Article

Virtual Reality Nature Exposure and Test Anxiety

Alison O’Meara \*, Marica Cassarino, Aaron Bolger and Annalisa Setti

Supplementary File 3: Information Sheet and Consent Form

Thank you for considering participating in this research project. The purpose of this document is to explain to you what the work is about and what your participation would involve, so as to enable you to make an informed choice.

The purpose of this study is to examine the effects of exposure to different types of scenes through virtual reality on test anxiety and performance amongst college students. Should you choose to participate, you will be randomly assigned to one of two groups which will be exposed to two different types of scenes (none of the scenes are upsetting, they are different types of landscapes). You will be asked to first fill out a brief demographics survey. You will be also asked to fill out a Nature Connection Index questionnaire. After this, you will be asked to fill out a scale that asks you to determine your current mood. Following this, you will complete the first session of the CGP11+Non-Verbal Reasoning test which you will be given approximately 10 minutes to complete. You will then be asked to wear the VR goggles and to observe a 360 video of a given landscape. This will last for 10 minutes. After this, participants will be asked to fill out the mood questionnaire for a second time upon which you will be instructed to complete a second session of the CGP11+Non-Verbal Reasoning test. Finally, you will be asked to fill out a Motion Sickness Assessment Questionnaire (MSAQ).The whole duration of the experiment will be approximately 30 minutes.

Participation in this study is completely voluntary. There is no obligation to participate, and should you choose to do so you can refuse to answer specific questions or decide to withdraw from the study. All information you provide will be confidential and your anonymity will be protected throughout the study. You will be given a unique participant number. You maintain the right to withdraw from the study at any stage up to two weeks after completion of the study. You must take note of your participant number in the event that you wish to withdraw from the study.

The anonymous data will be stored on the University College Cork OneDrive system and subsequently on the UCC server. The data will be stored for a minimum of ten years. The data, in anonymous format, may be published and/or become accessible to other researchers in line with the Open science approach.

The information you provide will contribute to a final year research report, it may also contribute to academic publications, and related dissemination such as blogs. It is hoped that this research will make a significant contribution to the relatively underexplored topic of stress relief through VR and academic performance. This potential finding would have a significant application in a practical setting.

We do not anticipate any negative outcomes from participating in this study. However, should you experience distress arising from participating in the research, the contact details for the supervisor of this research is provided below. Should you realize that you experience exceedingly high levels of anxiety prior to tests, you may get in contact with your GP and Disability Support Services in UCC (https://www.ucc.ie/en/dss/).

This study has obtained ethical approval from the UCC School of Applied Psychology Ethics Committee.

If you have a concern about how we have handled your personal data, you are entitled to this raise this with the Data Protection Commission.

https://www.dataprotection.ie/

Should you become aware of a breach of the personal data of participant(s), you must report this to the data controller. The data controller for this study is Prof John McCarthy, School of Applied Psychology, UCC.

“A personal data breach occurs when the data is accessed, disclosed, altered, lost or destroyed in contravention of an organization’s obligation to keep personal data in its possession safe and secure” https://www.dataprotection.ie/

If you have any queries about this research, you can contact my supervisor at a.setti@ucc.ie

If you have a complaint about how this research was conducted, please contact in writing:

The Ethics Committee,

School of Applied Psychology,

University College Cork,

Cork

If you agree to take part in this study, please complete the consent form overleaf

I agree to participate in Investigating the relationship between virtual reality exposure and test anxiety and performance research study.

The purpose and nature of the study has been explained to me in writing.

I am participating voluntarily.

I understand that I can withdraw from the study, without repercussions, at any time, whether before it starts or while I am participating.

I understand that I can withdraw permission to use the data within two weeks of the experiment, in which case the material will be deleted.

I understand that anonymity will be ensured in the write-up.

I understand that the data will be published in anonymous format and may be utilized by other researchers.



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