**ERGO II Ethics application form – Psychology Committee**

1. **Applicant Details**

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| **1.1 Applicant name** | James W. Butterworth |
| **1.2 Supervisor** | Dr. Nicholas J. Kelley |
| **1.3 Other researchers / collaborators (if applicable):** *Name, address, email* | Prof. Constantine Sedikides |

1. **Study Details**

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| **2.1 Title of study** | Sleep Quality and the Self |
| **2.2 Type of project** (e.g. undergraduate, Masters, Doctorate, staff) | Doctorate |

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| **2.3 Briefly describe the rationale for carrying out this project and its specific aims and objectives.** |
| Current literature directly exploring the relationship between sleep quality and various concepts of the self is limited. Prior research has focused primarily on Sleep Quality and Self-Esteem, or Sleep Quality and Self-Control; beyond this, various self-concepts (such as Self-Enhancement, or Sense-of-Self, for example) is lacking; having only been explored as a covariate or ignored altogether. Due to the sheer number of measures of self and identity, there is no leading theory behind the relationship between sleep quality and the self. This study aims to explore the correlational relationships between sleep quality and a multitude of self-concepts; including previously unexplored measures and those with limited or ambiguous research. This research will provide the foundations for further in-depth exploration of these topics and provide valuable insight into the link between sleep and identity. We also aim to explore the idea of an *S-Factor*: akin to the intelligence-based G-Factor, we ask whether there is a variable that summarizes positive correlations among a multitude of self-constructs; this would indicate that the outcome of an individual’s response on one self-construct would be comparable to other measures of these self-constructs. |

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| **2.4 Provide a brief outline of the basic study design. Outline what approach is being used and why.** |
| The experiment will solely use an online questionnaire to collect all data. The design will be cross-sectional, and between subjects. Participants will be required to complete a variety of established and well-validated questionnaires that measure various self-constructs, and a measure of sleep quality. This will allow us to collect data from many participants, improving reliability and validity to the outcomes of the study. It estimated that the full questionnaire will take roughly 45 minutes to complete. Based on the correlational data we collect, we can dive into further exploration of the causational effects of these variables in future research. The full list of self-concepts:   * Self-Compassion * Self-Control * Self-Concept Clarity * Self-Esteem * Self-Doubt * Self-Efficacy * Self-Enhancement * Self-Silencing * Sense of Self * Self-Estrangement * Self-Enhancement * Self-Expression   The questionnaire will also include some further measures of basic demographic material, personality, etc. |

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| **2.5 What are the key research question(s)? Specify hypotheses if applicable.** |
| The primary research asks what (if any) is the link between sleep quality and the self and identity. This can be applied to each individual measure of the self (listed above), and as an overall concept. By extension, will ask whether there is a variable that summarizes positive correlations among these self-constructs, that may indicate that the outcome of an individual’s response on one self-construct would be comparable to other self-constructs (assumed name: the *S-Factor*). This would act as a measure of the self, that comprises the afore mentioned self-constructs. Hypotheses include various directional correlations between sleep quality and each individual measure of the self, with additional measures of the self as covariates. Generally, we expect to see a positive correlation between improved sleep quality and more positive self-constructs (e.g.: greater self-control / reduced self-doubt). |

1. **Sample and setting**

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| **3.1 Who are the proposed participants and where are they from (e.g. fellow students, club members)? List inclusion / exclusion criteria if applicable.** |
| The questionnaire will be openly available to the public via online platform(s)(*Prolific*); therefore, the only participation criteria is to be over the age of 18, and a fluent English speaker; we expect inclusion of participants from a diverse range of backgrounds (i.e.: gender / race / nationality / age). |

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| **3.2. How will the participants be identified and approached? Provide an indication of your sample size. If participants are under the responsibility of others (e.g., parents/carers, teachers) state if you have permission or how you will obtain permission from the third party).** |
| As the Experiment is entirely questionnaire based, it will be distributed across various online platforms, and therefore participants will be recruited via these platforms (e.g.: Prolific; Amazon’s MTURK; Facebook; etc).We aim to collect data from at least 500 participants which will give us adequate statistical power to detect modest associations between sleep and self-related variables. |

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| **3.3 Describe the relationship between researcher and sample. Describe any relationship e.g., teacher, friend, boss, clinician, etc.** |
| There will be no direct interaction between researcher and participant |

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| **3.4 How will you obtain the consent of participants? (***please upload a copy of the consent form if obtaining written consent***) NB. Consent form is not needed for studies collecting data online.** |
| As the experiment is an online questionnaire, when participants click on the link to open the questionnaire, they will have to read the information sheet /consent form (opening page of the questionnaires will be these documents) and click a button at the bottom of the page to indicate consent to continue. Participants will not be allowed to continue with the questionnaires if they do not click the “Consent” button. |

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| **3.5 Is there any reason to believe participants may not be able to give full informed consent? If yes, what steps do you propose to take to safeguard their interests?** |
| No |

1. **Research procedures, interventions and measurements**

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| **4.1 Give a brief account of the procedure as experienced by the participant. Make it clear who does what, how many times and in what order. Make clear the role of all assistants and collaborators. Make clear the total demands made on participants, including time and travel.** *Upload copies of questionnaires and interview schedules to ERGO.* |
| Participants will be able to complete the procedure in its entirety from any device with access to internet (computer / phone). Participants will simply need to click on the provided link to the online questionnaire, sign (click the button) the consent form, before simply answering all questions of the questionnaire. Questions will consist primarily of Likert scale questions (i.e.: “on a scale of 1 – 5, how much do you agree…”). Due to the number of questions in the questionnaire, it is estimated that it will take roughly 45 minutes to complete the full questionnaire. Participants will be able to take a break and return to the questionnaire later. |

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| **4.2 Will the procedure involve deception of any sort? If yes, what is your justification?** |
| No |

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| **4.3. Detail any possible (psychological or physical) discomfort, inconvenience, or distress that participants may experience, including after the study, and what precautions will be taken to minimise these risks.** |
| There is no known risk with participation. |

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| **4.4 Detail any possible (psychological or physical) discomfort, inconvenience, or distress that YOU as a researcher may experience, including after the study, and what precautions will be taken to minimise these risks. If the study involves lone working please state the risks and the procedures put in place to minimise these risks (**[**please refer to the lone working policy**](https://www.southampton.ac.uk/assets/sharepoint/intranet/hr/How%20to/Policy%20-%20Lone%20working.pdf)**).** |
| There is no known risk associated with this experiment. |

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| **4.5 Explain how you will care for any participants in ‘special groups’ e.g., those in a dependent relationship, are vulnerable or are lacking mental capacity), if applicable:** |
| Not applicable: there is no reason a vulnerable group should require special attention to complete the task compared to non-vulnerable groups. |

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| **4.6 Please give details of any payments or incentives being used to recruit participants, if applicable:** |
| In MTurk studies participants will be paid at a rate of $6.50/£5.00 per hour. As the experiment will take approximately 45 minutes to complete, participants will be paid £3.75/$4.94 for their participation. Should other platforms be used, the study will comply with required payment systems. We may also run versions of these experiments with University students who will receive *credits* for their participation and no additional payment. |

**5. Access and storage of data**

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| **5.1 How will participant confidentiality be maintained? Confidentiality is defined as non-disclosure of research information except to another authorised person. Confidential information can be shared with those already party to it and may also be disclosed where the person providing the information provides explicit consent. Consider whether it is truly possible to maintain a participant’s involvement in the study confidential, e.g. can people observe the participant taking part in the study? How will data be anonymised to ensure participants’ confidentiality?** |
| Research data will be kept securely on a password protected computer and anonymised. |

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| **5.2 How will personal data and study results be stored securely during and after the study. Who will have access to these data?** |
| Raw data will be collected and stored on Qualtrics, which is password protected. The downloaded anonymised data will be stored on the researcher’s personal computers. In future the data may be uploaded to an Open Access database for further research purposes. |

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| **5.3 How will it be made clear to participants that they may withdraw consent to participate? Please note that anonymous data (e.g. anonymous questionnaires) cannot be withdrawn after they have been submitted. If there is a point up to which data can be withdrawn/destroyed e.g., up to interview data being transcribed please state this here.** |
| It will be explicitly stated to participants in the brief and debrief that they may withdraw their data at any time without penalty. |

**6. Additional Ethical considerations**

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| **6.1 Are there any additional ethical considerations or other information you feel may be relevant to this study?** |
| **No.** |