**Participant Consent Form**

Project title: Effectiveness of auditory intervention in relieving stress in Singapore university students: A randomised controlled trial

SIT IRB Approval Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ I voluntarily agree to take part in the above research study.

□ I have been given a copy of the Participant Information Sheet (attached as Appendix 1). The investigators had given me a full explanation on the nature, purpose, location and likely duration of the study, and of what I will be expected to do. I have been given the opportunity to ask questions on all aspects of the study and have understood the advice and information given.

□ I understand that I am free to withdraw from the study at any time without justifying my decision and without prejudice and consequence whatsoever.

□ I give consent to the use of my personal data in this study. I understand that all personal data relating to this study is held and processed in the strictest confidence, and in accordance with the relevant data protection laws in Singapore. I give/do not give my consent to be re-identified in the case of an incidental finding (if any).

□ I agree/do not agree to be contacted for matters relating to the above research study.

□ I allow / will not allow the subsequent use of my personal data for future research activities whether or not related to this research, upon the completion of this research

This research study has been explained to me in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (state language), which I understand, by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of translator).

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Name and Signature (Participant) Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name and Signature (Consent Taker / Translator) Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name and Signature (Witness) Date

For further information on the above research study or to provide feedback, please contact: relax.sitdover@gmail.com

Appendix 1 – Participant Information Sheet

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| --- | --- |
| Project Title: | Effectiveness of auditory intervention in relieving stress in Singapore university students: A randomised controlled trial |
| SIT-IRB Application No. | 2021054 |
| Principal Investigator’s Name and Contact Details | Dr. Peter Kay Chai Tay  Singapore Institute of Technology  SIT@Dover, 10 Dover Drive  Singapore 138683  <Peter.Tay@singaporetech.edu.sg>  DID +65 6592 1461 |

Instructions to Participant

Please read this form and ask any questions that you may have about this research project. Your participation is voluntary and you can ask questions or withdraw at any time during the research. Your decision to participate (or not) will not affect any current or future status or relationship with the Singapore Institute of Technology.

What is the purpose of the study? Why have I been invited to take part in the study? How many will take part in this research study?

The purpose of this research study is to investigate the effects of various interventions on reducing stress in university students. You have been invited to take part as you have met our inclusion criteria of a current university students in Singapore between the age of 18 to 35 years and have not met our exclusion criteria of having a history of epilepsy, profound hearing loss, use of hearing aids or diagnosed mental conditions.

Approximately 240 students are expected to be recruited to participate in this study.

What will I be expected to perform if I agree to participate in this research?

If you agree to be in this study, you will be asked to do the following things:

You will be asked to attend a one-off session that will last for up to 1.5 hours. You will be randomized to listen to one of three audiofiles. Following which, you will be asked to fill up 2 online questionnaires on the provided tablet before and after the procedure. After completing the questionnaire before the procedure, you will be asked to attach monitors on your hand. The investigator will be there to assist you if needed.

You will be allocated to a seat and a headphone connected to a laptop. You will be asked to sit down, put on the headphone and face the laptop for facial emotion recognition. A video of your emotions will be taken during this time. The investigator will start the audiofile at the lowest volume and you may increase it to your comfort volume. You may also adjust the volume at any time during the session. The data collection will start once the audio is played. **The audio is expected to last for about 30 minutes**, during which you are to sit on the chair, relax and listen to the track played. You will be encouraged not to use your phone during this time.

Once the audio ends, you will be asked to fill up the second questionnaire. There will be no follow-up sessions.

What are the possible Risks/Discomforts/Inconveniences for taking part in this study?

Headache and mild discomfort may be experienced in rare cases.

What are the possible benefits of taking part?

Benefits may include possible temporary reduction in stress and anxiety as well as an increase in relaxation.

Will I receive payment for this study? Am I responsible for the expenses related to this study?

You will be reimbursed S$30 Starbucks cashcard for your time after completing all the procedures in the study.

What if there is a problem? Who should I contact if I feel unwell as a result of taking part in this study?

If you follow the directions of the PI in charge of this research study and you feel any discomfort, please contact the PI immediately. In the event of injury arising from participation in the study, compensation will be considered on a case-by-case basis. For more information regarding the research and the rights of research participants, you may contact SIT IRB Secretariat at email: [irb@singaporetech.edu.sg](mailto:irb@singaporetech.edu.sg). By signing the consent form, you will not waive any legal rights or release the researchers from liability for negligence.

Will my taking part in the study be kept confidential?

**Note: In accordance with SIT’s Research Data Management Policy, ALL research data shall be held for 10 years after publication or after the completion of the project, whichever is later.**

***[1. Collection of personal data and personal data protection]***

1. The records of this study will be kept strictly confidential. Research records will be kept in a locked file, and all electronic information will be coded and secured through password encryption. Only the Principal Investigator will retain your personal data (e.g. names and contact information) and it will only be released to members of the research team if required.
2. All identifiable research data will be coded (i.e. only identified with a code number) at the earliest possible stage of the research.

***[2. Disclosure of personal data in a publication or presentation]***

We will not include any information in any publication or presentation that would make it possible to identify you.