

Positive Psychology Smartphone Application

Submission date 29/08/2013	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 21/01/2014	Overall study status Stopped	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 21/01/2019	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

This study is aiming to increase positive feelings in peoples everyday lives.

Who can participate?

Healthy male and female students between the age of 18 and 21 from a UK University can take part in this study.

What does the study involve?

Participants are randomly allocated to either the control group (who do not receive the smartphone app) or the intervention group, who receive a smartphone intervention that will give short positive psychological activities for them to complete three times a day for two days. They will complete questionnaires on the level of positive emotions they are experiencing. Psychological measures and behaviour will be assessed for all the participants. Feedback from participants in the intervention group will be requested at the end of the study.

What are the possible benefits and risks of participating?

The benefits of taking part are that participants who get the smartphone app will learn new strategies for increasing the level of positive emotions in their everyday lives. No side effects are anticipated in either the control or the intervention group.

Where is the study run from?

School of Psychology, University of Leicester, Lancaster Road, Leicester, LE1 7RH, UK.

When is study starting and how long is it expected to run for?

The study will start in March 2014 and will run for about a week.

Who is funding the study?

The study is funded by Unilever (UK).

Who is the main contact?

Professor Robert Hurling
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Contact information

Type(s)

Scientific

Contact name

Prof Robert Hurling

Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

REF-APP-1013

Study information**Scientific Title**

Evaluating the impact of positive psychology activities delivered through a smartphone application

Acronym

PPSA

Study objectives

Provision of short positive psychology activities to individuals will increase levels of positive emotions relative to a control group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Leicester University Ethics Committee, 01/10/2013, ref. jm148-8bbd

Study design

Randomised stratified parallel single-centred single-blind controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Diagnostic

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied

Positive Psychology

Interventions

This is an exploratory study where student participants recruited from a University psychology department are randomised into an intervention or a control group.

The study is run over 4 days. The first 2 days are used to gather baseline measures for both groups to include self-report scales: e.g. PANAS and mood measure questions on how joyful, positive, optimistic, and grateful they report feeling. At the end of the 2-day baseline period there are a series of self-report scales to complete:

1. Ten Item Personality Inventory (10 items)
2. Aaker Brand Personality measure (35 items)
3. Brand equity measure (10 items)
4. Positive Emotional Intensity Scale (items to be confirmed, referring to last 2 days)
5. PANAS (full version - 20 items, referring to last 2 days)
6. Satisfaction with Life Scale (5 items)
7. Short Measure of Adult Playfulness (5 items)
8. A self-report measure of gifting behaviour for ice cream and other gifts (referring to last 2 days)

At the start of the third day the intervention group receive a smartphone app and are requested to use it at least three times per day for the next 2 days. It asks a few questions and then suggests a couple of positive psychology tips. One of the tips is completed and then rated by the user.

The control group do not receive the app.

Both groups are asked how they are feeling, three times per day via a survey monkey link sent to their smartphone.

At the end of the study both groups complete the same series of self-report scales as before.

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Level of positive emotion

Questionnaire results over 4 days and specific timepoints and frequency of application use over 2 days.

Secondary outcome measures

Frequency and style of application usage.

Overall study start date

10/03/2014

Completion date

14/03/2014

Reason abandoned (if study stopped)

Lack of staff/facilities/resources

Eligibility

Key inclusion criteria

1. Male/female over 18
2. Owns a smartphone and agrees to download a research application
3. Available for study duration
4. Able to access study centre and use their smartphone unaided
5. Not taking medication or currently undergoing counselling

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

200 participants (100 intervention, 100 control group)

Key exclusion criteria

Taking medication or currently undergoing counselling

Date of first enrolment

10/03/2014

Date of final enrolment

14/03/2014

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Unilever R & D

Bedford

United Kingdom

MK44 1LQ

Sponsor information

Organisation

Unilever Research & Development (UK)

Sponsor details

Colworth Science Park

Sharnbrook

Bedford

United Kingdom

MK44 1LQ

Sponsor type

Industry

ROR

<https://ror.org/05n8ah907>

Funder(s)

Funder type

Industry

Funder Name

Unilever (UK)

Alternative Name(s)

Unilever Global, Unilever PLC, U

Funding Body Type

Government organisation

Funding Body Subtype

For-profit companies (industry)

Location

United Kingdom

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration