

# Internet browsing, classical fairy tales, resilience and outlook in life

<b>Submission date</b> 29/04/2025	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/04/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/08/2025	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Internet browsing is a daily activity for many young people. However, how internet browsing impacts young people's resilience and positive (vs. negative) outlook in life remains largely unaddressed. Critically, how reading classical fairy tales may mitigate the influence of internet browsing on resilience and a more positive rather than negative outlook in life has yet to be examined. This study examines the impact of internet browsing on young people's resilience and positive (vs. negative) outlook in life. Furthermore, this study aims to examine the potential mitigating effect of reading classical Grimm Brother's fairy tales such as Hansel and Gretel and Little Red Riding Hood on the relationship between internet browsing and postgraduate students' resilience and outlook in life.

### Who can participate?

Full-time postgraduate students.

### What does the study involve?

Freely browsing the internet on any digital device they may have with them (smartphone, tablet, laptop, etc.) at the time of the study. Time to read either the classical fairy tale Hansel and Gretel or Little Red Riding Hood (the Brother Grimm version) (randomly assigned, so that some participants read Hansel and Gretel and others the Little Red Riding Hood fairy tale).

### What are the possible benefits and risks of participating?

No particular benefits or risks were identified.

### Where is the study run from?

Doshisha University (Japan)

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

Study start date is April 14th 2025 and run for about 2-3 weeks.

### Who is funding the study?

Investigator initiated and funded

Who is the main contact?

Prof. Andreas Eisingerich, a.eisingerich@imperial.ac.uk

## Contact information

### Type(s)

Public, Scientific, Principal Investigator

### Contact name

Prof Andreas Eisingerich

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## Additional identifiers

### EudraCT/CTIS number

Nil known

### IRAS number

### ClinicalTrials.gov number

Nil known

### Secondary identifying numbers

219865

## Study information

### Scientific Title

Examining the impact of internet browsing and reading classical fairy tales on people's resilience and outlook in life

### Study objectives

Internet browsing affects people's resilience and outlook in life. Reading classical fairy tales mitigates the effect of internet browsing on resilience and outlook.

### Ethics approval required

Ethics approval required

### Ethics approval(s)

Approved 14/04/2025, Kyushu Sangyo University's ethics committee (Kyushu Sangyo University, 2-3-1 Matsukadai Higashi-ku, Fukuoka, 813-8503, Japan; +81 926735266; sangaku@ml.kyusan-u.ac.jp), ref: 2024-0018

## **Study design**

Interventional randomized controlled trial

## **Primary study design**

Interventional

## **Secondary study design**

Randomised controlled trial

## **Study setting(s)**

Laboratory

## **Study type(s)**

Quality of life

## **Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

## **Health condition(s) or problem(s) studied**

Resilience and outlook in life of postgraduate students

## **Interventions**

As part of this study, we employed a 2 (Internet browsing vs. no internet browsing) × 2 (Reading a classical fairy tale vs. no classical fairy tale) between-subject experimental design. Participants were randomly allocated to one of the four study conditions (Condition 1: Internet browsing + reading a classical fairy tale; Condition 2: Internet browsing + no classical fairy tale; Condition 3: No internet browsing + reading a classical fairy tale; Condition 4 (control group): No internet browsing + no classical fairy tale). The study was conducted in a lab experimental setting on a university campus.

In Condition 1, participants were invited to spend 20 minutes to freely browse the internet on any digital device they may have with them (smartphone, tablet, laptop, etc.). Extra care was taken to inform study participants that they can browse the internet very freely and visit any site they want and that absolutely no data is collected based on which sites they visit. Research Assistants were trained and instructed to look at a phone themselves, so that participants did not feel observed during the study time period. After 20 minutes of free internet browsing, participants were invited and given time to read either the classical fairy tale Hansel and Gretel or Little Red Riding Hood (the Brother Grimm version) (randomly assigned, so that some participants read Hansel and Gretel and others the Little Red Riding Hood fairy tale). Finally, study participants completed a brief survey.

In Condition 2, participants were invited to spend 20 minutes to freely browse the internet as in Condition 1. After having browsed the internet participants in Condition 2 completed the brief survey. In Condition 3, participants were given randomly allocated to either read Hansel and

Gretel or Little Red Riding Hood and given time to read the fairy tale and subsequently complete a brief survey as in Condition 1. Finally, in Condition 4 (control group) participants simply completed the brief survey.

### **Intervention Type**

Behavioural

### **Primary outcome measure**

1. Positive outlook in life is measured using a brief survey with Likert-scale items at baseline and after each condition
2. Negative outlook in life is measured using a brief survey with Likert-scale items at baseline and after each condition
3. Resilience is measured using a brief survey with Likert-scale items at baseline and after each condition

### **Secondary outcome measures**

Self-expressed resilience in life was measured after study participants had indicated their outlook in life using a bespoke questionnaire

### **Overall study start date**

14/04/2025

### **Completion date**

30/04/2025

## **Eligibility**

### **Key inclusion criteria**

Full-time student

### **Participant type(s)**

Learner/student

### **Age group**

Adult

### **Lower age limit**

18 Years

### **Upper age limit**

80 Years

### **Sex**

Both

### **Target number of participants**

400

### **Total final enrolment**

412

**Key exclusion criteria**

To take part in the study, participants had to be full-time students.

**Date of first enrolment**

14/04/2025

**Date of final enrolment**

30/04/2025

**Locations****Countries of recruitment**

Japan

**Study participating centre****Doshisha University**

Kamigyo Ward

Kyoto

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**Sponsor information****Organisation**

Kyushu Sangyo University

**Sponsor details**

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**Sponsor type**

University/education

**Website**

<http://www.kyusan-u.ac.jp/index.html>

**ROR**

<https://ror.org/01wqrpc44>

# Funder(s)

## Funder type

Other

## Funder Name

Investigator initiated and funded

# Results and Publications

## Publication and dissemination plan

We aim to make the study and findings as widely available to the public as possible. Hence, we aim publication in an open-source international medical journal such as the JMIR (Journal of Medical Internet Research)

## Intention to publish date

30/07/2025

## Individual participant data (IPD) sharing plan

The data can be obtained from the authors upon reasonable request.

## IPD sharing plan summary

Other

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		06/08/2025	07/08/2025	Yes	No