

## **Appendix B: Sample Information Sheets, Consent Forms and Debrief Sheet**

### **Participant Information Sheet**

#### **Title of Project: A study on word and number recognition and reaction time**

You are being invited to take part in a research study. Before you decide whether or not to take part, it is important for you to understand why the research is being conducted and what it will involve. Please take the time to read the following information carefully and decide if you want to take part in this study. Please feel free to ask questions if there is anything that is not clear or if you would like more information.

You will be asked to perform two simple computerised tasks that require you to respond to words and numbers presented on the computer screen using the keyboard according to certain rules. Full instructions on how to complete the tasks will be given to you. You will also be asked to complete a short questionnaire during the experiment. Each task will last roughly 10 minutes and the entire study will last less than 30 minutes.

#### **Do I have to take part?**

Participation in this study is totally voluntary, you are under no obligation to take part in this study. The data that you provide will be very useful for our study. If you decide to take part you will be given this information sheet to keep and will be asked to sign a consent form. You have the right to withdraw from the study at any time and without giving a reason.

For students participating to gain course credit for this study, the study (including both experiments) is worth [number of points entered here] course credit points.

#### **What happens to the information I provide?**

The information you provide will be confidential. No one apart from the experimenter and principal investigator (names given below) will have access to the information you provide. Your consent form will be kept separate from the observations collected during the course of the study. Data will be stored for a maximum of seven years in accordance with the University data storage policy. Once the data is analysed a report of the findings may be submitted for publication. Only broad trends will be reported and it will not be possible to identify any individuals. A summary of the results will be available from the experimenter on request once the study is complete.

**If you have any questions or require any further information, please contact the experimenter or research supervisor.**

**Name of experimenter:** [name to be entered here]

**E-mail:** [email to be entered here]

Thank you for taking the time to read this Participant Information Form and considering taking part in the study. This Participant Information Form is for you to keep. If you do wish to take part in the study, please sign the consent form.



## Debrief Sheet

**Title of project: Effect of self-control resource depletion on task performance**

**Name of Researcher:**

Thank you for taking part in this study. The sheet will provide you will full details of the study in which you participated.

The purpose of the study was to investigate the effect of self-control resource depletion on performance on tasks requiring self-control. Self-control, often called 'willpower', is considered important for achieving long-term goals and is often defined as someone's ability to overcome habitual, ingrained, or well-learned actions in favour of an alternative course of action. We are testing a particular model of self-control called the 'strength model' in the present study. In the model, self-control is viewed as a kind of energy or strength which allows people to exert self-control, but only for a limited amount of time after which it becomes depleted. This means that doing a task that requires self-control for a period of time may reduce one's self-control strength, so that ability on subsequent self-control tasks will be impaired.

You were allocated to an experimental (self-control) group or a control (no self-control) group. The first task required self-control for experimental participants (responding to words containing the letter 'e' according to complex rules) and no self-control for control group participants (responding to words containing the letter 'e' only). The second task was a number-recognition task (known as a *multi-source interference task*), which required inhibiting responses to the position and size of numbers presented in favor of the identity of the target number (the correct response). This task was the same for all participants. We expected that participants in the experimental group would perform worse on the second task compared to the control group. This is because participants in the experimental group should have reduced self-control 'strength' because the first task (responding to words with the letter 'e' in them according to complex rules) required them to expend this self-control resource. Some aspects of the study were withheld from you so that your expectations would not affect the outcome, which is why we presented the tasks as separate experiments. For this reason, we ask that you do not discuss the study with anyone else until its conclusion (dd/mm/yyyy).

Thank you again for taking part. If there is anything you would like to discuss in relation to this study, please feel free to do so by contacting the researchers. If you would like to withdraw your data, please speak to the researcher now or contact him/her later. The researcher has written your anonymity code on your information sheet. As your data is identified only by this code, you will have to quote it if you want your data to be destroyed at a later date, so please take care not to lose this sheet.

Name of Researcher:

E-mail: