

APPLICATION FOR ETHICAL APPROVAL

RESEARCH STUDENTS

This form is to be completed by the student within **SIX** months for full-time students and **TWELVE** months for part time students, after the commencement of the research degree or following progression to Part Two of your course.

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

This document is also available in Welsh.

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk, with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

SECTION A: About You (Principal Researcher)

1	Full Name:	Charlotte Ann Evans			
2	Tick all boxes that apply:	Member of staff:	☐	Honorary research fellow:	☐
	Undergraduate Student	☒	Taught Postgraduate Student	☐	Postgraduate Research Student
3	Institute/Academic Discipline/Centre:	University of Wales Trinity Saint Davids			
4	Campus:	Carmarthen			
5	E-mail address:	2206694@student.uwtsd.ac.uk			
6	Contact Telephone Number:	07973 922105			
For students:					

7	Student Number:	2206694
8	Programme of Study:	Applied Psychology
9	Director of Studies/Supervisor:	Stuart Jones

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)	YES	☒	NO	☐
					Date
2	If Yes, please indicate source of approval (and date where known): Approval in principle must be obtained from the relevant source prior to seeking ethical approval	Research Degrees Committee	☐		
		Institute Research Committee	☐		
		Other (write in) Dr Stuart Jones	☒		13/08/2024

SECTION C: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	UWTSD Research Ethics & Integrity Code of Practice	☒
2	UWTSD Research Data Management Policy	☒
3	<i>BPS code of ethics and conduct (July 2028).</i>	☒
4	<i>BPS code of human research ethics (April 2021).</i>	
5	<i>BPS Data Protection Regulation – Guidance for Researchers (2018).</i>	
6	<i>BPS Ethics Guidelines for Internet-mediated research (June 2021).</i>	

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution	
2	Contact person name	
3	Contact person e-mail address	
4	Is your research externally funded?	YES ☐ NO ☐
5	Are you in receipt of a KESS scholarship?	YES ☐ NO ☐

6	Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	YES	☐	NO	☐
7		Employed	YES	☐	NO	☐
8	Is the research being undertaken within an existing UWTSD Athrofa Professional Learning Partnership (APLP)?	If YES then the permission question below does not need to be answered.	YES	☐	NO	☐
9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	YES	☐	NO	☐

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	YES	☐	NO	☐
If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).					

SECTION E: Details of Research Activity

1	Indicative title:	Exploring the impact of different types of exercise and the level of exercise on an individual's well-being.			
2	Proposed start date:		Proposed end date:	May 2025	
Introduction to the Research (maximum 300 words per section) Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the points below: <i>Purpose of Research Activity</i> <i>Proposed Research Question</i> <i>Aims of Research Activity</i> <i>Objectives of Research Activity</i> Demonstrate, briefly, how <u>Existing Research</u> has informed the proposed activity and explain <i>What the research activity will add to the body of knowledge</i> <i>How it addresses an area of importance.</i>					
3	Purpose of Research Activity This study proposes to explore the potential link between different types of exercise, duration of exercise and well-being of individuals. Although there are many studies regarding the frequency of exercise or the type of exercise and well-being, there is a literature gap of the reasoning behind why these two variables affect well-being. Exercise is described as enhancing or maintaining physical fitness, a subset of physical activity repetitive, structured, and planned (Caspersen et al., 1985). There are many different types of exercises, that all come under two main categories: aerobic and anaerobic. Aerobic exercise is sustained movement overtime, that requires more oxygen to provide the working muscles with oxygenated blood (Wahid et al., 2016). However, anaerobic activities are quick, sharp motions that do not require oxygen; instead, the body uses glucose to power these high-intensity, explosive movements (Patel et al., 2017). Research suggests exercise leads to a longer and happier life as chemicals are released during exercise, such as serotonin, endorphins, and dopamine. These chemicals produce feelings of				

	pleasure and satisfaction, which alternatively result in improving your sense of well-being and quality of life (Mahindru et al., 2023). The World Health Organization (2024) states that 60-150 minutes of moderate exercise a week is considered highly active, however, anything less than 60 minutes of moderate exercise a week is considered low activity or inactive (World Health Organisation,2024). Exercise should be encouraged for all ages as it has an endless list of benefits, whether they are biological, cognitive, or social benefits. Since the pandemic in 2020, the number of antidepressants prescribed in the UK increased to 89million (Gray, 2022). By encouraging individuals to participate in regular exercise, it may provide them with natural benefits, rather than relying on medication. (this box should expand as you type)
4	Research Question To explore whether exercise duration and the type of exercise has an impact on individual well-being and to provide more in-depth insight to why this might be. (this box should expand as you type)
5	Aims of Research Activity This study proposes to explore the potential link between different types of exercise, duration of exercise and well-being of individuals through the completion of the Worrick Edinburgh well-being scale (Tennant et al, 2007) and an open ended questionnaire which will be analysed using thematic analysis will provide more in depth responses to the impact of exercise on well-being. (this box should expand as you type)
6	Objectives of Research Activity Identify whether different types of exercise have an impact on individuals' well-being. Identify whether the duration of exercise has an impact on an individual's well-being. To provide a more in-depth response to the impact of exercise on well -being. (this box should expand as you type)
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that may be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	In order to explore the potential link between different types of exercise, duration of exercise and well-being, this study will involve a mixed method design, which includes three phases. The first phase requires the participants to complete a questionnaire via Qualtrics, including quantitative questions (ticking one box that applies to them about their participation in sport). The Quantitative questions section, includes 3 questions for the participant to tick one box per question which applies most to them. The second phase would be the completion of the Worrick Edinburgh well-being scale (Tennant et al, 2007). The Worrick Edinburgh well-being scale (Tennant et al, 2007) includes items that address positive affect, fulfilling interpersonal connections, good functioning, and emotional and self-evident components of mental health. Using a 5-point Likert scale, participants must tick the box that most accurately represents how they have experienced each statement during the previous two weeks (Tennant et al,2007). Their results from the Worrick Edinburgh well-being scale, will place them as either low or high on the well-being scale. I have completed the registration for non-commercial licence to use the WEMWBS and have gained permission to use the scale for my dissertation.

	The third phase would be the completion of the qualitative open-ended questions, to get a more personal and extended answer about their participation in sport. The qualitative questions include 5 questions, which allows the participant to provide an extended answer with a personal perspective, which will provide the researcher with more in-depth answers. The answers from the quantitative questions will determine the participants current fitness level, their duration of exercise each week and their primary form of exercise. Whereas the answers from the qualitative questions will allow the participant to elaborate on their thoughts and feelings regarding exercise and well-being. The data collected from the Worrick Edinburgh well-being scale (Tennant et al,2007) and the multiple-choice questions will be analysed using a 2x2 anova and the answers from the extended answers will be analysed through the process of thematic analysis. (this box should expand as you type)
	Location of research activity Identify all locations where research activity will take place.
8	The research study will be conducted online, via a Qualtrics link provided on the UWTSD Facebook page and will also be available via EMS. (this box should expand as you type)
	Research activity outside of the UK If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	N/A (this box should expand as you type)

10	Use of documentation not in the public domain: Are any documents NOT publicly available?	NO	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. (this box should expand as you type)		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	YES	NO
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☒	☐
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒
17	A Wales of vibrant culture and thriving Welsh language	☐	☒

18	A globally responsible Wales	☐	☒
19	If YES to any of the above, please give details:		
	According to the World Health Organization (2024), both aerobic and anaerobic activities are recommended to be beneficial for people's physical and mental health. Therefore, encouragement of physical activity would be beneficial for the population of Wales by leading them to a healthier and happier life. (this box should expand as you type)		

SECTION F: Scope of Research Activity

	Will the research activity include:	YES	NO
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☐	☒
3	Use of focus groups?	☐	☒
4	Use of participant diaries?	☐	☒
5	Use of video or audio recording?	☐	☒
6	Use of computer-generated log files?	☐	☒
7	Participant observation with their knowledge?	☐	☒
8	Participant observation without their knowledge?	☐	☒
9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.		
	Details of any other primary data collection method:	☐	☐
	(this box should expand as you type)		

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION G: Intended Participants

If there are no participants then do not complete this section, but go directly to section H.

	Who are the intended participants:	YES	NO
1	Students or staff at the University?	☒	☐
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults?	☐	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.		
	Details of any other participant groups:	☐	☒
	(this box should expand as you type)		

Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?		
10	How many participants are expected?	For this research, around 50 participants are required. This sample size was chosen based on (Creswell & Creswell, 2018). They state that quantitative research studies should estimate between 10-50 participants, and by having a larger sample, you are able to gain a greater number of different responses (Creswell & Creswell, 2018). This study requires two groups of individuals; individuals who are highly active and lowly active in exercise. (this box should expand as you type)
11	Who will the participants be?	The participants for this study will be students of UWTSD and individuals who are a part of the UWTSD Facebook page. All participants will be 18 years of age or over. There is no specific requirement for participation. (this box should expand as you type)
12	How will you identify the participants?	The participant will be recruited via the UWTSD Facebook page and EMS. The participants will be provided with a link, which will take them to the online questionnaire via Qualtrics. Through the completion of Worrick Edinburgh well-being scale (Tennant et al, 2007), the participants will be categorized as either low or high on the well-being scale. Additionally, the completion of the quantitative phase will categorize them as either highly or lowly physically active. (this box should expand as you type)

	Information for participants:	YES	NO	N/A
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☐	☐	☒
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	☐	☐	☒
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
22	If NO to any of above questions, please give an explanation			
	The participants won't be required to provide written consent as the research study will be conducted online via Qualtrics. The participant will be provided with the information sheet initially and then be followed with the consent section, where they are expected to select 'yes' to each of the statements. By selecting 'yes' to each of the statements, this shows that the participant is providing their consent. <i>(this box should expand as you type)</i>			

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	<i>(this box should expand as you type)</i>			

SECTION H: Anticipated Risks

	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.		
1	Full risk assessment completed and appended?	Yes	☐
		No	☐
2	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information		
	Risk to participants: 1. Concern over having to complete the Worrick Edinburgh well-being scale. 2. Discomfort over talking about their participation in exercise. 3. Feelings of embarrassment or judgement regarding their lack of participation in exercise. 4. As the participant will be asked to elaborate on their thoughts and experience of exercise, this could trigger some negative or traumatic experiences, such as being bullied. 5. Participants will be required to complete some of the study via Qualtrics. A potential risk with using Qualtrics would be as the researcher is not present during the study, the participant may experience difficulty with wording of the question. 6. A risk of transfer of personal data. <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to participants:</i> 1. Participants will be informed of the nature of the study prior to taking part. Therefore, if any of the participants would prefer not to complete the Worrick Edinburgh well-being scale, they would have the option to not continue the study. The participant will also be able to withdraw from the study at any given time, if they wish to do so with no penalty. 2. Participants will be informed of the topic of the study before they begin. This will allow the participant to decide whether they wish to continue or not. The participants are free to leave the study at any time, and their data will be destroyed. 3. The nature of the study will be explained prior to the study. Therefore, if the participant would prefer not to answers questions regarding their participation in exercise, they will have the option to withdraw from the study, without repercussions. 4. The participants will be informed regarding the nature of the study before they begin. Therefore, any participants who may have experienced any traumatic events regarding exercise or would feel uncomfortable about talking openly about their thoughts and experiences, would be able to withdraw from the study at any time. 5. At the end of the study, the participant will be provided with a debrief and an information sheet to provide them with the aim of the study. The sheet will also include both the researcher and the supervisor's contact details if the participant had any questions or concerns about the study. 6. To prevent any of the participants' personal data being revealed, each participant will appear as their EMS number. This will ensure their data is anonymous and won't be able to be traced back to them. <i>(this box should expand as you type)</i>	

3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities	
	<i>(this box should expand as you type)</i>	
4	Risks to the investigator For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
	Risk to the investigator: 1. The researcher's email will be provided at the end of the study for the participant to ask any questions. Therefore, a potential risk could be for the researcher to receive negative or unwelcomed emails from the participant. 2. The student researcher may find themselves being asked for information outside of their scope of knowledge as an undergraduate student. 3. Feelings of emotional distress if they were to read a response from a participant that included a negative experience or any traumatic events regarding exercise. 4. If the researcher was to be accused of harm/impropriety if the participant feels they are not happy about something that has happened during the study. <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to the investigator:</i> 1. The researcher will only provide their university email, not their personal email. If the researcher was to receive any negative messages from the participant, it would be immediately reported to the researcher's study supervisor. 2. If the researcher is unable to answer the question, it would be forwarded to the researcher's study supervisor. 3. The researcher would arise any issues that occurred and receive guidance from the research supervisor. 4. It will be ensured that the researcher follows all UWTSD and BPS researcher codes of conduct and research guidelines, and the study will not take place until all elements have been approved by the supervisor. <i>(this box should expand as you type)</i>
5	University/institutional risks For example: adverse publicity, financial loss, data protection	
	Risk to the University: 1. The reputation and integrity of UWTSD and the discipline of Psychology could be endangered if researchers do not adhere to codes of ethics and research protocols. 2. Data could be exposed, leaked or used for other purposes. <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to the University:</i> 1. The university Ethics and Integrity Code of Practice and the BPS will be followed at every stage of the proposed study to minimise any potential risks to the institution from arising. Professionalism will always be exhibited by all researchers. 2. The data collected will be stored in accordance with UWTSD Research Data Management (RDM) rules and only used for the intended purpose, in compliance with ethical guidelines set out by UWTSD Research Ethics & Integrity Code of Practice policy and British Psychology Society (BPS) code of ethics. To minimise any risk to UWTSD and the

		psychology department, all collected data will be stored securely through the Qualtrics platform. <i>(this box should expand as you type)</i>
6	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: N/A <i>(this box should expand as you type)</i>	How you will mitigate the risk to environment: <i>(this box should expand as you type)</i>

Disclosure and Barring Service				
	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	YES	NO	N/A
7	Does your research require you to hold a current DBS Certificate?	☐	☒	☐
8	If YES, please give the certificate number. If the certificate number is not available please write "Pending"; in this case any ethical approval will be subject to providing the appropriate certificate number.			

SECTION I: Feedback, Consent and Confidentiality

1	Feedback What de-briefing and feedback will be provided to participants, how will this be done and when?
	The participant will be provided with a debrief form at the end of the study or if the participant elects to terminate the study early. After the participant completes the last section of the study, the open ended questions, the participant will have an option to select 'next', and then the debrief form will appear. The debrief form will provide the participant with aim and objectives of the study, how their data will be used and stored and the researcher's contact details for any further details or questions regarding the study. View the appendices for the debrief form. <i>(this box should expand as you type)</i>
2	Informed consent Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	The participant will be provided with an information sheet prior to the study. The information sheet will include key information regarding the study and provide details about what will be expected of you as a participant. After the participant has read through the information sheet, the next page will ask for consent for their participation in the study. The participant will need to first complete the demographics form stating their gender and that they are over the age of 18. The participant will then have the option to consent to participating in the study, that they allow for their data to be used anonymously and that they have an understanding of the study. Lastly, there will also be a tick box to confirm that they have read the information sheet and consent to being part of the study. <i>(this box should expand as you type)</i>
3	Confidentiality / Anonymity Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case.
	There will not be any identifying information included in the analysis of the data. Likewise, as the research is being conducted online, the participant's will appear as their EMS numbers, therefore

	they are not at risk from being detected. Similarly, the participants recruited via the UWTSD Facebook page will appear as 'participant 1', therefore the researcher will not be able to identify any of the participants. (this box should expand as you type)
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SECTION J: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	YES	NO
1	"Personal data" means any information relating to an identified or identifiable natural person ('data subject'). An identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.	☒	☐
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	Demographic information of the participant, including age and gender, will be needed for the participant section of the final report. (this box should expand as you type)		
	Does it involve special category data (as defined by the GDPR)?	YES	NO
3	"Special category data" means sensitive personal data consisting of information as to the data subjects' – (a) racial or ethnic origin, (b) political opinions, (c) religious beliefs or other beliefs of a similar nature, (d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992), (e) physical or mental health or condition, (f) sexual life, (g) genetics, (h) biometric data (as used for ID purposes),	☒	☐
	If YES, provide a description of the special category data and explain why this data needs to be collected:		
4	This research study will be exploring the impact of different types of exercise and the level of exercise on an individual's well-being. Therefore, the participants are required to complete a short quantitative questionnaire regarding their level of participation in sport and the completion of the Worrick Edinburgh Well-being scale to indicate whether they're high or low on the well-being scale. Lastly, the participants will be presented with qualitative questions where they're asked to elaborate on their thoughts and experiences of exercise. With the data collected, the researcher will be able to explore whether participants who are highly or lowly active score higher or lower on the well-being scale.		

	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	YES	NO
5	Manual files (i.e. in paper form)?	☐	☒
6	University computers?	☒	☐
7	Private company computers?	☐	☒
8	Home or other personal computers?	☒	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☐	☒
10	"Cloud" storage or websites?	☒	☐

11	Other – specify:	☐	☐
12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:		
	Once the participants have completed the open-ended questionnaire regarding the participants participation in physical exercise and the Worrick Edinburgh well-being scale, they will be sent to the researcher, which will be accessed via a password protected personal computer. All the researchers work is saved onto the UWTSD OneDrive network, which is strictly only used by the researcher. The UWTSD app requires using the authenticator app to access any work on the Hwb. The authenticator app forwards a code to the researcher's phone, which expires after 10 seconds. <i>(this box should expand as you type)</i>		

	Data Protection		
	Will the research activity involve any of the following activities:	YES	NO
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☐	☒
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☒	☐
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate): The data that will be collected from the participants on Qualtrics, including both the quantitative and qualitative questions and the well-being scale. Once the data has been collected, the researcher will transfer the data to SPSS to finalise the results. <i>(this box should expand as you type)</i>		
22	List all who will have access to the data generated by the research activity:		
	Principle researcher – Charlotte Evans Empirical project supervisor – Stuart Jones Any external examiners <i>(this box should expand as you type)</i>		
23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	Principle researcher – Charlotte Evans <i>(this box should expand as you type)</i>		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		

	Data will be in electronic form. All data will be held electronically, in a password protected file on a private laptop. All data will be forwarded to the researcher's dissertation supervisor on completion and write up of the study. Data storage arrangements will all be in line with the university data management policy.		
	<i>(this box should expand as you type)</i>		
25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. <i>(Most relevant to academic staff)</i>		
	Data will not be held in the UWTSD Research Data Repository at this stage of study.		
	<i>(this box should expand as you type)</i>		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	YES	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	YES	☒

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants. In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	Signature of applicant:		Date: 12/10/24

For STUDENT Submissions:

2	Director of Studies/Supervisor:	Stuart Jones	Date:
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		Date:
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed ALL RELEVANT sections of the form in full.
☒	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (where appropriate)
☐	I have attached a full risk assessment (where appropriate) ONLY TICK IF YOU HAVE ATTACHED A FULL RISK ASSESSMENT
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.

RESEARCH STUDENTS ONLY

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk, with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

Appendices

Appendix 1 – Reference list

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<https://doi.org/10.1037/t01628-000>

Wahid, A., Manek, N., Nichols, M., Kelly, P., Foster, C., Webster, P., Kaur, A., Friedemann Smith, C., Wilkins, E., Rayner, M., Roberts, N., & Scarborough, P. (2016). Quantifying the Association Between Physical Activity and Cardiovascular Disease and Diabetes: A Systematic Review and Meta-Analysis. *Journal of the American Heart Association*, 5(9). <https://doi.org/10.1161/jaha.115.002495>

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Appendix 2- Quantitative questions (tick the box that applies the most to you)

- 1- What is your current fitness level? Perfect / good / average / poor / unfit
- 2- How often do you exercise **a week**? With exercise being described as enhancing or maintaining physical fitness, a subset of physical activity repetitive, structured, and planned (Caspersen et al., 1985). 150+ mins / 60-150mins / less than 60mins / no exercise
- 3- From the list provided, which form of exercise would be your primary form of exercise?
Aerobic exercises (running, walking, cycling, hiking, dancing and playing team sports) **OR**
Anaerobic exercises (HIIT training, weight training, circuit training, Pilates or yoga).

Appendix 3- Qualitative questions

- 1- Why do you / do not participate in exercise?
- 2- Would you say that exercise affects your well-being /mental health? Why/ why not?
- 3-Do you feel that exercise should be encouraged for people of all ages? Why / why not?
- 4-When exercising, do you prefer to exercise alone, in a pair or in a group? Explain why.
- 5-How would you typically cope with stress?

Appendix 4- The Worrick Edinburgh Well-being Scale

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.
Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Appendix 5- Information sheet

This document provides key information regarding the study and provides details about what will be expected of you as a participant. Therefore, please read this information carefully before providing your consent to take part.

During this study you will be required to do the following:

- Complete a demographics form detailing your age and gender
- Complete the consent to show willingness to participate and understanding of the study.
- Participants will first be presented with 3 short quantitative questions. The participants must tick the statement which best suits them.
- Participants will be required to complete the second phase of the study, the Worrick Edinburgh Well-being scale. Using a 5-point Likert scale, participants must tick the box that most accurately represents how they have experienced each statement during the previous two weeks.
- Participants will be shown 5 qualitative questions, where they are expected to answer the open-ended questions with their thoughts and feelings regarding participation in exercise.

To conclude the study, the participants will be provided with a debrief sheet to explain the aim and objectives of the study, how the participant's data will be used and stored.

If you have any questions, please feel free to contact the researcher on :

2206694@student.uwtsd.ac.uk

If you are happy to take part in this study, please read and complete the consent form.

Appendix 6- consent form

Study Consent Form

I understand that this research study is being carried out by a level 6 Applied Psychology Student for their dissertation and that taking part in this study will involve the completion of the Worrick Edinburgh well-being scale and filling out a questionnaire

This questionnaire will take approximately 20 minutes to complete.

I understand that participation in this study is voluntary, and I am free to withdraw participation during or at the end of the study without giving a reason. I understand that once I complete the study, I will have 24 hours to contact the researcher to withdraw my data. I am aware that if I have concerns about the study, I can discuss these concerns with the researcher at any time during or after the study. I understand that I will be provided with the contact details of the research supervisor at the end of the study, should I have any concerns.

I understand that the information I provide will be held confidentially and anonymously. This data will be stored till the researcher finishes writing their dissertation in accordance with the Data Protection Act.

I also understand that at the end of the study, I will be provided with a debrief form and the opportunity to discuss any issues with the researcher.

I understand that by clicking the consent button prior to the study commencing, I give consent to the researcher to use the data provided by me.

If you feel uncomfortable about any questioning of this subject surrounding exercise or well-being, you are advised not to take part in this study. If you are happy to take part in this study, please continue to the consent form and read carefully.

Appendix 7- Debrief form

Study debrief form

Exploring the impact of different types of exercise and the level of exercise on an individual's well-being.
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Thank you for taking part in the study.

The aim of this study was to explore the impact of different types of exercise and the level of exercise on an individual's well-being. We specifically wanted to explore whether participants who are highly or lowly physically active score higher or lower on the Worrick Edinburgh well-being scale.

If you wish to withdraw your data from the study, you must tell the researcher now. After this, all your data will remain confidential, and we will not trace it back to you.

If taking part in this study has raised any questions, please speak to the researchers on 2206694@student.uwtsd.ac.uk or contact the academic supervisor – Stuart Jones s.a.jones@uwtsd.ac.uk

Thank you once again for taking time to participate in this study.

Student name

BSc Honours Applied Psychology

University of Wales Trinity Saint David, Carmarthen