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**Department of Psychology**

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**Information Sheet**

**Exploring temporal distancing as a reappraisal strategy for emotion regulation**

My name is Saz Ahmed and I am a researcher at Royal Holloway, University of London. I am carrying out a study on emotion regulation, supervised by Dr Catherine Sebastian. If you would like to discuss any aspect of the research with Dr Catherine Sebastian, you can contact her by email ([Catherine.Sebastian@rhul.ac.uk](mailto:Catherine.Sebastian@rhul.ac.uk)). If you need to contact me please email ([Saz.Ahmed.2010@live.rhul.ac.uk](mailto:Saz.Ahmed.2010@live.rhul.ac.uk)). We would appreciate your participation, because this study will provide information about how effective different emotion regulation strategies are, and how that may link to feelings and behaviour in everyday life.

If you decide to take part, you will be asked to complete a short computer game involving reading several sentences and rating how you feel. You may find some of these slightly upsetting, but you may leave at any time. Throughout the task a sticker will be placed on two of your fingers to measure how much your fingers are sweating. You will also be asked to complete questionnaires about everyday life. On the questionnaire, while it would be helpful if you could answer every item, you may leave any item you do not wish to answer. The study will take around 45 minutes in total and will take place in a quiet room. Nobody except myself, my supervisor and examiner will be allowed to see your data and questionnaires, and in the study you will only be known by number. Therefore, the information is completely confidential. Copies of this anonymous information may be made available to the UK Data Archive and may be shared with other researchers for research purposes only.

You do not have to take part in this study if you do not want to. If you decide to take part you may withdraw at any time without having to give a reason.

Please keep this part of the sheet yourself for reference. Please feel free to ask any questions before you complete the consent form below, then tear off and hand the completed consent form to the researcher. It will be stored separately from the anonymous information you provide for the research project.

✂………………………………………………………………………………………………………………

**Consent Form**

Participant number:…..……

**Exploring temporal distancing as a reappraisal strategy for emotion regulation**

You have been asked to participate in a study about emotion processing, which is being carried out by Saz Ahmed. Have you (please circle yes or no):

* Read the information sheet about the study? yes no
* Had an opportunity to ask questions? yes no
* Got satisfactory answers to your questions? yes no
* Understood that you’re free to withdraw from the study

at any time, without giving a reason? yes no

Do you agree to take part in the study? yes no

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name in block letters \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date ­­­\_\_\_\_\_­\_\_

NB: This consent form will be stored separately from the anonymous information you provide.