**Combined Participant Information Sheet and Consent Form for Anonymous Online Surveys for Adult Participants**

**Study Title:** Yoga, talking therapies and psychological wellbeing: Exploring shared mechanisms

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**Ethics/ERGO no:** 81567

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You have been invited to participate in the above research study. To help you decide whether you would like to take part or not, the information below will help you understand why the research is being done and what it will involve. Please read the information below carefully. Please don’t hesitate to email us with any questions if anything is unclear or you would like more information before you decide to take part in this research. If you are happy to participate you will be asked for your consent online.

**What is the research about?**

The research is being conducted as part of a three-year doctoral qualification in Clinical Psychology at the University of Southampton. This is a research study about yoga and whether there are any differences between those who do regularly practice yoga and those who do not. For those who practice yoga, there will be additional questions about what yoga you practice and the different elements you include in your practice to consider if these elements might yield psychological benefit.

This study was approved by the Faculty Research Ethics Committee (FREC) at the University of Southampton (Ethics/ERGO Number: *[please insert]*).

**What will happen to me if I take part?**

If you decide to take part then you will be asked to complete an online survey. The survey takes approximately 30 minutes to complete. You will be asked to complete an online survey which will ask about your demographic information (age etc), physical activity and a number of psychological constructs. Once you have completed all of the questionnaires then you will be shown a debrief statement and given the option to follow a link to enter a prize draw for one of ten available £25 gift vouchers. You will not be given the option to enter the prize draw if you are participating via SONA and receiving university credits.

**Why have I been asked to participate?**

Anyone who is over the age of 18 and fluent in English can participate in this study, unless they have been involved in the development of the study.

**What information will be collected?**

You will be asked to complete an online survey which will ask about your demographic information (age etc), if you have had any previous contact with mental health services, physical activity and a number of psychological constructs. Data will be collected and stored in a way that is consistent with the Data Protection Act 2018 and the GDPR. The survey is anonymous so your data and questionnaire responses cannot be connected to you. This data will be handled carefully during collection and analysis. It will be stored electronically encrypted and password protected.

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. You can withdraw at any point by exiting the survey. If you withdraw from the study, we cannot remove the data you have already provided as we will not be able to identify it as belonging to you.

The prize draw will be a separate survey so if you do ‘opt-in’ to the draw then your contact details will not be connected to your demographic information and questionnaire responses. We will delete this data after the prize draw is completed.

**What are the possible benefits of taking part?**

By completing this research you would be helping the researchers gain a better understanding of the potential benefits of yoga which could lead to future research about the use of yoga as a possible treatment intervention. You will be given the option to provide your email address to be entered into a prize draw where you could win one of ten £25 vouchers as a token of appreciation.

**Are there any risks involved?**

There should not be any risks to you taking part. You will be asked to complete some questionnaires about yourself; it is hoped that these are not too sensitive and are unlikely to cause any distress however if you do experience any distress then please visit the following websites and resources for information and support:

* Mind – the mental health charity (<https://www.mind.org.uk/>)
* The Samaritans – emergency helpline (<https://www.samaritans.org/>)
* NHS Improving Access to Psychological Therapies (<https://www.nhs.uk/service-search/other-services/Psychological-therapies-%28IAPT%29/LocationSearch/10008>)

You will find the contact details of the researchers at the top of this sheet and again at the end of the survey. You can contact them after you have taken part if you have any concerns or questions.

**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. Only the researcher and their supervisor will have access to this information.

The data from the study will be analyzed and written up as part of a doctoral thesis where it is hoped that this will be disseminated at conferences and submitted for publication in a peer-reviewed journal. Research findings made available in any reports or publications will not include information that can directly identify you. Only members of the research team will have access to the data whilst the study is underway. As all data will be anonymous, any research findings that are used for reports or published will not be linked to you.

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. As a publicly funded organisation, the University has to ensure that it is in the public interest when we use personally-identifiable information about people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use information about you in the ways needed, and for the purposes specified, to conduct and complete the research project. Under data protection law, ‘Personal data’ means any information that relates to and is capable of identifying a living individual. The University’s data protection policy governing the use of personal data by the University can be found on its website (<https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page>).

Once the study is finished, the anonymous data will be deposited and made publicly available in the University of Southampton's institutional repository. Research findings made available in any reports or publications will not include information that can directly identify you without your specific consent. Your anonymous data will be uploaded to the university repository (see Welcome to ePrints Soton - ePrints Soton for full details) where it will be stored for 10 years and may be accessed for future research studies, subject to suitable ethical approval.

**Will my participation be confidential?**

Your participation and the information we collect will be kept strictly anonymous. All data will be encrypted and stored in a password-protected database only accessible to the research team. 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.

If you choose to enter the prize draw at the end of the study, you will need to provide your name and email address. This will be kept separate from your survey responses. This data will also be encrypted and stored in a password-protected database accessible only to the research team, and deleted after the prize draw has taken place.

**What happens if there is a problem?**

If you are unhappy about any aspect of this study and would like to make a formal complaint, you can contact the Head of Research Integrity and Governance, University of Southampton, on the following contact details: Email: e[rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk), phone: + 44 2380 595058.

Please quote the Ethics/ERGO number above. Please note that by making a complaint you might be no longer anonymous.

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

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

**Where can I get more information?**

If you have any more queries or would like to know more about this study, please do not hesitate to get in touch , details of the research team are provided below:

Chief Investigators: Nadine Fox ([njm1v16@soton.ac.uk](mailto:njm1v16@soton.ac.uk)) and Halina Willis (nee Gleeson) ([hsdg1n21@soton.ac.uk](mailto:hsdg1n21@soton.ac.uk))

Research supervisor: Dr Alison Bennetts ([a.bennetts@soton.ac.uk](mailto:a.bennetts@soton.ac.uk))

**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,

are aged 18 or over and agree to take part in this survey.