**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* |  |

1. **Study Details**

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| **2.1 Title of study** | Sleep Quality and the Self (Daily Diary) |
| **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. A previous study by the same researchers explored 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 provided the foundations for further in-depth exploration of these topics and provide valuable insight into the link between sleep and identity.  We have recently completed a follow up study which looked precisely at the self-constructs that revealed the greatest effects. This study was a longitudinal study (*daily diary*) exploring how these self-constructs changes over time, and how it is influenced by variation in sleep-quality. We now aim to replicate this follow up study using a student sample, where they receive credits rather than money. All aspects of the study will remain the same as before, except for the participant pool, and the distribution platform. |

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| **2.4 Provide a brief outline of the basic study design. Outline what approach is being used and why.** |
| As before, the present study will use an online *daily diary* approach to explore changes in self-reported feelings of the self (I.e.: self-compassion; self-control) over the course of two weeks. We will also explore how the role of sleep quality influences this variation. The experiment will use an online questionnaire method to collect all data; we will use *eFolio* to recruit participants, and *Qualtrics* to distribute and collect data. The design will be longitudinal, and between subjects. Participants will be required to complete a very brief (5 minute) questionnaire every day for 14 days, in which they will report their subjective feelings of various constructs of the self (using both state and trait measures). This study builds on the findings of our previous research, and therefore uses many of the same well-validated measures. We will also add a small value writing task and state versions of several previously approved trait measures. The full list of self-constructs:   * Self-Compassion * Self-Control * Self-Esteem * Isolation * Loneliness * Self-Continuity * Vitality * Optimism   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, we ask the question of how do these self-constructs individually and collectively change with changing sleep quality. For example, do participants experience reduced lower self-compassion following nights of poorer sleep quality. 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-reported self-constructs. This will ultimately answer the question: does sleep quality mediate these self-constructs (individually and collectively)? |

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 only available to students from the University of Southampton, and 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 an online platform and therefore participants will be recruited via *eFolio*. We aim to collect data from 70 participants which will give us adequate statistical power to detect modest associations between sleep and self-related variables. As this study requires commitment every day, it is likely that some participants will withdraw over the course of the 14 days. Therefore, this number should allow for at least 60 participants to remain from start to finish. |

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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 complete all questionnaires online, so they will not need to travel or commit much effort to the study. Participants will be able to complete the procedure in its entirety from any device with access to internet (computer / phone). They will be sent (via *email*) a link to a new online questionnaire every day for 14 days. 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. The questionnaire will be sent to them at the same time every day, with the intention that participants will complete the questionnaire around the same time every day. Each questionnaire will consist of roughly 20 questions, and therefore will take roughly 5 minutes to complete. However, the very first day of the study will also contain additional information and questions (e.g. demographics) and therefore will take closer to 10 minutes to complete. Questions will consist primarily of Likert scale questions (i.e.: “on a scale of 1 – 5, how much do you agree…”). |

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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:** |
| The present study will use students at the university of Southampton, and therefore participants will be ‘paid’ at a rate of 1 credit per 5 minutes. Due to the longitudinal nature of this study, participants will be paid small amounts for each individual study, which may accumulate to a total of 20 credits, depending on the number of surveys they complete. Participants will be given 2 credits (8 minutes) for the first day, and 1 credit (4 minutes) for each of the following days. It is possible that participants may be paid an additional bonus sum on completion of the full study (as an incentive not to withdraw). This will be 5 credits. |

**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?** |
| When participants sign up to take part in the study, they will automatically provide their university email address. This will provide a way for us to distribute the study as well. They will, however, be required to make-up an ID number for themselves this will allow us to match their responses across the 4 surveys, but also it will separate their data from any identifiable information (i.e.: there will be no way to link their mail with their ID number).  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.** |