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Participant Consent Form (v1.1)

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

We are interested in how new therapeutic techniques can promote healthy ways of thinking and feeling.

This study has been reviewed by the Cambridge Psychology Research Ethics Committee [PRE.2026.026]

Participant identification number:

Please add your initials into each box to show you have read and agree with each statement.

Please note that in order to take part in the study you must agree to all of the statements below, except the statement that is marked as optional

I have read and understood the information sheet (Vx.x) for this study	
I have had the opportunity to consider the information and ask questions via the email address or phone number given at the top of this sheet	
I have had my questions answered satisfactorily	
I understand that this project will require me to have access content through my smart phone for the duration of the project	
I understand that my participation is voluntary and that I can withdraw at any time without giving a reason	
I understood that my data and personal details will be stored on secure servers. At the end of the study, the data will be transferred and held at The MRC Cognition and Brain Sciences Unit in a secure database and will be accessed by the academic community	
I understand that the MRC Cognition and Brain Sciences Unit will take all reasonable steps to protect my privacy. My data will be coded and will not be associated with my name or information that could reveal my identity. This anonymised data will be made freely available to the wider academic community	
I understand that all information will be treated as strictly confidential and handled in accordance with the provisions of the Data Protection Act 2018	

Tim D

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I understood that in all instances where the results are shared they will be anonymous

Optional: I would be willing to take part in an online interview relating to the study

PLEASE USE BLOCK CAPITAL LETTERS WHEN FILLING IN THIS FORM

Your name.....

Your
school/college.....

Gender Year group..... Date of birth.....

Other information. Does you have any condition that may affect your performance on the tasks? If so please state:

Would you like to be contacted in the future about participating in other studies (delete or cross out as appropriate)? YES NO

Your email.....

Please sign below to indicate that you agree to take part in the study:

Participant signature: Date:

(DD-MMM-YYYY e.g. 03-MAR-2026)

Researcher signature: Date:

Original consent form to be securely stored in research site file, copy to be made and given to the participant