

PARTICIPANT INFORMATION SHEET

Study Title: Dose-Response Relationship Between Music and Anxiety Reduction

This study is a Master's project and you are invited to take part in the research. This project is organized by Tianle Peng <tpeng001@gold.ac.uk> and Danielle Mullen <dmull001@gold.ac.uk> who are students at Goldsmiths, University of London. The supervisor of this project is Lauren Stewart <l.stewart@gold.ac.uk>. You are being invited to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. If there is anything that is not clear or if you would like more information, please ask the researchers. Take time to decide whether or not you wish to take part in this study.

Thank you for reading this.

What is the purpose of this study?

Research has shown that music can have a range of effects on listeners. This study aims to gain a better understanding of how the length of time spent listening to a musical stimulus can impact some of these specific effects. Participants will be asked to participate in one research session.

Why have I been chosen?

We would like to test people who are currently taking anxiolytics. A total of between 180 and 240 participants will take part in this study.

Do I have to take part?

As participation is entirely voluntary, it is up to you to decide whether or not to take part. If you do decide to take part, you will be given this information sheet to keep and be asked to confirm your voluntary consent. If you decide to take part, you are still free to withdraw at any time and without giving a reason.

What will happen to me if I take part?

If you chose to take part in this study, you will be asked to participate in one research session. This session may take anywhere from 25 to 50 minutes to complete and will take place entirely online. You will be asked to complete several questions about your current mood state and your general feelings, as well as listen to a musical stimulus. You will receive a payment of £9 for your completion of this study.

What do I have to do?

Please make sure you stay in a quiet environment when taking part in this experiment.

What are the possible disadvantages of taking part?

It is possible that you may become tired during this study.

What are the possible benefits of taking part?

By taking part in this study, you are helping scientists to understand more about the relationship between music and the mind.

Will my taking part in this study be kept confidential?

All information that is collected about you during this research will be kept confidential. To ensure the protection of privacy, we will keep all personal identification information separate from all other data collected (e.g., questionnaires) by anonymous coding.

What will happen to the results of the research study?

The results of the research will be presented in a research paper, which will be submitted in fulfilment of requirements for completion of a Master's of Science degree at Goldsmiths, University of London. The research paper will later be submitted to an academic journal. A copy of the results can be obtained from the main researchers, Danielle Mullen and/or Tianle Peng. All forms of publication of study results use anonymous data. The data can also be published anonymously.

Who is organising and funding the research?

The research is organised and funded by the Department of Psychology, Goldsmiths, University of London, and LUCID. LUCID is a digital music therapeutics company that aims to create accessible and personalised digital therapeutics for all. A link to LUCID's website can be found here: <https://www.lucidtherapeutics.com>

Who has reviewed the study?

This study has been reviewed by the Goldsmiths, University of London Psychology Department's Ethics Committee.

What if something goes wrong?

If you have complaints or questions you can get in touch with the Supervisor Lauren Stewart <l.stewart@gold.ac.uk>, the Chair of the Research Ethics Committee Yulia Kovas <y.kovas@gold.ac.uk>, or the Heads of the psychology department <g.orgs@gold.ac.uk> and <j.vanvelzen@gold.ac.uk>.

Passage on research integrity:

Goldsmiths, University of London, is committed to compliance with the Universities UK Research Integrity Concordat. You are entitled to expect the highest level of integrity from our researchers during the course of their research.

Contact for further information:

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