

Methodology

Participants

A convenience sample was used as participants over the age of eighteen were recruited via the University of Wales Trinity St David's (UWTSD) Psychology Experimental Management System (EMS) and the UWTSD social media pages. View Appendix ___ for the advert used on the social media pages to recruit the participants. A total of ___ participants completed the study, which consisted of ___ males and ___ females. The age of participants ranged from ___ to ___ years of age ($M=$ ___) ($Sd=$ ___).

Design

The study was a mixed method approach that included two phases. The first phase included a web-based online survey that collected demographic data (including age, gender and their physical activity levels), with the software Qualtrics. Additionally, the Worrick Edinburgh Well-being Scale that included 14 qualitative questions was used to measure well-being. The data from the first phase was put into SPSS to complete a 2x2 Anova. The independent variables were the type of exercise and level of exercise, and the dependent variable was the individual's score on the well-being scale. The second phase of the study was quantitative, which included the open-ended questionnaire regarding participation in sport. This data provided the researcher with themes from the thematic analysis that was formed from the participant's responses to the open-ended questionnaire.

Materials

The online study was completed on a computer, where the participants were able to access the link to the study via the EMS or the UWTSD social media page, which was conducted on the Qualtrics software. The study included two phases: phase one was the completion of the demographic data, the three qualitative questions and the Worrick Edinburgh well-being scale, view appendix ___ for the quantitative questionnaire. The Worrick Edinburgh well-being scale included 14 questions where the participants had to tick how they felt in the last two weeks, using a 5-point Likert Scale, view appendix ___ for the scale used. This section categorized the participants into high/low participation in exercise, their primary form of exercise and their well-being score. The second phase was qualitative, the participants were presented with an online questionnaire where they had to express their thoughts and feelings regarding participation in physical activity, view appendix ___ for the qualitative questionnaire.

Procedure

Initially, the participant would have selected the link to the study either from the EMS or the UWTSD social media page. Prior to the study, the participant was presented with an

information sheet which explained what was expected of them as a participant in the study, view appendix ___ for the information sheet. Once the participant had read the information sheet and agreed to participate, they were presented with the consent sheet, view appendix ___ for the consent sheet. The participant had to tick all the statements to show willingness to participate in the study, however, if they did not want to participate, it clearly stated that they were able to close the browser to leave before the study began. Once the participant had consented to participate in the study, they were directed to the demographic section of the study. This section required the participant to state their age, gender and their physical activity levels, view appendix ___ for the qualitative questions. The next section involved the completion of the Worrick Edinburgh well-being scale. The participant had to rate using a 5-point Likert scale on how they felt within the last two weeks, view appendix ___ for the scale used. Each section of the study gave the participant the option to leave the study at any time, in case they did not want to proceed, and they would be automatically presented with the debrief form. The last section of the study was the quantitative questionnaire, view appendix ___ for the questionnaire used. This section allowed the participants to elaborate on their thoughts and feelings regarding physical activity. Once this section was completed, the study was concluded, and the participant was presented with a debrief form, view appendix ___ for the debrief form. The debrief form explained their role as a participant in the study and why the data was being collected. It also gave the participants the opportunity to withdraw from the study if they wished to. Similarly, the form provided the researcher's UWTSD email to contact, as the participant had forty-eight hours to withdraw their data from the study if they wished.

Key ethical considerations

The study's purpose and the requirement to complete the Worrick-Edinburgh well-being scale, to fill out a questionnaire on their experience with exercise and overall well-being will be explained to the participant prior to the start of the study. The researcher will also state that any information or data collected will remain anonymized and will not be able to be traced back to the individual. After the information sheet has been read through, the participant is then presented with a consent form that they must complete to proceed, however, if they wish not to participate after reading the requirements, they are able to close the browser to no longer participate. The participants are required to answer openly regarding their experience with exercise and their well-being, which may cause distress, embarrassment or discomfort. In this case, the participant has the right to withdraw from the study at any time and their data will be erased from the study and not reviewed by anyone. To ensure that there is no pressure, the participant will be reminded throughout the study that they are free to leave the study at any time or even after the study has finished, if they wish to do so.