

PARTICIPANT INFORMATION SHEET

**Study title:** Stress online: Developing an online method for measuring stressful life events and difficulties

**What is the CLEAR study?** This research aims to develop a sophisticated online measure of life stress. This website will ask you to complete a series of questionnaires; these will ask you for personal details (e.g. date of birth, gender, ethnicity), details of any ongoing difficulties and life events that have occurred within the last 12 months and about your physical health and any symptoms of depression you may have experienced. After your first log in you will have 72 hours to complete and submit the questionnaires. You can log in as many times as you like within this period but after this time the system will reset and you will have to start again. The information you give us will allow us to explore how life events and difficulties are related to health and other life outcomes.

**Do I have to take part?** Taking part is entirely voluntary; it is up to you to decide whether or not to take part. If you do decide to take part you are free to withdraw at any time without giving a reason. Also, if you decide to take part you will be asked to complete a consent form for your participation.

**What are the possible disadvantages and risks of taking part?** There are no significant risks.

**What are the possible benefits of taking part?** You will be able to print off a personalised calendar of events over the last 12 months based on the questionnaires you have completed. This calendar may offer you greater insight what you have experienced over the last year, your own well-being and patterns between the two. Furthermore, the information you provide will help generate a greater understanding of how life events and difficulties can influence later functioning and this can be of great value in several areas including health, education, clinical practice and more.

**Is the information confidential?** Yes. You will not be named in the study, we use identification numbers instead. You will be given a unique log in to the online interview that only you will know. Names and personal details are logged in a master file, which is kept separately from your interview details. All the data will be kept on secure servers or in secure research offices at Middlesex University.

**What will happen to the results of the research study?** The results of the study will be written up in a research report with the aim of being published in academic journals, books, and/or presented at conferences. All reports and publications arising from the study will be in such a format that no one will be able to identify you. You can request to receive a summary of the research findings after they become available.

**Who is organising and funding the research?** This research is being organised by the Centre for Trauma and Abuse Studies and is funded by the Economic and Social Research Council (ESRC).

**Who has reviewed the study?** This research project has been reviewed and approved by the Middlesex Psychology Department’s Ethics Committee.

**Contact for Further Information:** Thank you for reading this information, participating in this study contributes to a better understanding of life events and their effects on health and other outcomes.

If you have any questions please contact Ruth Spence at R.Spence@mdx.ac.uk or through the following address at Middlesex University:

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Alternatively, you can contact Antonia Bifulco at A.Bifulco@mdx.ac.uk or through the same address.