

Appendix B

Participant and Parent Information Sheet



[REDACTED]
[REDACTED]
School of Psychology and Clinical Language
Sciences
Whitenights
Reading RG6 6AL

Participant and Parent Information Sheet

Title of Study: Investigating the effect of nature-related sounds and images on the mood of adolescents.

Supervisor:

[REDACTED]

Email:

[REDACTED]

Researcher:

[REDACTED]

[REDACTED]

We would like to ask you to take part in the research study "Investigating the effect of nature-related sounds and images on the mood of adolescents". Before you decide, it is important for you to understand what the study is about and what will happen to you if you take part. Please read this information sheet carefully and ask about anything that you do not understand.

What is the study for?

This study is trying to improve the understanding of how nature-related images and sounds could be used to improve mood and psychological well-being of adolescents. The results of this work may help us to understand what interventions could work to improve mood in adolescents.

Why have I been chosen to take part?

You have been chosen to take part because you are an adolescent, aged between 13 and 17 and you are able to speak and understand fluent English.

What will happen if I take part?

Your participation will take approximately 30 minutes, during which time you will be asked to complete a questionnaire asking about age and gender as well as a set of mood questionnaires. You will then be presented with nature-related images, sounds or a combination of both. The images will be of landscapes, water features, sky, trees and flowers, and animals. The sounds will include birdsong, water, and animal sounds. You will then be asked to complete some of the same questionnaires. You will then be provided with a debriefing sheet.

Do I have to take part?

No. You do not have to take part if you do not want to. Participation is voluntary and if at any point you feel that you do not wish to participate in the study anymore, you can withdraw without giving a reason by closing the browser.

Who is conducting the research?

The research is being conducted by Jasmiina Ryyanen, a psychology Master's student at the University of Reading, under the supervision of Dr Stella Chan.

Will the study cause any harm?

We do not anticipate that this study will cause any harm to participants as the images and sounds we use are intended to be soothing. However, some participants may find answering questions relating to mental health and mood distressing and there may be some psychological discomfort related to this. Although general health related information will be generated (anxiety and depression questionnaires), these are not diagnostic assessment tools but self-report questionnaires. Therefore, in line with common research practice, we will not write to GP's. However, should you feel concerned about your health and well-being, you will be signposted and given contact details of available local support systems such as GP services, mental health charities and hotlines when you are debriefed. Taking part in this study is voluntary and you will be able to withdraw at any point without giving a reason by closing the browser.

What will happen to my data?

The information we collect about you will be labelled only with an anonymous ID number. Information linking that number to your name will be stored securely and separately from the data you provide us. Your data will be kept confidential and securely stored, only being accessed by the researcher and supervisor. Data collected from this study will be preserved and made available in anonymised form, so that they can be consulted and re-used by others.

What happens afterwards?

After you have completed the study, you will be provided with a debrief sheet and contact details of relevant support systems such as GP services, mental health charities and hotlines, in case you feel like your mental health has been negatively impacted by the study.

If you are concerned about your wellbeing, you may like to speak to someone you know, or contact the mental health charity Samaritans, which is available 24 hours a day, seven days a week (0330 094 5717). For professional advice please visit your GP or alternatively, you could contact Berkshire NHS Crisis (0300 365 0300).

This application has been reviewed by the University Research Ethics Committee and has been given a favourable ethical opinion for conduct.

For more information, please contact the researcher: [REDACTED]

[REDACTED] or supervisor: [REDACTED]

Thank you for your help and for taking the time to read this information sheet.

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