

Participant Information Leaflet: TO BE TRANSFERRED TO QUALTRICS

PAUSE: The Psychology and You Self-Enhancement Programme

You are being invited to take part in the 'PAUSE Programme' which is a remote intervention tool based on positive psychological principles and is carried out by a research team affiliated with University College Dublin School of Psychology (*Dr. Tom Burke, Principal Investigator & Adjunct Assistant Professor; Mr Owen Stafford, Research Assistant; Mr Cian Prendergast, Research Assistant; Mr Niall Breslin, Research Disseminator and Public Liaison; Dr. Diane Gillan, Senior Clinical Neuropsychologist; Dr. Katie Barrett, Clinical Psychologist; Dr. Eddie Murphy, Principal Psychologist at HSE; Professor Mark Shevlin, Professor of Psychology; Ms Anna Berry, Trainee Clinical Psychologist; Dr. Laura K. Taylor, Lecturer/Assistant Professor; and Professor Alan Carr, Founding Director of the UCD Clinical Psychology Training Programme*).

Please read this study information before providing Informed Consent to take part.

What is this research about?

This research aims to evaluate a remote online, self-directed, application known as the "*Psychology and you: self-enhancement programme*" (PAUSE programme). The PAUSE programme was specifically developed in order to foster and support psychological well-being remotely, at your pace. In this programme, a range of strategies are used to optimize emotional and mood management skills through 6 core modules. Each module will focus on the fostering and development of specific psychological concepts which have been shown to improve well-being. Prior to using the application, we will invite you to complete a number of questionnaires, known as baseline measures. We will then provide you with access to the application, and after you have completed each of the modules, we will invite you to complete these measures again. This will allow us to investigate the usefulness of the application. After a number of weeks (12), we will invite you again to complete one final series of questionnaires to see if using the app has had a positive effect on well-being over time. Following this, the app can be used at your leisure and will remain available to you.



Why am I doing this research?

In taking part in this research programme you will be guided through a series of interactive activities and exercises which aim to promote psychological well-being and aid in psychological distress. Data collected from user engagement with the tool will provide critical insight as to the effectiveness of this programme in supporting mental wellness. If the app proves useful, then there is a potential for public rollout of this programme.

Criteria for eligibility

To be eligible to participate in this research you must be over the age of 18, living in Ireland, have access to a technological device/smartphone for intervention purposes, and have read this information leaflet thoroughly prior to giving consent. If you do not meet these criteria or have failed to provide consent, then you will not be eligible to engage with the programme.

Why have you been invited to take part in this research?

You have been invited to participate in this research which is investigating psychological well-being during the covid-19 pandemic for people in Ireland, with the support of a new remote application. As a member of the Irish public, you are being invited to take part.

How will your data be used?

All data arising from this research project will be confidential to the research team. Assessment data provided via Qualtrics.com will be stored on this platform and then deleted in 10 years' time by the Principal Investigator - in line with national and international data protection laws. Numerical data from assessment protocols will be stored on secured systems and in electronic data files. None of the data collected as part of this interventions study will be distributed outside of the named research team and all data files will be password protected. Data will be disseminated via research papers, reports, conferences, well-being platforms, and presentations, however data will only be analysed and presented on an accumulative basis and individual data-points will not be shown. Participant's I.D will not be used when disseminating data either. When opting in to receive a summary of the findings once this research is complete, emails collected will be placed in an excel sheet that will be destroyed after sending the document to those who wish to receive one.

What will happen if you decide to take part in this research study?

Should you decide to partake in this research, you will register and receive access to a remote based application to support psychological well-being, known as the PAUSE programme. Participants will be randomly allocated into two groups. One group will be loaded onboard the PAUSE tool instantaneously, whilst the other group will receive access to the application



6 weeks after indicating consent and interest. An email will inform you precisely when you will have direct access to the tool. Upon entry, you will be presented with 6 tiles representing the 6 sessions for completion (i.e., one for each week). You will notice that only week one is open for you to use from the beginning, however other sessions will unlock as you progress through the programme. You will be provided with an instructional video during week one that will guide you through how to use the tool. Each session will remain open once it is unlocked and as you progress you will be able to revisit past sessions and/or tasks as you see fit. Tasks will vary week by week and are designed to facilitate reflective and homework-based practice. You will have the option to opt-in to receive reminders, prompts, and notifications through your phone or electronic device which will support completion of specific exercises and continued engagement. Notifications are automatic and will not be sent if you have completed your daily task. You will be invited to rate your general mood and well-being prior to completing each task (*1-10; where 10 equates to excellent*) and may choose to provide written qualitative feedback on your experience of the exercise.

How will your privacy be protected?

You will create a unique identification code which only you will know. This code will be used to link your data over 3 time points (baseline, immediate follow-up, and 12-week post intervention), and to the PAUSE programme outcomes. Your name will never be stored in these electronic systems and instead your data will be referred to by case number only.

What are the benefits of taking part in this research study?

In taking part in this research study, you will be exposed to 6 core modules (Fostering Resilience; Body-Mind Integration; Savouring Positivity; Thought, Action, and Optimism; Cultivating Compassionate Relationships; Everyday Integration) which aim to foster and promote psychological well-being. We suspect that the techniques you learn from this programme, can be implemented for use in daily practice and will be of benefit even after completion of the programme. Furthermore, the data to which you provide is vital in supporting the effectiveness of the programme and will potentially assist in making the PAUSE tool available to the public.

What are the risks of taking part in this research?

It is anticipated that there will be minimal risk associated with involvement in this programme. Though this programme is based on positive psychological and therapeutic principles which aim to reduce psychological distress, you may experience difficult or upsetting feelings when completing outcome measures and questionnaires. In the event of a distressing and/or risk-related situation, you will have received additional information regarding clinically routine support and care pathways that you are encouraged to access should you become distressed. You may direct any further enquiries to the email addresses provided below.

Can you change your mind at any stage and withdraw from the study?

Yes, you have the right to withdraw from the study at any time should you wish to do so. This can be done by writing to the team via email and informing them of your decision. To do this, we require you to inform us of your unique ID code, so that we can remove all data associated with it. You do not have to justify your reason for withdrawal and it is not required that you have completed all questionnaires or the full programme before withdrawing, instead you can do so at any point.

How will you find out what happens with this project?

The use of diverse activities as part of our dissemination process will not solely focus on traditional methods i.e., academic dissemination. We intend to disseminate our research in an ongoing manner across the lifetime of the project, with immediate effect. Taking this into account, you can find out what is happening with the project through engagement with our primary dissemination outputs. These include media coverage and press releases; research and executive summary documents; online/PDF: flyers, posters, brochures and research briefs; study newsletters; community agency publications and websites; events, seminars, conferences, community meetings; in liaison with our PPI colleagues; and online Wellbeing platforms. You can opt in to receive a summary of the findings and this will be distributed to the participants of the study once this research is complete.

Data Protection

Under data protection laws you have rights. The study must provide research participants with the following information. It is a legal requirement under data protection law.

1. To know the purpose or reason for processing your personal data: Your data will be used to understand the impact of Covid-19 on a person's well-being.
2. To know the legal basis under which we are processing their data: Your data is being processed under Article 6.1 (f) 'legitimate interests' and under Article 9.2 (j) 'scientific research purposes' General Data Protection Regulation 2016.
3. To know who the recipients of the data are: Your codified data will be accessible to the UCD research team.



4. To know how long the data will be stored for: Your codified data will be stored for up to 10 years after study completion in May 2021. Your anonymised data will be stored indefinitely after the completion of data collection in May 2021 (Recital 39 GDPR Guidelines).
5. You have the right to withdraw your consent.
6. You have a right to lodge a complaint with the Data Protection Commissioner: The Data Protection Commissioner, Data Protection Commission, 21 Fitzwilliam Square South, Dublin 2, D02 RD28. Phone: +353 (0)761 104 800, +353 (0)57 868 4800 , 09:15 - 17:30 hrs (17:15 Friday). Website <https://forms.dataprotection.ie/contact>.
7. You have a right to request access to your personal data and a copy of it, until your personal data is destroyed 10 years following study completion.
8. You have a right to restrict or object to processing, until the point of analysis of the questionnaire data in May 2021, by which point it will not be possible for the data controller to identify and distinguish your anonymised data from that of other participants.
9. You have a right to have any inaccurate information about you corrected or deleted.
10. You have a right to have personal data deleted.
11. You have a right to data portability, meaning you have a right to move your data from one controller to another in a readable format.
12. Your data will not be used for automated decision making, including profiling.
13. There will be no further processing of your personal data outside of the specified research study without your explicit consent.

Where can I get further information?

If you have any further questions about the study, please contact:

Email: owen.stafford@ucd.ie (PAUSE Project Research Assistant); cian.prendergast@ucd.ie (PAUSE Project Research Assistant)



Principal Investigator: Dr. Tom Burke (Clinical Psychologist and Adjunct Assistant Prof. **Email:** tom.m.burke@ucd.ie)

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