

Distress policy 2014

Participant number _____ Date _____ Experimenter _____

Prior to the experiment

Administer 1st mood rating + Driving check (annex 1)

After the experiment

Has testing been curtailed because the participant became distressed? Yes/no

If yes: Report to supervisor, who will *report to the committee at the conclusion of the study.*

Ask: Comments or questions about the study? How is the participant feeling? Is their mood at normal levels?

Administer 2nd mood rating.

A. Had the participant indicated they are unhappy (levels 1-2), anxious (levels 1-2), or miserable (levels 1-2)?
Yes/no

B. **If yes:** is this lower than their 1st mood rating? Yes/no

If yes:

(B1) **Ask** the participants how they are feeling, listen with empathy

(B2) **Explain:** Our policy is not to send participants away from an experiment feeling unhappy. Encourage participants to stay, and provide them a quiet and comfortable space in which to disengage from the study. Offer participants tea/coffee and magazines.

(B3) If they agreed to stay, return after ~10 minutes:

Administer 3rd mood rating.

C. Had the participant indicated they are unhappy, anxious, or miserable (levels 1-2)? Yes/no

D. **If yes:** is this lower than their 1st mood rating? Yes/no

If yes:

(D1) Give participants a copy of the PIS, pointing out the PI's contact information.

(D2) Invite participants to talk about their concerns or low mood, either to the experimenter or ring the PI.

(D3) Invite the participant to give you their phone number, offering that the PI could ring the next day to check how they are doing. Record the phone number on the consent form only as per the UoM policy for data management. Encourage the participant to make use of contact details for support agencies provided on the PIS, which the participant should take with them.

(D4) If the participant indicated they were driving:

(D4.1) Invite them to remain in a comfortable area until their mood returns to baseline.

(D4.2) If they wish to leave, offer to accompany them to the bus stop and pay their bus fare home. If accompanying a participant to the bus stop the experimenter must inform a colleague of their whereabouts and an expected time of return.

(D5) *Inform the PI, who will report to the committee.*

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E. Had the participant provided their telephone number (see D3)? Yes/no

If yes:

(E1) The PI will ring the participant the next day and check how they are doing. If they are in a low mood that they attribute to the study, suggest that they see their GP.

(E2) The PI will ring the participant after 2 weeks. If they are in a low mood that they attribute to the study, discuss with participants whether it is appropriate for them to see their GP or seek help in other ways, including the counselling service and the Nightline helpline for student participants, and Mind or Good Samaritan for others.

Samaritans: 08457 909090 Mind: 0300 123 3393

The following are considered adverse events, and the PI will inform the committee if they occur:

- Testing has been curtailed because the participant became distressed
- Participants mood was lower at the conclusion of the study, triggering actions B

It is the responsibility of the PI to train all experimenters in using this policy.

Annex 1

Please complete this rating before the experiment starts

| | | | | | | | | |
|-----------|---|---|---|---|----------|---|---------|---|
| Bored | | | | | | | Engaged | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Unhappy | | | | | Happy | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Anxious | | | | | Calm | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Miserable | | | | | Cheerful | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Please tick here if, at the end of the experiment, you are intending to go to class

Please tick here if, at the end of the experiment, you are intending to go home

Please tick here if, at the end of the experiment, you are intending to drive somewhere

Please complete this rating after the experiment is over

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| | | | | | | | | |
|-----------|---|---|---|---|---|----------|---------|---|
| Bored | | | | | | | Engaged | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Unhappy | | | | | | Happy | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Anxious | | | | | | Calm | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Miserable | | | | | | Cheerful | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Tick any that apply:

My Mood has decreased because I found the experiment upsetting

My mood has decreased but not because I found the experiment upsetting

I do not feel that my mood has decreased