply with the Privacy Act 1988. The ANU Privacy Policy is available at

https://policies.anu.edu.au/ppl/document/ANUP_010007 and it contains information about how a person can:

- Access or seek correction to their personal information;
- Complain about a breach of an Australian Privacy Principle by ANU, and how ANU will handle the complaint. This research involves the collection of personal and/or sensitive information (the collection of ethnic identity information). The purpose of collecting this information is to understand how universal the results are. It will be used in the demographic section of the results, in a group summary form, with no identifiable information on any individual. This information will be stored with your survey responses, which will not be linked to your email address, ensuring that your specific answers remain unidentifiable. You can refuse to answer this question.

Data Storage:

- *Where:* All data management procedures will follow the Privacy Act 1998 (Cth) and the ANU Code of Research Conduct. Survey responses will be collected through online forms and won't be crossed reference with the email you provided. All data will be stored in encryption software and can only be accessed by the researchers.
- *How long:* All data will be stored for a duration of 5 years. The personal data of participants (your email address) will be destroyed at the end of the study. If you do not want to participate in further studies or do not want your data to be used in the analysis after the completion of survey, please send an email to Aseel (aseel.sahib@anu.edu.au), and you shall be removed from the mailing list, or you may supply us with your unique code generated in the questionnaire to have your response(s) deleted from the results.
- *Handling of Data following the required storage period:* All data will be destroyed after five years.

Queries and Concerns:

- **Contact Details for More Information:** If you have any questions or concerns regarding this research, please contact the Primary Investigator of this project, Aseel Sahib at: aseel.sahib@anu.edu.au or + 61 433 725 108.

Ethics Committee Clearance:

The ethical aspects of this research have been approved by the ANU Human Research Ethics Committee (Protocol 2022/219). If you have any concerns or complaints about how this research has been conducted, please contact:

Ethics Manager
The ANU Human Research Ethics Committee
The Australian National University T
elephone: +61 2 6125 3427
Email: Human.Ethics.Officer@anu.edu.au



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