

School of Psychology
Information Sheet for interviews



**The University of
Nottingham**

UNITED KINGDOM • CHINA • MALAYSIA

Title of Project: The dark side of digital working
Ethics Approval Number: S1356
Researcher: Elizabeth Marsh
Supervisors: Drs. Alexa Spence and Elvira Perez Vallejos
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This is an invitation to take part in research by Elizabeth Marsh who is conducting this research as a graduate student in the Digital Society PhD programme at the School of Psychology at University of Nottingham, United Kingdom.

What is the study about?

The purpose of this study is to understand any unintended negative consequences of working in the digital workplace, such as stress or anxiety and whether these lead to burnout and well-being impacts. The term digital workplace describes the collection of digital technologies available in the workplace that enable work to happen.

What do I have to do?

If you decide you would like to take part, you would be asked to participate in an interview about your experiences with digital workplace technologies and also mindfulness. The interview will take a maximum of 45 minutes and will be conducted remotely via telephone or videoconferencing software.

Are there any risks?

There is low risk involved in participating in this study. It concerns constructs relating to your mental health in the workplace. It is possible that reflecting on these constructs could cause mild distress. You can withdraw at any point during the research. At the end of the interview, a link to a relevant mental health resource is provided. As an online participant in this research, we are obliged to make you aware that there is always a potential risk of intrusion by outside agents, for example through hacking, and therefore the possibility of being identified.

Why we collect your data and will it be identifiable?

With your permission the researcher will record the interview and take some notes. Only the researcher and her supervisors will have access to the recordings and they will be destroyed once the interview has been transcribed. During transcription any identifying information such as your name or specific systems or technologies that might identify your organisation will be removed.

The data collected for this study will be stored securely and only the researcher conducting this study and her supervisors will have access to this data. The computer used to store the data will be password protected. Data

will be handled in accordance with the University of Nottingham's [general privacy policy](#).

In accordance with ESRC data retention policies, the anonymised data will be deposited at the UK Data Service within 3 months of the end of the Phd (in 2026). Because this research is publicly funded (see below), and the outcomes will have a demonstrable public benefit, the legal basis for processing your personal data under GDPR is Article 6(1e): processing is necessary for the performance of a task carried out in the public interest.

Can I withdraw?

Your participation is entirely voluntary and you are free to withdraw at any time without giving a reason.

How is the study funded?

This study is funded by a grant from the Economic and Social Research Council (ESRC). Project code: ES/P000711/1.

Who has reviewed the study?

This study has been reviewed by the School of Psychology, and approved by the University Research Ethics Committee at the University of Nottingham.

What will happen with the results of the study?

The results will be summarised and reported in a dissertation and may be submitted for publication in an academic or professional journal.

Who is the researcher?

Elizabeth Marsh is a doctoral student at the School of Psychology at the University of Nottingham. If you have any questions or concerns about any aspect of this study, you can contact Elizabeth at the following e-mail address: elizabeth.marsh@nottingham.ac.uk. Elizabeth is supervised by Drs. Alexa Spence and Elvira Perez Vallejos. You can contact the lead supervisor Dr. Alexa Spence at alexa.spence@nottingham.ac.uk.

How do I make a complaint?

If you wish to make a complaint or raise concerns about any aspect of this study and do not want to speak to the researcher or her supervisor, you can contact Stephen Jackson (Chair of Ethics Committee) at the following e-mail address: stephen.jackson@nottingham.ac.uk.