**Exploring the Mental Health of Individuals who Play Fantasy Football**

1. **Participant Information Sheet**

Dear potential participant,

Fantasy football has become a huge and global game and continues to grow each year. Despite this, little is known about the positive and negative mental effects involvement in fantasy football may have on individuals. We are researchers from Nottingham Trent University who are currently conducting research on this subject. So that you are fully informed before deciding whether to take part in this research, the aim of this sheet is to provide you with important information regarding the study.

Participation in the study involves completing a questionnaire pack which will take approximately 15 minutes. The questionnaire pack assesses your thoughts, behaviours, emotions, and experiences around fantasy football. It is important to note though, that participants do not have to answer all questions, and are free to miss out any questions they do not wish to respond to without giving a reason.

All **data will remain confidential and anonymous** – you will not be asked for your name or any other identifying features at any point. Study data will only be accessible by the principal investigator and his research associate. Data collected in this study may be used in future reports such as academic journals and conference presentations. However, again, no individual will be identifiable through such publication of data.

If data are to be useful, it is important that **participants answer honestly; there are no right or wrong answer**s. Participants are free to withdraw at any point, either during data collection or for up to three weeks following it by contacting the research team and providing the unique code they generated at the start of the questionnaire pack. If a participant chooses to withdraw from the study, all of his/her data will be destroyed immediately.

Thank you for taking the time to read this sheet and for considering participating in our research. If you have any questions or concerns regarding this research, please feel free to contact the principal investigator using the information below. Finally, your contribution to this research study would be invaluable so we do hope you decide to take part.

1. **Consent Statement**

• I agree to partake as a participant in this study.

• I am 18 years of age or older.

• From reading the information sheet in full, and from my discussion(s) with the researcher, I understand that my participation will involve completing a questionnaire online at a time and place convenient to me.

• I confirm that I have had the opportunity to ask questions about the study and where I have asked questions these have been answered to my satisfaction.

• I am aware that I can withdraw my consent to participate in the study for any reason without having to explain my withdrawal. I can withdraw my data from the study up to three weeks after completing the questionnaire, and electronic copies of my data will be stored securely.

• I understand that the information I provide in this study will be confidential and anonymous. If I wish to withdraw my participation or data from the study, I am aware that I can quote my unique code (generated by me as a part of completing the questionnaire) to the lead researcher and my data will be destroyed accordingly.

• I confirm I understand that my data will be stored (securely) for the purpose of publishing the research. I am aware that hard copies of my data will be destroyed after a period of five years using a confidential waste disposal system. All electronic copies will be overwritten to ensure that they are practically unrecoverable, before being securely erased (including backups and archived copies).

• I confirm I understand what is required of me and know of no reason, medical or otherwise, that would prevent me from partaking in this research.

By selecting 'Yes' below, I agree to participate in the present study.

Yes

No

1. **Questionnaire: Exploring the Mental Health and Emotional Experiences of Individuals Who Play Fantasy Football**

Section A – Demographic Information

Dear participant,

Thank you for choosing to take part in our study exploring mental health in fantasy football. The questionnaire is split across 6 sections and should take approximately 15 minutes to answer. Please answer honestly. Your responses are anonymous and there are no right or wrong answers.

2 What is your age?

3 To which gender identity do you most identify?

Female

Male

Prefer Not To Say

4 What is your nationality?

5 What country do you live in?

6 What is your ethnic group? (Choose one option that best describes your ethnic group or background)

White

Mixed/Multiple Ethic Groups

Asian/Asian British

Black/African/Caribbean/Black British

Other Ethnic Group

7 In order for us to identify your questionnaire in the event that you wish to withdraw your data, we need to generate a unique code. This will NOT be used for any identification purposes. Please generate your unique code by typing any eight characters below (these can be letters and numbers). E.g. Star8492. Please remember this code as you will need to reference it in the future if you wish to withdraw your data.

Section B – FF Experience and Behaviour

8 How many seasons have you played Fantasy Football for?

9 How many Fantasy Football leagues are you playing in this season?

10 Which Fantasy Football games/site do you play? (Please type below)

11 On average, how many minutes per DAY do you spend on the Fantasy Football site/app that you play? (e.g. fantasy.premierleague.com, fantrax.com, etc.)

12 On average, how many minutes per DAY do you spend on any other Fantasy Football-related activities (e.g. listening to podcasts, browsing specific social media, reading online)?

13 On average, how many minutes per DAY do you spend thinking about Fantasy Football?

14 On average at the weekend, what % of your conversations - either online, over phone/text, or in person - would you estimate are related to Fantasy Football?

Section C – Multidimensional Emotion Questionnaire (MEQ) – Adapted to FF

This section asks about your experience of 10 different emotions such as sad, happy, and afraid IN RELATION TO FANTASY FOOTBALL. Remember, THERE ARE NO RIGHT OR WRONG ANSWERS and your responses are completely ANONYMOUS, so please answer HONESTLY. We are interested in assessing four different parts of each emotion. Specifically, for each emotion, you will be asked to rate by selecting:

1) how OFTEN you experience the emotion IN RELATION TO FANTASY FOOTBALL

2) how INTENSE the emotion typically is when it occurs IN RELATION TO FANTASY FOOTBALL

3) how LONG-LASTING the emotion typically is when it occurs IN RELATION TO FANTASY FOOTBALL

4) how well you can REGULATE the emotion when it occurs (i.e. how well you can reduce or increase the emotion) IN RELATION TO FANTASY FOOTBALL

16 Emotion #1: Happy. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

16 Emotion #1: Happy. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

16 Emotion #1: Happy. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

16 Emotion #1: Happy. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

17 Emotion #2: Sad. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

17 Emotion #2: Sad. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

17 Emotion #2: Sad. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

17 Emotion #2: Sad. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

18 Emotion #3: Afraid. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

18 Emotion #3: Afraid. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

18 Emotion #3: Afraid. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

18 Emotion #3: Afraid. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

19 Emotion #4: Excited. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

19 Emotion #4: Excited. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

19 Emotion #4: Excited. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

19 Emotion #4: Excited. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

20 Emotion #5: Angry. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

20 Emotion #5: Angry. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

20 Emotion #5: Angry. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

20 Emotion #5: Angry. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

21 Emotion #6: Ashamed. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

21 Emotion #6: Ashamed. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

21 Emotion #6: Ashamed. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

21 Emotion #6: Ashamed. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

22 Emotion #7: Enthusiastic. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

22 Emotion #7: Enthusiastic. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

22 Emotion #7: Enthusiastic. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

22 Emotion #7: Enthusiastic. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

23 Emotion #8: Proud. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

23 Emotion #8: Proud. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

23 Emotion #8: Proud. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

23 Emotion #8: Proud. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

24 Emotion #9: Anxious. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

24 Emotion #9: Anxious. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

24 Emotion #9: Anxious. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

24 Emotion #9: Anxious. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

25 Emotion #10: Inspired. a) How OFTEN?

About once per month or less

About once per week

About once each day

2 or 3 times each day

More than 3 times each day

25 Emotion #10: Inspired. b) How INTENSE?

Very low intensity

Low intensity

Moderate intensity

High intensity

Very high intensity

25 Emotion #10: Inspired. c) How LONG-LASTING?

Less than 1 minute

1-10 minutes

11-60 minutes

1-4 hours

Longer than 4 h

25 Emotion #10: Inspired. d) How easy to REGULATE?

Very easy to regulate

Easy to regulate

Neither easy nor difficult to regulate

Difficult to regulate

Very difficult to regulate

Section D – Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder (GAD-7) – Adapted to FF

26 This section asks about how frequently you have experienced a variety of situations. Please rate on a scale from 1 (Not at all) to 4 (Nearly every day). Remember, THERE ARE NO RIGHT OR WRONG ANSWERS so please answer HONESTLY. Your responses are COMPLETELY ANONYMOUS.

In the last two weeks, how often has Fantasy Football left you feeling that you have little interest or pleasure in doing other things?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks, how often has Fantasy Football left you feeling down, depressed, or hopeless?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks, how often have you had trouble falling or staying asleep, or sleeping too much, because of Fantasy Football?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks, how often has Fantasy Football left you feeling tired or having little energy?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks, how often have you have poor appetite or overeating because of Fantasy Football?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks, how often has Fantasy Football left you feeling bad about yourself - or that you are a failure or have let yourself or your family down?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks, how often have you had trouble concentrating on things, such as reading the newspaper or watching television, because of Fantasy Football?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks how often has Fantasy Football left you feeling nervous, anxious or on edge?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks how often has Fantasy Football left you unable to stop or control worrying?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks how often has Fantasy Football resulted in you worrying too much about different things?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks how often has Fantasy Football resulted in you having trouble relaxing?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks how often has Fantasy Football left you so restless that it is hard to sit still?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks how often has Fantasy Football resulted in you becoming easily annoyed or irritable?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

In the last two weeks how often has Fantasy Football resulted in you feeling afraid as if something awful might happen?

|  |  |  |  |
| --- | --- | --- | --- |
| Not at all | Several days | More than half the days | Nearly every day |

Section E – Work and Social Adjustment Scale (WSAS) – Adapted to FF

27 This section asks about your experiences carrying out certain day-to-day tasks in your life. Remember, THERE ARE NO RIGHT OR WRONG ANSWERS so please answer HONESTLY. Your responses are completely ANONYMOUS. Please rate your agreement with the five statements below on a scale from 0 (Not at all) to 8 (Very Severely).

Because of Fantasy Football my ability to work is impaired.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 (Not at all) | 1 | 2 (Slightly) | 3 | 4 (Definitely) | 5 | 6 (Markedly) | 7 | 8 (Very severely) |

Because of Fantasy Football my home management (cleaning, tidying, shopping, cooking, looking after home or children, paying bills) is impaired.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 (Not at all) | 1 | 2 (Slightly) | 3 | 4 (Definitely) | 5 | 6 (Markedly) | 7 | 8 (Very severely) |

Because of Fantasy Football my social leisure activities (with other people e.g. parties, bars, clubs, outings, visits, dating, home entertaining) are impaired.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 (Not at all) | 1 | 2 (Slightly) | 3 | 4 (Definitely) | 5 | 6 (Markedly) | 7 | 8 (Very severely) |

Because of Fantasy Football my private leisure activities (done alone, such as reading, gardening, walking alone) are impaired.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 (Not at all) | 1 | 2 (Slightly) | 3 | 4 (Definitely) | 5 | 6 (Markedly) | 7 | 8 (Very severely) |

Because of Fantasy Football my ability to form and maintain close relationships with others, including those I live with, is impaired.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 (Not at all) | 1 | 2 (Slightly) | 3 | 4 (Definitely) | 5 | 6 (Markedly) | 7 | 8 (Very severely) |

Section F – Problematic Online Gaming Questionnaire – Short-Form (POGQ-S) – Adapted to FF

28 The final section asks about how often certain emotions or experiences occur with regards to fantasy football. Please note that for all questions, “playing FF” refers to any time spent on the website or app AS WELL AS other activities such as reading or listening to podcasts that have the primary aim of helping Fantasy Football performance. Remember, THERE ARE NO RIGHT OR WRONG ANSWERS so please answer HONESTLY. Your responses are COMPLETELY ANONYMOUS. Please rate on a scale from 1 (Never) to 5 (Always).

When you are not playing Fantasy Football, how often do you think about playing or think about how it would feel to play at that moment?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you lose track of time when playing Fantasy Football?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you get restless or irritable if you are unable to play Fantasy Football for a few days?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you get restless or irritable if you are unable to play Fantasy Football for over a week?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you feel that you should reduce the amount of time you spend playing Fantasy Football?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you argue with your parents and/or partner because of Fantasy Football? Checkbox

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you fail to meet up with a friend because you were playing Fantasy Football?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you daydream about Fantasy Football?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you play Fantasy Football longer than originally planned?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you feel depressed or irritable when not playing Fantasy Football only for these feelings to disappear when you start playing?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you unsuccessfully try to reduce the time you spend on Fantasy Football?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do the people around you complain that you are playing Fantasy Football too much?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

How often do you neglect other activities because you would rather play Fantasy Football?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Seldom | Occasionally | Often | Always |

The questionnaire is now complete. Thank you very much for participating!

If you have any questions or concerns regarding this research or would like to obtain a copy of the results when the data is analysed, please contact the researcher below.