



PARTICIPANT INFORMATION SHEET

Study Title: Thoughts and feelings about your future goals

Investigators: Dr Rachel Anderson (Principal Investigator), Dr Kevin Riggs & Prof. Steve Dewhurst

Purpose of the study

You are invited to voluntarily participate in a research study investigating the different expectations we might have about our personal future goals and how achieving these goals might make us feel. You will be given a debriefing sheet containing more details about the study's aims after you have taken part.

Procedures

You will be asked to complete a series of tasks, all online. These include:

1) two questionnaires that ask about your mood and feelings over the past week or so.

3) a goal generation task where you will be asked to think about your personal goals; both in terms of things you would like to achieve, and things you would like to avoid in the future. You will be presented with one of two prompts; either "In the future, it will be important for me to..." or "In the future, it will be important for me to avoid...". You should complete the sentences with your own personal goals.

4) for each goal you will be then asked to rate how vividly you can envisage this goal occurring, the importance of achieving that goal, the likelihood of you achieving that goal, how much control you have over achieving the goal, to what extent you imagine the goal in the first person, how effortful you think achieving the goal would be, how motivated you feel imagining the goal, and finally [how achieving the goal would make you feel/how you feel right now imagining achieving the goal].¹

Time Commitment & Remuneration

The study will take approximately 20-30 minutes to complete. After completing the study, you will be awarded 30 minutes RPS credits.

Potential Risks and Ethical Considerations

The task will ask you to generate personal goals, ones you wish to achieve and ones you wish to avoid. You will then be asked to provide ratings for each goal regarding how likely you are to achieve them and how they will make you feel. Thinking about potentially not achieving your goals may make you feel uncomfortable. In addition, you'll be asked to complete two questionnaires that ask you to think about how you have been feeling recently, including possible symptoms of anxiety, depression and suicidal thoughts. These questions are being asked for research purposes. The researchers are not clinicians and, therefore, are not qualified to discuss your responses on this questionnaire. You are free to withdraw from the study at any time, and if you would like to talk with someone about any issues raised by the questionnaires or experimental tasks then appropriate contact details are supplied on the debriefing sheet. No other risks are known to the investigators at this time.

Confidentiality & Anonymity

You will be assigned a 'participant number' that will be used by the researcher only to organise the information gained from your responses. You will not be asked to provide your name in the consent procedure, instead you will be asked to tick statements, therefore no personal information will be held about you.

¹ varied dependent on emotional anticipation condition



It is intended to disseminate the findings from the current research within academic journals, via conference presentations, or other wider publication mechanisms. All data within these disseminations will be anonymised and you will not be identifiable. This project is funded by the Economic and Social Research Council, and anonymised collated data files will be shared with other researchers via the UK Data Service.

Your participation in the study is voluntary and you are free to choose whether or not to complete the study. You can withdraw from the study at any point, by simply closing your browser down. However, once you have submitted your answers online you can no longer withdraw. This is because the data are anonymous and therefore cannot be identified in order to be removed.

Data Protection Statement

The data controller for this project will be the University of Hull. You can provide your consent for the use of your personal data in this study by completing the consent form that has been provided to you. Information about how the University of Hull processes your data can be found at <https://www.hull.ac.uk/choose-hull/university-and-region/key-documents/data-protection.aspx>

You have the right to access information held about you. Your right of access can be exercised in accordance with the General Data Protection Regulation. You also have other rights including rights of correction, erasure, objection, and data portability. Questions, comments and requests about your personal data can also be sent to the University of Hull Data Protection Officer dataprotection@hull.ac.uk. If you wish to lodge a complaint with the Information Commissioner's Office, please visit www.ico.org.uk.

What Happens Next?

If you are happy to take part, then please complete the consent form, by ticking the statements. If you would like to ask any questions prior to starting, then please email the researchers on psychology-imagery@hull.ac.uk. Once you have completed the consent form, you will then receive further instructions on what to do next. Do not complete the consent form if you do not wish to take part.

Contact for Further Information

if you would like further information about the research, in terms of its aims, procedures and findings, then please contact the project team on **psychology-imagery@hull.ac.uk**



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CONSENT FORM

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The participant should tick to indicate their agreement with the following statements.

- I have read and understood the participant information sheet
- I have had the opportunity to ask questions and/or discuss the study
- Any questions I asked have been answered
- I have received enough information about the study
- I understand that I am free to withdraw at any point during the study, and that I do not need to give a reason for doing so
- I agree to take part in the study