**INFORMATION SHEET FOR RESEARCH PARTICIPANTS**

**PLEASE READ THIS INFORMATION THOROUGHLY BEFORE PROCEEDING WITH THE STUDY**

**STUDY TITLE: Relaxation and Memory**

Before you decide to take part in this study it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. A member of the team can be contacted if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

If you do decide to take part, you are free to withdraw at any time without explanation.

**Purpose of the study**

This is an exploratory study designed to increase our understanding of how relaxation affects people’s memory.

The study will be completed by autumn 2016.

**Why have I been chosen?**

Healthy individuals are being recruited into this study. If you are under 18 years old, you cannot take part.

**Do I have to take part?**

It is up to you to decide whether or not to take part. If you complete the study consent form then this will be taken as you providing your consent to take part in the study. However, you are free to withdraw at any point in the study and without giving a reason.

**What will happen to me if I take part?**

When you have completed the screening questionnaire and are considered eligible for taking part in the study, you will be invited to attend one experimental session. Participation may take up to 1 hour and 30 minutes and will take place at the St Andrews Street Baptist Church centre in central Cambridge. During the session you will be asked to complete memory tasks and questionnaires. You will also get two short relaxation breaks during the session. You will get a five-minute break half way through the session where you’ll be asked to leave the room; participants are asked not eat or drink anything apart from water during this break, as eating or drinking may affect memory in the second half of the session.

**What do I have to do?**

Taking part in the study involves:

1. **Completion of the screening questionnaire**

This should take no longer than five minutes. This questionnaire is designed to determine your eligibility to participate in the study.

1. **Memory tasks**

During your visit, you will be asked to complete a memory task on a laptop – this will be done four times. You will also be asked to memorise a number and recall it later in the session.

1. **Brief relaxation**

You will be given two relaxation breaks of 10 minutes each in which you are free to relax.

1. **Questionnaires**

You will also be asked to complete some demographic questions such as age, gender and socio-economic status on the laptop provided.

1. **Final questions**

A few concluding questions will be asked and then you will be debriefed. After this, you will have the chance to raise any questions you may have regarding the study.

**Are there possible disadvantages and/or risks in taking part?**

We see no potential concerns while taking part in this study. You are able to stop taking part in the study at any point. The opportunity for further discussion with the researcher will be available. Additionally a full debriefing of the purpose and contents of the research will be provided once it is completed.

**What are the possible benefits of taking part?**

Your participation in the study will help us to better understand the effect of relaxation on memory, which has important implications for wellbeing. You will be offered a copy of the completed research should you be interested.

You will receive £40 as compensation for your time for completing the study.

**Will my taking part in this project be kept confidential?**

All the information collected about you during the course of the research will be anonymous and confidential and any personal information about you will not be disclosed to anyone. Any data that you provide will be stored securely and completely anonymously for a maximum of ten years.

**What will happen to the results of the research project?**

The results are likely to be published in a scientific journal in the year following the study. Your confidentiality will be ensured at all times and you will not be identified in any publication. At the end of the study, the results of the study can be made available to you should you wish. If you are interested in obtaining a copy please enter your email address when prompted to do so. The data you provide in this project may be used for future research. If your data are used for this purpose, your confidentiality and anonymity will be ensured at all times. You may indicate whether you wish your data to be used in future studies in the consent form.

**Who is organising and funding the research?**

This study is being organised by researchers at the University of Cambridge and is funded by the Medical Research Council.

**Ethical** **review of the study**

The project has received ethical approval from the Psychology Research Ethics Committee of the University of Cambridge.

**Contact for further information**

Please contact the study’s investigator, Jennifer Hunter, at any point with any comments, questions, or concerns, at [jah241@medschl.cam.ac.uk](mailto:jah241@medschl.cam.ac.uk).