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

Submission date
29/04/2025

Recruitment status
No longer recruiting

Registration date
30/04/2025

Overall study status
Completed

Last Edited
07/08/2025

Condition category
Other

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

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Additional identifiers

Protocol serial number
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

Primary study design
Interventional

Study design

Interventional randomized controlled trial

Study type(s)
Quality of life

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(s)
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

Key secondary outcome(s)
Self-expressed resilience in life was measured after study participants had indicated their outlook in life using a bespoke questionnaire

Completion date

30/04/2025

Eligibility

Key inclusion criteria
Full-time student

Participant type(s)
Learner/student

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
80 Years

Sex
All

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
Japan
602-0898

Sponsor information

Organisation
Kyushu Sangyo University

ROR
https://ror.org/01wqrpc44

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

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?
Results article		06/08/2025	07/08/2025	Yes	No