



Reading and Wellbeing

Our project, **Reading and Wellbeing**, aims to understand readers' experiences with fiction books, and the extent to which they feel it does, or does not, support their wellbeing.

To understand this, we would like to carry out interviews (online or in person) with people from across the UK, and at different life stages: children (aged 9-11), young people (15-17), adults (30-50), and older adults (65+).

If you are in one of these age groups, and are interested in this project, please read the information sheet and consent form. Interviews will last a maximum of 45 minutes and can be arranged at a time that is convenient for you.

Thank you for considering this project,

ANONYMISED NAME

ANONYMISED EMAIL

Project webpage: XX



Reading and Wellbeing

Information sheet

Why are we doing this research?

There is some research to suggest that reading fiction supports wellbeing through positive feelings, feelings of connection to fictional characters/others and personal growth. However, we need to speak to different people to understand whether, in what instances, and how, reading fiction can support wellbeing. This project will explore developmental and diverse perspectives by interviewing children, young people, adults and older adults from geographically and demographically different contexts.

How can I get involved?

If you are interested in getting involved, please read the information sheet and complete the consent form.

What will I be asked to do?

If you take part, you will be asked to complete a 5-10 minute questionnaire requesting demographic information (e.g., your age, gender, etc) and information about your fiction book reading attitudes, habits and wellbeing. This will be followed by an interview (online or in person, depending on your preference and geographical location). The interview will last 20-45 minutes.

Online interviews will be held on **Microsoft Teams**. This platform is approved for official use by the University of Edinburgh and supports video calling. Teams can be used with any e-mail address, free of charge. We will email you a link with some information on how to use it, and also be available to support you if needed. Online meetings will be video and audio recorded but will be stored securely and not be shared beyond the members of the project team.

In person interviews, if feasible, will take place in a public space. For adults and older adults, interviews may be held in local libraries or other community spaces (to be agreed in advance). These will be audio recorded only.

Are there any risks associated with taking part?

We do not anticipate any risks associated with participating. You can also choose to withdraw from the project at any point.

Data Protection and Confidentiality

Your data will be processed in accordance with Data Protection Law. Interview recordings, and any other records and documents generated in the course of the project will not be linked to your name. All electronic data will be stored in password-protected files on the University of Edinburgh's secure data storage site. Aligned with open science practices, all fully anonymised data will be uploaded to the Open Science Framework, one year after project completion (February 2025).

Health and Safety considerations

For any in person interviews, we will take specific steps to minimise the risk of exposure to COVID-19 during the project by adhering to the most up to date Government guidance regarding social distancing, use of face coverings, and cleaning hands and surfaces regularly. Furthermore, you will only be interviewed by a researcher who has experienced no COVID-19 symptoms, nor had any known contact with COVID-19 positive individuals for the 14 days prior to the interview. The researcher will also take lateral flow tests daily and will inform the participant/school if a lateral flow test is positive, or the researcher starts to



display any symptoms of COVID-19. If you are deemed at higher risk, then as a precaution, we would recommend that you do not take part in an in person interview. We will keep a record of all in person research interactions. Finally, for in person interviews, we expect all participants to contact the researcher if they display COVID-19 symptoms in the 14 days prior to the interview.

Who can I contact for more information or a complaint?

ANONYMISED NAME is the main contact person for this project: ANONYMISED EMAIL and you can contact her if you have any questions before making a decision, or if you wish to withdraw at any time. If you have concerns, complaints can be made to ANONYMISED NAME / ANONYMISED EMAIL

What should I do if I'd like to participate?

Once you have read all the information above you can complete the consent form and send it to Nicola via email: ANONYMISED EMAIL

Thank you for your time, and for considering this project.



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Consent form

If you have questions before completing this form, please contact researcher ANONYMISED NAME ANONYMISED EMAIL. This consent form should be read in conjunction with the information sheet.

Voluntary participation and data processing

I have read the information sheet for the above study. I have had an opportunity to consider the information. I understand that I am able to ask further questions about this project any time by contacting ANONYMISED NAME. If I have had questions, they have been answered to my satisfaction. Yes ☐ No ☐

I understand that all personal information (name, contact details) will remain confidential and that all data collected will be fully anonymised. Yes ☐ No ☐

Recording and communication:

If online, I am willing for the interview to be video and audio recorded using Teams. If in person, I am willing for the interview to be audio recorded using a Dictaphone. Yes ☐ No ☐

I am willing for anonymised extracts from these recordings to be used as part of the research, for example in academic publications, conference presentations etc. Yes ☐ No ☐

Withdrawing and complaints

I understand that I can withdraw from the project up to two weeks after participating and without giving a reason. I understand that if I decide to withdraw, any information I have provided up to that point will be deleted, unless I agree otherwise. Yes ☐ No ☐

If I would like to withdraw, I should contact ANONYMISED NAME via email: ANONYMISED EMAIL Yes ☐ No ☐

I am aware that I should contact Principal Investigator ANONYMISED NAME ANONYMISED EMAIL if I should wish to lodge a complaint.

My preference is to take part in a (delete as appropriate):

Online interview / in person interview

Please note in person interviews may not be feasible, but we can discuss this option with you.

All boxes need to be ticked yes to proceed. Typed or scanned electronic signatures can be used on the final page.



Signature: _____

Name: _____

Date: _____