

## Title of Research Project:

# **Cognitive Functioning and Creativity in the Face of Personal Stress in Previously-Depressed People.**

We would like to invite you to take part in a research study. Before you decide you need to understand why the study is being done and what it would involve for you. Please take time to read the following information carefully. Please, ask questions if anything you read is not clear or if you would like more information. Take time to decide whether or not to take part in this research.

### **What is the purpose of this research?**

This study is aimed to examine the importance of cognitive functioning in previously-depressed people for creative writing of short scenarios after remembering a personally stressful event. The study also targets to determine how writing different scenarios affects emotions, experienced distress, recalling memory content, and negative thinking.

### **What will taking part involve?**

After signing the Consent Statement, you will meet with a clinician to complete questionnaires assessing your psychological and cognitive functioning. Next, within a week, you will participate in an individual meeting in the lab, where you will be handed a printed packet containing all necessary materials. The researcher will be present in the room throughout the meeting. According to the instructions included in the printed materials you will be asked to recall any of your currently stressful issues to be addressed in more detail later in the study, and reflect on it. In the next step, participants will be randomly allocated to one of three groups. Then, you will be asked to write a scenario in the form of a sequence of future events. All the tasks will be accompanied by examples. Next, you will view a nature video (15 min.) and answer 9 short questions. Also, you will be rating your emotions and experienced distress several times during the study. The entire lab meeting will last 45-60 minutes.

### **Why have you been invited to take part?**

Your doctor has found that you are in remission after depression. People with remitted depression are particularly vulnerable to the detrimental effects of stress, which is why studies, such as this one, attempt to determine effective ways of dealing with stress and resulting emotions. In this research, we also take into account the importance of individual's creativity and cognitive functioning. Research in this area contributes to the development of effective therapeutic interventions for people with remitted depression.

### **Do you have to take part?**

No, participation is completely voluntary. You have the right to refuse participation, refuse any question and withdraw at any time without any consequence whatsoever.

### **What are the possible risks and benefits of taking part?**

Recalling a personally stressful event can cause negative emotions.

Translated from Polish:

However, by participating in this study, you will be contributing to the new scientific knowledge, which in the future can help to develop effective therapeutic methods for improving dealing with distress and increasing resilience to depression in previously-depressed people. Participating in this study may also provide you with an opportunity to see how contemporary research is conducted in the area of clinical psychology, and then to learn about the overall results of this research. As a thank you for taking part in the study, each participant will receive 12 euros in the form of a gift card or a guide on depression prevention.

### **Will taking part be confidential?**

Yes, all the information about the participants will be anonymous and confidential. Once you have been initially recruited into the study and completed the Consent Statement, you will be assigned an individual code that will be used in the later stages of the study instead of your personal information. The data obtained will not allow any individuals to be identified or identifiable. Database may be shared in an anonymised form to allow reuse for scientific purposes. Non-anonymised data in the form of signed consent will be collected and retained as part of the research process, however they will be stored separately from the rest of the data.

### **How will information you provide be stored and protected?**

We will follow ethical and legal practice and all the data that we collect about you during the course of the research will be kept strictly confidential. Any data collected about the participants will be stored in our lab at the SWPS University of Social Sciences and Humanities in Warsaw, where it will be locked in a secure location.

### **What will happen to the results of the study?**

Results of this study will be published. You will not be identified in any report or publication. If you wish to be given a copy of any reports resulting from the research, please ask us to put you on our circulation list.

### **Who has ethically reviewed the project?**

The study has been ethically approved by The USSH Ethics Committee on Ethics of Empirical Research Involving People as Research Subjects (No 1/2015).

### **Who should you contact for further information?**

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**Thank you for your interest in this study.**

**If you wish to participate, please complete the Consent Statement at the end of this document.**