

Study Title: Exploring the relationship between executive functioning, rumination, metacognitive beliefs, and mindfulness

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Ethics/ERGO no: 62785

Version and date: Version 2, 18/06/2021

What is the research about?

My name is Thomas Glover and I am a Doctorate Level student training to become a Clinical Psychologist at the University of Southampton in the United Kingdom.

I am inviting you to participate in a study exploring why some people engage in types of repetitive negative thinking, such as rumination, more than others. We are interested in finding out how flexible thinking skills, mindfulness skills, and beliefs about thinking, relate to rumination. Your data will help our understanding of the relationship between these skills and traits, which will help mental health professionals support individuals with mental health problems.

This study was approved by the Faculty Research Ethics Committee (FREC) at the University of Southampton (Ethics/ERGO Number: 62785).

What will happen to me if I take part?

This study involves completing four computerised questionnaires and three computerised tasks which should take between 45 and 60 minutes of your time. The tasks will involve you responding to visual items on the screen. You will be able to do these from a personal computer. If you are happy to complete these questionnaires and tasks, you will need to tick (check) the box below to show your consent. You will be debriefed at the end of the session.

Who can participate?

I am recruiting participants who are aged between 18 and 65, are fluent in English, and have normal or corrected-to-normal vision.

We would advise that you do not consume alcohol or take illicit drugs in the 24 hours before the study.

Please do not participate if you have a neurological disorder which might affect your cognition.

I am aiming to recruit around 100 participants for this study.

What information will be collected?

The questionnaires used in this survey ask for information in relation to the following areas:

- Rumination, which refers to a style of repetitive negative thinking.
- Metacognitive beliefs, which are beliefs about your own ability to think.
- Mindfulness skills, which involve being able to pay attention to what is happening in the present moment.

The three tasks used in this study will measure decision making, error rates and reaction time.

We will also be collecting some demographic information, including your age, and gender. We will ask for some information about your mental health history, but you will not be expected to provide details.

What are the possible benefits of taking part?

If you decide to take part, you will be paid £6 on completion of the study. Additionally, your participation will contribute to knowledge in this area of research.

Are there any risks involved?

During the study you will be asked some questions about your mood, and mental health history. There is a small possibility that for some people this could cause mild psychological discomfort and/or distress. If this happens, you can contact the following resources for support:

- Your GP
- Mind (website: www.mind.org.uk; tel.: 0300 123 3393, Monday to Friday, 9am to 6pm)

What will happen to the information collected?

All information collected for this study will be stored securely on a password protected computer and backed up on a secure server. In addition, all data will be pooled and only compiled into data summaries or summary reports.

The information collected will be analysed and written up as part of the researcher's dissertation, published in a journal and presented at conferences. Research findings made available in any reports or publications will not include information that can directly identify you without your specific consent.

We will be using third-party software called 'Inquisit' to run this study. Your data will therefore also be stored on the secure servers of 'Inquisit'. More information about how they store data can be found here: <https://www.millisecond.com/products/securitystatement.aspx>

The University of Southampton conducts research to the highest standards of ethics and research integrity. In accordance with our Research Data Management Policy, data will be held for 10 years after the study has finished when it will be securely destroyed.

Will my participation be confidential?

Your participation and the information we collect about you during the course of the research will be kept strictly confidential.

We will assign you a unique participant code at the start of the study, which will be used to identify your data. This is in case you wish to withdraw your data from the study following completion.

Only members of the research team and responsible members of the University of Southampton may be given access to data about you for monitoring purposes and/or to carry out an audit of the study to ensure that the research is complying with applicable regulations. Individuals from regulatory authorities (people who check that we are carrying out the study correctly) may require access to your data. All of these people have a duty to keep your information, as a research participant, strictly confidential.

Do I have to take part?

No, it is entirely up to you to decide whether or not to take part. If you decide you want to take part, you will need to tick (check) the box below to show your consent.

What happens if I change my mind?

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. Please contact a member of the research team if you wish to withdraw your data. If you do not wish your data to be included in the final research report then you will need to contact us by July 2022.

Where can I get more information?

If you have any questions about this study, please contact either:

- Principle investigator: Thomas Glover (Trainee Clinical Psychologist) (tg2n19@soton.ac.uk)
- Primary supervisor: Prof Matthew Garner (Professor of Psychology & Affective Neuroscience) (m.j.garner@soton.ac.uk)
- Secondary supervisor: Dr Warren Dunger (Clinical Neuropsychologist & Senior Teaching Fellow in Clinical Neuropsychology) (w.n.dunger@soton.ac.uk)

What happens if there is a problem?

If you have a concern about any aspect of this study, you should speak to the researchers who will do their best to answer your questions.

If you remain unhappy or have a complaint about any aspect of this study, please contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, rgoinfo@soton.ac.uk). Please quote the Ethics/ERGO number above.

More information on your rights as a study participant is available via this link:

<https://www.southampton.ac.uk/about/governance/participant-information.page>

Thank you for reading this information sheet and considering taking part in this research.

- Please tick (check) this box to indicate that you have read and understood information on this form, and agree to take part in this study.
- Please tick (check) this box to confirm that you are eligible to take part in this study.