

Sleep Research 2018

Informed Consent Brochure - Consent to Participate in Research

1. This study is about the cognitive neuroscience of sleep, examines sleep quality, and the factors possibly affecting quality of sleep.
2. You are being requested to take part in this study, subject to our “Right of admission reserved” policy.
3. The research study will be carried out by Antony (Tony) Last (“the researcher”), in his capacity as a BA Honours student of the University of South Africa (“UNISA”): Department of Psychology. The study is part of a graduate student study for Assignment 02 of the course in Cognitive Neuroscience (PYC4813).
4. You would participate in this study on a purely voluntary basis. Kindly read this entire brochure and ask any questions you may have, before making your decision to participate or not.
5. Procedure:
 - a. An initial meeting of approximately 10 minutes in which we review the Sleep Diary sheet attached. We would need to have this meeting as soon as possible. (If inconvenient to meet, we could do a brief review on the phone or by email.)
 - b. Thereafter, approximately 1 week will be taken for you to complete your daily Sleep Diary.
 - c. A second 10-minute meeting after that for the researcher to collect the diary and to briefly review the information. (Again, if a meeting is not convenient, we could do a review on the phone or by email. The diary sheet will need to be scanned and emailed to the researcher.)
6. The researcher may stop the study or your involvement in it, without your consent, at any point that the researcher may judge it necessary or in your best interests.
7. You may withdraw from participation at any time. If you do, you will not be penalised in any way.
8. Although this study is viewed as relatively risk free, neither the researcher nor UNISA will be responsible for any damage, loss, or liability, alleged or otherwise which might eventuate from your involvement in this study. In the event of physical and/or mental injury resulting from participation in this research project, neither the researcher nor UNISA provide any medical, hospitalisation or other insurance for participants in this research study, nor will the researcher nor UNISA provide any medical treatment or compensation for any injury sustained as a result of participation in this research study. There may also be other risks that we cannot predict.
9. If you complete the Sleep Diary and meetings referred to above in Phase I (see par. 14 below), you will be provided with a copy of the final article/report to review and keep; if in Phase II, you will be provided with a copy of the final article/report if your data was added to Phase I data for assignment purposes as laid out herein, or otherwise you may be provided with a report copy where feasible.
10. It is expected that the following benefits may be obtained from this research:

- a. You may achieve a greater insight into certain aspects of your sleeping patterns.
 - b. You may discover the use of some ideas that contribute to enhancing your quality of sleep.
 - c. Other people and researchers may benefit from the contents of the final report or from specific aspects of the study.
11. Although confidentiality by its very nature has certain limits, the utmost care will be exercised in ensuring the best confidentiality in this study, including:
- a. Taking strict steps to protect information about you from unauthorised disclosure, tampering, or damage.
 - b. Only the researcher and UNISA will have access to any permission or consent document bearing your name and signed by you.
 - c. All information provided by you will remain in possession of the researcher and may be shared with suitable parties for teaching/research purposes - your name will not appear on any of these transcriptions of information.
 - d. Handwritten material from discussions, etc, will not contain your name, and transcriptions, other material, and the final report will be prepared and stored on the researcher's computers/file servers, likewise not containing your name.
 - e. The only documents that will contain your name will be any permission/consent documents signed by you, attached in pdf format, if required, to the final report for online submission as an assignment to UNISA. Thereafter, the researcher's copy of the assignment will be split so as to separate the permission/consent forms from the report, and so as not to store these in a manner as to imply your identity in the report.
 - f. Hardcopies of signed permission/consent documents will be kept separate from any report in the researcher's safekeeping.
 - g. Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by law.
12. Participation, withdrawal and other rights:
- a. Your participation in this study is voluntary.
 - b. You may withdraw at any time.
 - c. Reason for withdrawal need not be given.
 - d. Withdrawal will not result in any penalty, and it will not affect your relationship with the researcher.
 - e. You may withdraw by simply informing the researcher that you wish to withdraw.
 - f. You may refuse to answer any question in the diary or in the review meetings which you do not want to answer.
 - g. The researcher may withdraw you from this research at any time if circumstances arise which warrant doing so.

- h. The researcher may terminate the research study at any point without reason or liability.
13. Timing: Notwithstanding anything to the contrary herein or elsewhere contained or stated, Phase I of this research will require the researcher's receipt of this document (a signed consent) and your starting to fill in the supplied Sleep Diary on or before 20 February 2018, with Diary completion and emailing back to researcher to be received on or before 28 February 2018. Anything received later than this may be rolled over to Phase II in which the data provided may be used independently, or used with Phase I data for assessment, analysis, and presentation in another report which may or may not be used for assignment purposes as laid out herein.
14. Contacts for questions or problems:

Email the researcher, Antony (Tony) Last at sleepstudy@webmail.org.za if you have questions about the study, any problems, unexpected physical or psychological discomforts, any injuries, or think that something unusual or unexpected is happening.

I, the undersigned, understand the procedures described above. My questions have been answered to my satisfaction, and I agree to participate in this study. I have been given a copy of this brochure and the Sleep Diary.

Full names and surname: _____

Signature: _____ **Date:** _____

Next step:

If you agree to participate in this study, please write your full names and surname above, and sign and date the form, initialling the first two pages as well; then scan and email these 3 pages to Tony at sleepstudy@webmail.org.za

Upon approval, Tony will email you a one-page "Sleep Diary" in which you will be asked to answer some quick questions every day for a week on what time you went to bed, how stressful your day was, etc.

Thank you very much. Ke a le boha haholo. Siyabonga kakhulu.