

<p>The research is being carried out by the following researchers: Dr Carina Chan & Chantelle Boucher</p> <p>The research is being carried out in partial fulfilment of Bachelor of Psychological Science with Honours under the supervision of Dr Carina Chan. The following researchers will be conducting the study:</p>		
Role	Name	Organisation
Principal Investigator Student Investigator	Carina Chan Chantelle Boucher	<ul style="list-style-type: none"> School of Psychology & Public Health La Trobe University School of Psychology & Public Health, La Trobe University
Research funder	This research is funded by the Department of Psychology, Counselling & Therapy, La Trobe University.	

1. What is the study about?

This study aims to examine mental imagery techniques, their role in the way people perceive time and future.

2. Do I have to participate?

Being part of this study is voluntary. If you want to be part of the study we ask that you read the information below carefully.

You can read the information below and decide at the end if you do not want to participate. If you decide not to participate this won't affect your relationship with La Trobe University or any other listed organisation.

3. Who is being asked to participate?

You have been asked to participate because:

- You are over the age of 18.
- You are able to understand and communicate in English.

4. What will I be asked to do?

If you agree take part in this study, you will be asked to register yourself for **ONE** Zoom meeting time occurring in the coming weeks. The link for this Zoom meeting will be sent to you via an email address you will be asked to provide. The session you choose to enrol in will be randomly allocated to one of two of the experimental groups. At this Zoom meeting you will undergo a mental imagery session and be asked to practice this technique 3 times a day for the next 2 weeks. There will be two weekly follow-up questionnaires that will be sent to you via email.

The study as a whole will take about two weeks. Up to 15 minutes of your daily time will be required as a part of this study in practice and 15 minutes will be required of you to complete the various follow-up surveys.

A \$10 Coles voucher will be rewarded via email as a token of thanks for your participation upon completion of the study.

5. What are the benefits?

The benefit of you taking part in this study is that you will learn about mental imagery and a visualisation technique that promotes goal achievement. The expected benefits to society in general include validation of this technique (particularly the delivery of it online) for use in the health sector to aid people in creating personal goals achievement.

6. What are the risks?

With any study there are (1) risks we know about, (2) risks we don't know about, and (3) risks we don't expect. If you experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns.

Name/Organisation	Position	Telephone	Email
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Carina Chan	Supervising Researcher	+61354447157	carina.chan@latrobe.edu.au
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Known risks

We have listed the risks we know about below. This will help you decide if you want to be part of the study.

- Risk of surveys/intervention causing discomfort or potentially being triggering.
Trigger warning: Surveys will include questions about food, exercise and general health.
- Risk that the mental imagery technique will not aid in goal achievement.

Risk Mitigation

These are the strategies in place to reduce any chance of these risks occurring:

- The mental imagery technique is largely self-guided. You will be able to tailor goals to your own capabilities and desires.
- If results show that the mental imagery technique your group undertakes does not prove successful and the other group's does, a Zoom link will be sent to your email address inviting you to participate in a session of this imagery.
- Contact details of the researchers as well as the ethics office at La Trobe University have been provided below if you wish to discuss any concerns you may have about the study.
- Despite these strategies, if any discomfort does occur Lifeline is available 24/7 for crisis support and to provide counselling. (Lifeline Number: 13 11 14).

If you wish to withdraw from the study, you can do so at any time by contacting the researchers.

7. What will happen to information about me?

Once you have clicked the link to our study you will be prompted to confirm that you want to take part in the study.

By clicking on the 'I agree' button, this tells us you want to take part in the study.

We will **collect** information about you in ways that may reveal who you are. As much of this study will be done via email and over Zoom, there is a chance that your identity will become known to the researchers. Data will be collected with your email address and personal code as an identifier.

However, this information will not be published and will be securely stored in a password-protected drive at La Trobe University.

We will **publish** information about you in ways that will not be identified in any type of publication from this study.

We will **keep** your information for 7 years after the project is completed. After this time we will destroy all of your data.

The storage, transfer and destruction of your data will be undertaken in accordance with the [Research Data Management Policy](https://policies.latrobe.edu.au/document/view.php?id=106/) <https://policies.latrobe.edu.au/document/view.php?id=106/>.

The personal information you provide will be handled in accordance with applicable privacy laws, any health information collected will be handled in accordance with the Health Records Act 2001 (Vic). Subject to any exceptions in relevant laws, you have the right to access and correct your personal information by contacting the research team.

8. Will I hear about the results of the study?

You can select the option to request a copy of the study results. We will let you know about the results of the study by email at its conclusion.

9. What if I change my mind?

If you no longer want to complete the questionnaire, simply close the web browser. If you change your mind after clicking on the 'Submit' button, we can withdraw your responses because we have the email address you provide to link who you are with your questionnaire responses. Contact the research team if you do not wish to be part of the study any more.

Your decision to withdraw at any point will **not** affect your relationship with La Trobe University or any other organisation listed.

Data is potentially identifiable as we have your email address but when we analyse the data we will deidentify the data.

10. Who can I contact for questions or want more information?

If you would like to speak to us, please use the contact details below:

Name/Organisation	Position	Telephone	Email
Carina Chan	Principal Investigator	+61354447157	carina.chan@latrobe.edu.au
Chantelle Boucher	Student researcher		17700664@students.latrobe.edu.au

11. What if I have a complaint?

If you have a complaint about any part of this study, please contact:

Ethics Reference Number	Position	Telephone	Email
HEC22082	Senior Research Ethics Officer	+61 3 9479 1443	humanethics@latrobe.edu.au