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Participant Information Sheet

Study title: Investigation of emotion regulation training and its impact on well-being

You are being invited to take part in a research study. Before you decide whether to take part, you must understand why the research is being done, what it will involve, and how the information collected from you is stored and used. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if anything is unclear or if you would like more information. Take time to decide whether you want to participate.

What is the study about?

There are lots of ways in which mental health difficulties can be tackled, and many of these have involved specific treatments (or interventions) around learning skills to identify and understand emotions and experiences. We are investigating how learning these skills can affect the way people think and feel about their experiences.

What will happen in the study?

The study will last 5 weeks and involve three components. The entire study will be run remotely, meaning all activities can be done at home in your own time:

1. Phone-Based Mental Health Training Programme: You will receive daily links to media content related to understanding your emotions and experiences. Typically, these videos, podcasts, or games will take about 10 minutes per day, 5 days per week.
2. Questionnaires: We aim to assess the impact of this training on mental health and well-being. For that reason, you will be asked to complete questionnaires exploring your emotions, mood, mental health, and well-being. This will involve some sensitive questions.
3. Workbook: We will also provide a workbook to accompany your training programme.

As the study runs for several weeks and involves daily activities, you will be thanked for your time with £30 vouchers.



Who can take part in the study?

This study is open to individuals aged 16-19 who meet our inclusion criteria. Please contact us if you have any questions about this.

Do I have to take part?

It is entirely up to you whether you choose to participate. To help you decide, read this information sheet and ask about anything unclear. If you choose to take part, we will ask you to sign a consent form confirming your agreement. You do not have to sign the consent form if you do not want to participate in the study, and even if you do, you can withdraw at any time without giving a reason.

We anonymise our results (separate and remove your personally identifying information) as soon as possible after data collection to protect your privacy.

What are the benefits of taking part?

By participating, you will:

- Be participating in a new and exciting research project.
- Help us learn more about how techniques work to improve mental well-being.

To thank you for completing the data collection sessions, you will be given:

- a total of £30 if you complete the entire study

What will happen to my contact details and other personal information?

Any identifiable data (names, contact details) will be stored securely and separately from your questionnaire responses and your performance on the computer tasks. All your results will be held anonymously – we will not share your answers with anyone else. No one will know about your personal performance. The data will be stored securely in compliance with GDPR.

What are the possible risks/side effects of taking part?

If you become tired or uncomfortable during any task, you are encouraged to take a break. Remember, you can withdraw from the study at any time without providing a reason. The information you provide will be kept confidential. This means that whatever you say on the questionnaires will not be shared with anyone else, except after it has been anonymized.

We will ask many questions about your feelings and mental well-being. Before any testing begins, you will be encouraged to talk to a researcher if you have concerns about any items on the questionnaires or the tasks. In the unlikely event that something upsets you, we can provide you with a quiet space outside the testing room to relax until you feel better. A member of the research team will remain with you for as long as you need.

What happens to my personally identifiable information?

You will have provided us with two types of information. *Personally identifiable information* includes your name, email, and date of birth – information from which you could be identified and that we use to contact you, calculate your age, and so on. Anonymised research data includes information like the buttons you pushed on a computer task, and your answers on a questionnaire; in other words, once it is no longer connected to your personally identifiable information, information from which it would not be possible, or would be very difficult, to identify you personally.

We separate your Personally Identifiable Information from your Anonymised Research Data and treat these two types of information very differently.

The University of Cambridge Data Protection Officer is the Data Controller for any Personally Identifiable Information you have provided to us—contact details: The Old Schools, Trinity Lane, Cambridge CB2 1TN data.protection@admin.cam.ac.uk.

Electronic Personally Identifiable Information is either entered directly into a secure area of our computer system or transferred there as soon as possible after collection. Personally Identifiable Information on paper records is kept in a locked filing cabinet within a secured building. Personally identifiable information is treated with strict confidentiality and in line with the EU General Data Protection Regulation 2016/679 and the Data Protection Act 2018, which regulate the collection, storage, processing, and disclosure of such information. This information is held securely and only for as long as necessary (e.g., to contact you and manage the research).

General information on how the University uses personal information is available at <https://www.information-compliance.admin.cam.ac.uk/data-protection/research-participant-data>.

What will happen to the results of this research?

All data will be stored in a database on secure servers. Only authorised researchers will have access to the stored data. Anonymised Research Data will be made freely available to the broader academic community.

The study results will be submitted for publication in scientific journals and presented at scientific conferences. Your name and identity will not be revealed in any publications or presentations. We can provide a summary and a final report of all data to volunteers on request. In this summary, your identity will not be used, and you will not see your personal performance.

The data provided in this study will be archived at the University of Cambridge for 10 years in accordance with the General Data Protection Regulation.

Are there any circumstances in which you would give out my personally identifiable information to anyone outside of the research team?

No, personally identifiable information will be accessible only to the research team.

Can I access my study results?

As researchers, we must minimise potential harm to volunteers in our studies. We often use new techniques, and interpreting research data can be complicated and may cause undue concern. For this reason, we do not divulge individual results. If you have concerns about your performance, please discuss these with a researcher.

Are there compensation arrangements if something goes wrong?

The study has insurance to cover any claim in the unlikely event that anything goes wrong and causes harm.

What do I need to do to take part?

Please email the address below to let us know you are interested in participating. We will then schedule a time to call you and complete a screening questionnaire to determine your eligibility.

Can I change my mind?

Participation is entirely voluntary. Choosing not to take part will not disadvantage you in any way. You can withdraw from the experiment at any time without giving a reason. If the researchers have already collected your data, it will not be used in the final study and will be destroyed.

What should I do if I have a complaint about the study?

We are committed to ensuring that volunteers feel informed and well-treated when they take part in our research. If you have a complaint about this study, please get in touch with the Principal Investigator listed at the top of this information sheet in the first instance. If you are not happy with the response, please get in touch with the Director of the Cognition and Brain Sciences Unit (director@mrc-cbu.cam.ac.uk). Further steps can be taken through the University of Cambridge if necessary.

Thank you for considering taking part in this study. Our research depends entirely on the goodwill of potential volunteers such as you. If you require any further information, we will be pleased to help you in any way we can.

Any questions?

If you have any questions about the study, email questions to the research team at decades@mrc-cbu.cam.ac.uk

Ethical Review of the Study

The Cambridge Psychology Research Ethics Committee has reviewed the study