

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:	Shaheena Kenyon			
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:	Yr Athrofa: Psychology and Counselling
4	Campus:	IQ, SA1 Campus, Swansea
5	E-mail address:	2219390@student.uwtsd.ac.uk
6	Contact Telephone Number:	07447006102
For students:		

7	Student Number:	2219390
8	Programme of Study:	BSc Psychology and Counselling
9	Director of Studies/Supervisor:	Stacey Coleman

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) Stacey Coleman (Dissertation supervisor)	☒		14/08/2024

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	BPS Code of Human Research Ethics (2021)				☒
4	BPS Code of Ethics and Conduct (2021)				☒
5	UWTSD Student Code of Conduct				☒
6	BPS Ethics Guidelines for Internet-Mediated Research (2021)				☒

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	Voluntary YES ☐ NO ☐
7	paid or voluntary capacity?	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

SECTION 2: Details of Research Activity				
1	Indicative title:	Inhale, exhale, relax: The effect of guided breathwork on state anxiety in individuals		
2	Proposed start date:	November 2024	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 Existing Research 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 The purpose of the research activity is to explore whether cyclic breathing practices can help alleviate levels of anxiety in individuals. Recent studies have shown that engaging in controlled breathing exercises can significantly reduce arousal levels in individuals by consciously regulating the rate, depth, and pattern of breaths (Magnon et al., 2021); the application of this technique has garnered significant attention due to its straightforward approach and exceptional efficacy in mitigating stress and promoting mental well-being. Gerbarg et al. (2019) suggest that there is often difficulty in accessing psychological therapies and that accessible and affordable techniques such as breathwork can aid in reducing stress levels in individuals. Further research in this area will be valuable because practices such as standardised breathwork that can be delivered without direct interaction with a therapist hold promise as a potential solution to alleviate levels of stress in individuals from all walks of life (Lavretsky & Feldman, 2021). A meta-analysis conducted to examine the impact of breathwork on mental health and stress found that breathwork was effective in reducing self-reported stress levels in comparison to those who did not use breathwork. Leyro et al. (2021) summarise research conducted into the effects of respiratory therapies, including controlled breathing, on anxiety and stress reduction and it was concluded that respiratory techniques yield significant improvements in anxiety reduction. Fincham, G. W., Strauss, C., Montero-Marín, J., & Cavanagh, K. (2023). Effect of breathwork on stress and mental health: A meta-analysis of randomised controlled trials. <i>Scientific Reports</i>, 13(1). https://doi.org/10.1038/s41598-022-27247-y			

	Gerbag, P. L., Brown, R. P., Streeter, C. C., Katzman, M. A., & Vermani, M. (2019). Breath practices for survivor and caregiver stress, depression, and post-traumatic stress disorder: connection, co-regulation, compassion. <i>OBM Integrative and Complimentary Medicine</i>, 4(3), 1. https://doi.org/10.21926/obm.icm.1903045 Lavretsky, H., & Feldman, J. L. (2021). Precision Medicine for Breath-Focused Mind-Body Therapies for Stress and Anxiety: Are we ready yet? <i>Global Advances in Health and Medicine</i>, 10, 216495612098612. https://doi.org/10.1177/2164956120986129 Leyro, T. M., Versella, M. V., Yang, M. J., Brinkman, H. R., Hoyt, D. L., & Lehrer, P. (2021). Respiratory therapy for the treatment of anxiety: Meta-analytic review and regression. <i>Clinical Psychology Review</i>, 84, 101980. https://doi.org/10.1016/j.cpr.2021.101980 Magnon, V., Dutheil, F., & Vallet, G. T. (2021). Benefits from one session of deep and slow breathing on vagal tone and anxiety in young and older adults. <i>Scientific Reports</i>, 11(1). https://doi.org/10.1038/s41598-021-98736-9 (this box should expand as you type)
4	Research Question Does engagement in guided breathwork help to reduce levels of arousal in individuals? 1. Are there differences in the levels of self-reported state-anxiety before and after a breathwork session? 2. Do levels of physiological arousal decrease after engagement in a guided breathwork session? (this box should expand as you type)
5	Aims of Research Activity The research aims to investigate: 1. To investigate whether the practice of guided breathwork has an effect on the levels of arousal of state anxiety in participants. (this box should expand as you type)
6	Objectives of Research Activity The objectives of the research activity are to 1. Assess participants' baseline arousal levels 2. Assess differences in arousal levels before, during and after the guided breathwork session 3. To explore whether guided breathwork will reduce levels of arousal 4. To explore if there are differences in levels of self-reported state anxiety before and after the breathwork session (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	Participants Undergraduate students studying at UWTSD will be recruited via the EMS system. Due to the study's design, 12-15 participants are expected to be sufficient for the quantitative analysis. Questions to screen participants prior to signing up will include asking about respiratory, heart, or photosensitivity conditions. Design A within-subjects multi-factorial design with a control variable will be utilised. The first independent variable will be levels of self-reported stress which will be measured before and after the breathwork session using the State-Trait Anxiety Inventory (six item short form: STAI-6). The second independent variable will be levels of electrodermal (physiological) arousal recorded using a Galvanic Skin Response (GSR) device whilst participants work through a guided breathwork session, with pre-test arousal levels included as the covariate. Arousal will be averaged across three time points throughout the breathwork session. The dependent variable is the level of reported arousal/stress. Materials A six-item short form of the State-Trait Anxiety Inventory (STAI-6) of the self-report questionnaire will be utilised to measure the participants' evaluation of how they are feeling at the current moment. The STAI-6 scale contains 6 items from the full 20 items from the State-Trait Anxiety Inventory Questionnaire (Spielberger, 1983). Participants will be asked to assess how they feel right now on a 4-point Likert scale, ranging from 'not at all', 'somewhat', 'moderately' to 'very much'. A higher score suggests higher levels of state anxiety. A Galvanic Skin Response (GSR) device will be used to measure physiological arousal whilst the participants are taking part in the guided breathwork session. Participants will be asked to wear the GSR pads on their non-dominant hand whilst they complete the consent form and the STAI-6 via Qualtrics to ascertain baseline levels of arousal. When they are guided into the immersive room, participants will continue to wear the GSR pads / device which will continuously assess levels of arousal throughout the duration of engagement with the breathwork video. Whilst in the immersive room, participants will be guided through the breathwork session. There will be a (silent) nature video playing on the 360 screens (obtained via YouTube), with audio playing at the same time which will be created by a qualified breathwork facilitator. The breathwork session will last for around 20 minutes. A pilot study with a small number of participants will be conducted to ascertain appropriate timepoints for markers of arousal, and all participants arousals levels will be recorded during analysis of the physiological data for consistency. Procedure Participants recruited via EMS will complete the study in the immersive room in Y Fforwm. An information sheet will be provided via Qualtrics (on a laptop) to the participants prior to the consent form (also displayed via Qualtrics). The GSR monitor will be attached to the palms of the participants' non-dominant hand to measure the arousal levels at different points of the study, including during the breathwork session and 5 minutes after completion of the breathwork session. The participants will be asked to complete the STAI-6 questionnaire using the laptop provided before beginning the breathwork session. After completing the questionnaire, the participants will have 5 minutes to comfortably sit or lie down to start the guided breathwork session, which will last for a total of 20 minutes. At the end of the session, the participants will be asked to keep the GSR pads on whilst exiting the immersive room. They will be asked to complete the STAI-6 a second time to allow for comparison of scores before and after the guided

	breathwork. At the end of the study, a debrief will be provided and participants will be thanked for taking part.
	Location of research activity Identify all locations where research activity will take place.
8	Immersive room Y Fforwm, SA1 campus (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:		
	The proposed study will help promote healthier living in Wales. By introducing breath work into daily life, it aims to reduce state anxiety and create a more resilient community. (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: Data will be collected using an electrodermal activity device. When the ANS (sympathetic branch) is highly aroused, sweat gland activity also increases which makes the skin more conductive. Skin conductance can be an indicator of physiological or psychological arousal, therefore an EDA/GSR device is the most appropriate tool to use to assess arousal in this study. (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?	Based on the design and length of the study, it is expected that approximately 15-20 participants will be sufficient to conduct an appropriate analysis. (this box should expand as you type)
11	Who will the participants be?	UWTSD University students enrolled on a psychology related degree As the study will require participants to follow a cyclic breathing pattern, and therefore participants will be advised not to sign up to take part in the study if they have any of the following health conditions. -Respiratory disorders: Asthma, Bronchitis -Cardiovascular disorders: Arrhythmias, Hypertension, history of heart attacks or stroke -Photosensitivity/epilepsy -Mental health disorders: PTSD, severe anxiety, schizophrenia, -Pregnancy -Recent surgery abdominal or thoracic injury -Physical injuries: that could be exacerbated by breathing exercises or sitting, standing or laying too long To ensure no issues, participants will again be asked to confirm they do not have any of the disorders listed above before taking part in the study. (this box should expand as you type)
12	How will you identify the participants?	The participants will be recruited via the Experiment Management System (EMS). Students will be provided with a detailed description of the study which they are recommended to

		read as it includes important information explaining the exclusion criteria for the study. <i>(this box should expand as you type)</i>
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	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 consent form will be displayed via Qualtrics; therefore, consent will be obtained online, and consent responses will be stored anonymously via the Qualtrics server <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			
	The study will take place in the Immersive room within Y Fforwm (IQ SA1 campus). A prepared video of a guided breathwork session will be displayed on the 360 screens. Additionally, the GSR device will be used to assess arousal throughout the study. <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.
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	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?	<table border="1"> <tr> <td>Yes</td><td>☐</td></tr> <tr> <td>No</td><td>☒</td></tr> </table>	Yes	☐	No	☒
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. The study requires the participants to follow a cyclic breathing pattern, which may exacerbate heart or lung conditions. 2. The participants will be viewing a video on the 360-degree screen in the immersive room, which could potentially be dangerous to people with photosensitivity, motion sensitivity, severe migraines or headaches. 3. The study will take place in the immersive room within Y Fforwm, and the doors to the room will be closed to minimise distraction. Being in an immersive set-up can create a sensation of enclosure or confinement and may exacerbate feelings of claustrophobia or anxiety.	How you will mitigate the risk to participants: 1. Upon viewing the study information on EMS, participants will be advised to read the guidance in full as this will contain a list of exclusion criteria, including respiratory or cardiovascular disorders, photosensitivity or epilepsy, pregnancy, diagnoses of mental health disorders such as PTSD, severe anxiety, or schizophrenia, recent surgery, or physical injury that could be exacerbated by breathing exercises or sitting, standing or laying too long. To ensure double insurance that participants have considered any of the above disorders prior to taking part, they will be asked to complete a short questionnaire indicating 'yes' or 'no' to each of the disorders. If participants respond 'yes' to any of the questions asked, it will be explained that it is recommended they do not take part in the study due to the requirements for engaging in a breathwork session. 2. As above, participants will be provided with information in the description placed on EMS, and the additional questions included prior to participants taking part in the breathwork session will ask participants to, again, confirm that they do not have any sensitivity concerns, or headaches/migraines. 3. Participants will have the opportunity to view the setup of the room prior to providing consent to take part in the study. The door to enter/exit the room can be left open and participants can view the layout of the room as well as their distance from the screens when inside the room. The visuals on the screen will be open nature spaces or skies or horizons, which should reduce the				

	4. The study requires the participants to follow a guided breathwork session, and they will be required to sit or lie down for the duration of the session. 5. The GSR device requires the electrodes to be attached to the palms of the participants' hands. The electrodes are pre-moistened with a conducting gel, and alcohol wipes will be used to clean the skin before attaching them to the hand. There is also a requirement to secure the GSR wires to the participants wrist to ensure mitigation of 'noise' whilst the data collection is taking place. These will be secured in a double loop with micropore tape. There is a potential for minimal physical discomfort as a result of wearing the GSR pads or tape, or a participant having an allergic reaction. 6. The participants may feel distressed answering the questions on the state anxiety questionnaire or feel more stress knowing that their arousal levels are being measured whilst engaging in the breathwork session.	sense of confinement. Participants will be reminded that they can leave the study at any point without any penalty. 4. Participants will be informed of this at the sign-up, and a chair, cushions, and blankets will be provided for the duration of the study. Participants will have a choice to sit on the floor, lie down, or use a chair depending on their level of required comfort. Information will be provided within the information sheet that explains what guided breathwork is and how it works. The researcher will verbally ask each participant if they have any questions about engaging in guided breathwork before they begin the study, to ensure that any concerns participants may have can be alleviated with an appropriate explanation of what they will be doing whilst in the immersive room. 5. It will be explained on the EMS that there is a requirement to wear the electrode pads for the duration of this study to allow participants to make an informed decision to sign up to take part in the study. If a participant becomes uncomfortable during the study, they will be given the opportunity to remove the device. Clear instructions on how the GSR device works, how it will be positioned, and any effects that may occur will be provided within the information sheet. All participants will be fully informed of the procedure of the study and the measures being used before starting and will be asked to confirm that they are not knowingly allergic to the materials contained within the pads. 6. To mitigate this, participants will be informed that they do not have to answer any questions they do not want to on the STAI-6 questionnaire. As noted above, a full description will be provided on EMS to ensure participants are able to make a fully informed decision to sign up to take part in this study, and this will involve information on
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	7. Confidentiality of self-reported and physiological data. <i>(this box should expand as you type)</i>	the purpose of guided breathwork, the requirement of wearing the GSR electrode pads, and the use of the immersive room. Participants will also be informed that they can stop the breathwork exercises or withdraw from the study at any time if they feel uncomfortable or distressed with any part of the study. If there are any concerns following completion of the study, participants will be encouraged to contact the researcher or research supervisor in the first instance (contact details will be provided on the debrief form). If there are further concerns, participants will be reminded that there is support available via Student Support Services within UWTSD. A link to the Student Support Services department website will be provided within the debrief form. 7. Self-reporting anxiety levels, and the physiological data that is related to arousal, will remain confidential. The STAI-6 will be completed online, with the researcher ensuring that there is a unique identifier used only to ensure GSR data can be matched to the correct participant. Participants will be informed that they have the right to request that their data is withdrawn up until a date specified by the researcher in the debrief form. After this point, all data will be anonymised and transferred in preparation for analysis. <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	
	N/A <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	
	1. The participants will be provided researcher's email and there is a potential risk of receiving negative or	<i>How you will mitigate the risk to the investigator:</i>

	unwelcome emails from the participant. - The student researcher might be asked for information outside the scope of their knowledge. - There is a physical risk involved due to the requirements for placing electrodes on to participants. - Additionally, the student researcher may face accusations of harm or impropriety if a participant feels dissatisfied with any aspect of the research process. - There is a risk of researcher fatigue due to the length of data collection sessions and the potential for collecting data from multiple participants simultaneously. <i>(this box should expand as you type)</i>	- The participants will only be provided with university students' email addresses and any unwelcomed emails from the participant will be reported the dissertation supervisor immediately. - The researcher will pass any queries they are unable to deal with to their dissertation supervisor. - The student researcher will be required to be in close proximity with each participant in order to place electrodes on their hands and secure the wires to the participants' wrist. Appropriate PPE has been made available (gloves, alcohol wipes, and masks if required), and the researcher will be adhering to a research protocol set up and agreed between themselves and the research supervisor. The student will ensure to follow all UWTSD and BPS codes of conduct and research guidelines regarding integrity when conducting the research and respect for participants. The study will not take place until all elements have been approved by the dissertation supervisor. - To mitigate the concern of fatigue, it will be ensured that participants booked are spaced out and research is carried out over a period of several days/weeks. <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: - 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. - Data could be leaked, exposed or used for other purposes. <i>(this box should expand as you type)</i>	How you will mitigate the risk to the University: The University Ethics and Integrity Code of Practice and the BPS Code of Ethics and Conduct will be followed at every stage of the proposed study to minimise any potential risks to the Institution from arising. The researcher will always act with professionalism and will adhere to the research protocol agreed upon by the dissertation supervisor. Due to the GSR device being used, it is imperative that the research supervisor be present during data collection, and this has also been agreed upon with the supervisor.

		2. The data collected will be stored in accordance with the UWTSD Research Data Management (RDM) rules and will only be used for its intended purpose. This follows the ethical guidelines outlined in the UWTSD Research Ethics & Integrity Code of Practice and the British Psychological Society (BPS) Code of Ethics. To minimise any risk to UWTSD and the psychology department, all data collected using the STAI-6 will be securely stored using the Qualtrics platform. It is imperative that an identifier be used initially to ensure correct matching up of self-report and physiological data, but all data will remain confidential at all times and only aggregated, anonymised data will be used following completion of the study's data collection period. Physiological data will be stored on the GSR device and will be electronically transferred to the researcher's personal memory stick and saved within a password-protected folder allocated for raw data. Each participant's GSR data will be analysed individually at first using the appropriate MindWare software to reduce noise and clutter, and to identify the appropriate data required based on previously determined markers (time markers). These 'marked' data will then be put into SPSS for analysis. <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: 1. The use of immersive room 2. Use of GSR device	How you will mitigate the risk to environment: 1. The immersive space is located within Y Fforwm, IQ campus and participants will be instructed that no food or drink is to be taken into the room whilst taking part in the study. 2. An agreed research protocol will be followed in placing electrodes on to participants and in removing them. The research supervisor will be present during data collection to maintain responsibility for the GSR device. As this is an electronic device, it will require regular charging which will contribute to

(this box should expand as you type)

Disclosure and Barring Service

SECTION I: Feedback, Consent and Confidentiality

Feedback
What de-briefing and feedback will be provided to participants, how will this be done and when?

	At the end of the study, participants will receive a debrief sheet that will be displayed on Qualtrics which will outline the purpose and aims of the study, as well as the participants right to withdraw at that point. It will also be explained that participants have the opportunity to ask the researcher questions or express any concerns they may have about the study. The debrief sheet will include the contact details of both the researcher and the supervisor. Participants will be informed that they can request a copy of the debrief form to keep for their own records and, If a copy of the debrief form is requested, it will be sent via the EMS (through the sign-up process) after the study is completed. To do this, the researcher will require the participants EMS ID number to locate their sign-up timeslot and communicate via EMS. <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.
	Prior to signing up to take part, a full description of the study will be provided on the EMS to ensure participants are aware of what will be required of them before they sign up. This description will clearly outline the list of medical conditions that would exclude a participant from taking part in the study in order to allow them to make a fully informed decision to sign-up to take part based upon their own physical and/or mental health. Furthermore, it will be explained that there will be a requirement to wear electrodes on the surface of the skin (hands) and engage in a guided breathwork session for around 20 minutes. Once participants arrive to take part in the study, an information sheet will be displayed on a laptop (on Qualtrics) which will provide clear instructions and information on what the participant will be expected to do whilst taking part in the study. Following this, a consent form will be shown which will clearly outline the aims and objectives of the research, confirm the participants' right to withdraw at any time, and provide information regarding the storage and confidentiality of all data collected. The contact details of the researcher will be provided on the consent form. Participants will verbally be reminded that taking part in the study is voluntary and that, during all elements of the study, they can stop at any time and request to leave without penalty, and have their data removed. <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.
	The information sheet and consent form will outline that participants have a right to expect that any data collected from them as a result of taking part in this study will be treated confidentially in line with the General Data Protection Regulation (GDPR, 2016), Data Protection Act (2018) and UWTSU Data Management Policy. Questionnaire data from the STAI-6 will be collected online via Qualtrics, and this will be stored anonymously on the Qualtrics cloud server. In order to ensure accurate matching of two different sets of data (STAI-6 responses and GSR data), the researcher will manually input a random ID number within the demographics page on Qualtrics (e.g., 001) to ensure that data can be matched accurately in preparation for analysis. GSR data will be stored on the GSR device initially until it is transferred to the researcher's personal memory stick and saved within a dedicated, password-protected data folder. The only identifier here will be the unique/random ID number that allows for physiological data to be matched with questionnaire data. <i>(this box should expand as you type)</i>

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 data will be collected as this is a standard reporting measure in psychology reports within the participant's subsection of the method. This according to the UWTSD Research Data Management Policy constitutes as personal data. None of the identifying data will be attached to the participants' data. The GSR readings will be transferred to the researcher's personal memory stick for the purpose of analysis and only used for statistical purposes and not attached to any identifiable data from any participant. <i>(this box should expand as you type)</i>		
	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	Technically, Galvanic Skin Response (Conductance) is a form of biometric data. Whilst GSR is not used for personal identification of any person, it does measure a physiological characteristic (changes in electrical conductance of the skin) that can provide information about an individual's current emotional/physiological state that is involuntary. This data is essential as it will provide information on arousal levels of participants whilst taking part in the study. It is imperative that baseline arousal levels are assessed, thus the GSR electrodes will be placed on to participants from the beginning of the study and not just during the guided breathwork session. Participants will be required to provide fully informed consent to take part as they will be fully informed of the nature of collecting skin conductance data, and the purpose of the study. <i>(this box should expand as you type)</i>		
	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: GSR device – this will initially hold data collected until it is electronically transferred to the researchers personal device.	☒	☐
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:		
	University computers: A laptop will be used to cast the video and audio to the 360 screen in the immersive room, which is registered to the psychology department and, therefore, the university. Whilst no data will be collected and stored on the laptop, it will be used during the data collection period. Furthermore, the software required to analyse the GSR data is located on the lab computers within the Psych Labs. Therefore, data will temporarily be looked at on a university computer, but data will remain to be stored/saved on the researcher's personal memory stick. Laptop computers / memory sticks: Drafts of the dissertation, along with draft chapters will be stored on a personal laptop within a password protected folder. Once downloaded, Qualtrics (STAI-6) data will be saved within a dedicated and password-protected data folder on a memory stick. GSR data for each participant will also be stored within this folder on the researcher's memory stick. Cloud storage: The data collected from participants from the STAI-6 questionnaire will be stored on the Qualtrics server until it is required to be downloaded and analysed. Only the researcher has direct access to the data stored on Qualtrics which is accessible only via a personal password, thus ensuring the data remains confidential. Data in its raw form will be saved to SPSS, and this will also be saved within a personal password protected folder on the researcher's memory stick. All identifying information, including GPS location identifiers and IP address, will be removed. GSR data will initially be stored on the GSR device until it is transferred to the researcher's personal memory stick. Once transferred, the data files will be saved within a dedicated and password-protected data folder. As noted previously, each individual data file will require analysis prior to data being added to SPSS in its 'raw' format. <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):		
	As noted above, data collection from participants on their state anxiety levels (STAI-6 questionnaire) will be transferred from the Qualtrics cloud system to SPSS once all data has been collected and is ready for analysis. The data from the GSR device will be transferred to the researcher's personal memory stick at the end of each data collection period (e.g., each day that data collection has taken place). Once this data has been transferred, there is a requirement to use a university computer (located within the Psychology Labs to analyse GSR data and identify the correct data to be placed on to SPSS (using time markers, etc). <i>(this box should expand as you type)</i>		
22	List all who will have access to the data generated by the research activity:		
	Shaheena Kenyon and Stacey Coleman <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:		
	Shaheena Kenyon <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.		
	GSR data will initially be stored on the GSR device until it is transferred to the researcher's personal memory stick. Once transferred, the data files will be saved within a dedicated and password-protected data folder. As noted previously, each individual data file will require analysis prior to data being added to SPSS in its 'raw' format. Data on state anxiety will be collected and stored on the Qualtrics cloud server until the point that it is required to be downloaded for analysis. Following electronic transfer of the raw data, it will be saved in a dedicated folder on the researcher's memory stick. This memory stick, and each appropriate folder, will be password protected. All data will be kept until the end of the exam board in case it is required to be viewed by any academic staff members for examining purposes. <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>		

	No data will be stored on the Research Data Repository. <i>(this box should expand as you type)</i>		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtسد.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.uwtسد.ac.uk/research/research-ethics/		
1	Signature of applicant:	Shaheena Kenyon	Date: 29/11/24

For STUDENT Submissions:

2	Director of Studies/Supervisor:	Stacey Coleman	Date: 02/12/24
3	Signature:	SL Coleman	

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.

Participant Consent Form

Title of Study: Inhale, exhale, relax: The effects of guided breathwork on levels of state anxiety

Research Team: Shaheena Kenyon (2219390@student.uwtsd.ac.uk) and dissertation supervisor, Stacey Coleman (stacey.coleman@uwtsd.ac.uk)

Date:

1. I confirm that I have read and understand the Information Sheet for the above study.	Yes	No
2. I had an opportunity to ask questions and have them answered satisfactorily.	Yes	No
3. I understand that I may ask further questions at any time.	Yes	No
4. I understand that my participation is voluntary, and I am free to withdraw from the study at any time without penalty or giving any reason.	Yes	No
5. I understand that my fully anonymised data will be utilised for only this research study, which is being conducted by a third-year Psychology student for the purpose of their undergraduate dissertation and will be deleted once external examiner approval for the project has been obtained.	Yes	No
6. I have been informed that if I feel I would be uncomfortable answering questions, doing the guided breathwork, watching a video on the immersive screens, or have any of the conditions mentioned in the pre-screening, that I should not take part in this study.	Yes	No
7. I understand that I will be required to wear the Galvanic Response Sensors on my hand for the duration of the study.	Yes	No
8. I understand that I may decline to answer any questions.	Yes	No

9. I understand that any data collected will be anonymised and stored in an anonymous format and once I leave the data collection area it will not be possible to trace the data back to me to withdraw.	Yes	No
10. I understand that the anonymised data provided will be securely stored and accessible only to the members of the research team directly involved in the study, and that confidentiality will be maintained.	Yes	No
11. I confirm that I am over 18 years old	Yes	No
12. I consent to take part in the above study.	Yes	No

This form will be completed on Qualtrics and stored on the researcher's laptop and will be password protected, and participants can request an email copy for their records.

Participant Information Sheet

Title of Study: Inhale, exhale, relax: The effects of guided breathwork on the levels of state anxiety

Research Team: Shaheena Kenyon (2219390@student.uwtsd.ac.uk) and dissertation supervisor, Stacey Coleman (stacey.coleman@uwtsd.ac.uk)

Date:

Invitation Paragraph:

You are being invited to take part in a research project being conducted by a third-year dissertation student within the Psychology and Counselling department at The University of Wales Trinity Saint David (UWTSD). Before you decide to take part, it is important for you to understand why the research is being conducted and what participation will involve.

Please read the following information carefully and feel free to discuss it with the researcher if you have any questions. Please ask the researcher if anything is unclear or if you would like more information. Take your time to decide whether you would like to participate. Thank you for reading this.

Purpose of Research:

The aim of this study is to explore whether the practice of guided breathwork has an effect on levels of arousal. The participants will be invited to follow a guided breathwork session in an immersive room located in Y Fforwm of the UWTSD Waterfront Campus.

What does taking part involve:

This study will involve you taking part in a range of tasks, and you will be required to do the following:

- Provide demographic information of age and gender.
- Complete a short questionnaire that aims to measure state anxiety before and after your engagement in the study.
- Wear a skin conductance device to measure a physiological response known as Electrodermal Activity (EDA). EDA is a measurement of changes in the electrical properties of your skin, and our EDA changes based upon activation of the sympathetic nervous system.
 - The researcher will ensure your hands are free of dirt and debris by wiping your non-dominant hand with an alcohol wipe.

- The researcher will then attach the two EDA pads (see image 1 below) to the palm of your non-dominant hand (see configuration 1 in image 2 below), and you will be required to wear this throughout the duration of your engagement in the study.

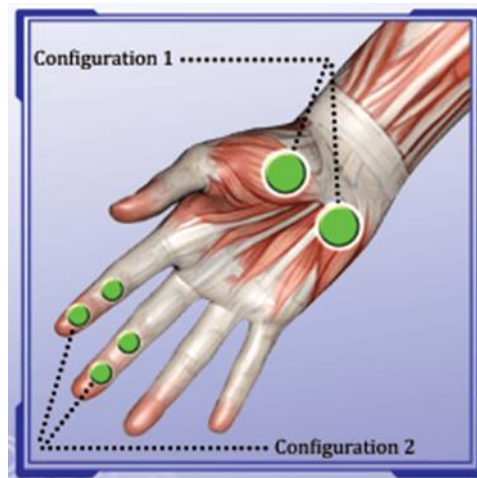
Figure 1.

Pre-moistened EDA pads.



Figure 2.

Demonstration of configuration of EDA pads (Configuration 1).



- Take part in a guided breathwork session within the immersive room.
 - This will involve you following a series of instructions and engaging in the breathwork session. Please be advised that there are specific exclusion criteria for partaking in this study which can be found in the **“Risks of participating”** section below.
 - At the end of the study, the researcher will debrief you, and you will be provided with the study debrief sheet.

How long will the study take:

This study is expected to take around 40 minutes to complete. If you have signed up via the EMS, you can expect to receive 4 credits.

Benefits of participating:

Whilst there are no immediate benefits for those people participating in the study, this work will likely contribute to the existing body of knowledge on how the practice of breathwork can ease the effects of anxiety and physiological arousal, and further studies may help in using breathwork as an effective intervention.

Risks of participating:

As the study requires participants to follow a cyclic breathing pattern in an immersive room, exclusion criteria will include the following:

- o Any history of cardiovascular or respiratory conditions
- o Photosensitivity or epilepsy
- o Diagnoses of mental health conditions; PTSD, severe anxiety, schizophrenia
- o Recent injury or surgery that could be exacerbated by breathing exercises or by sitting, standing or laying down for too long
- o Pregnancy
- o Claustrophobia

Participation and withdrawal:

Participation in this study is entirely voluntary, and you also have the option of not answering any questions you do not feel comfortable answering. You can withdraw at any point during the study without penalty. If you wish to withdraw during the study, please inform the researcher. You do not need to give a reason for withdrawing and any data that has been collected up until that point will be deleted. Please note that once you leave the data collection environment upon completion of the study, it will not be possible to withdraw your data, as it will be anonymised.

How will your data be used and processed:

Your data will only be used for the purpose of the research activity. No directly identifiable information will be collected due to the consent process being conducted online via Qualtrics. You will be asked to provide information on your gender and age, but these demographic characteristics form the standard reporting measures in psychology. Once the data is collected, we will aggregate the data for presentation purposes by calculating the mean age and total gender numbers only. This data will not be linked to you as an individual and the researcher will not disclose any data or use it for any purposes other than outlined within this information sheet.

How will your data be collected and stored:

All collected raw data will be kept in a raw format and then aggregated for analysis purposes. Qualtrics is being used to store consent responses and questionnaire data, and to provide you with debrief information following completion of the study. All data stored on Qualtrics is stored anonymously, so there is a requirement for the researcher to provide you with a random ID number to ensure appropriate matching of your questionnaire and EDA data.

Data collected via the EDA device will be stored on the device until the end of the day that your data is collected, at which point it will be transferred on to the researcher's personal memory stick and saved within a dedicated, password-protected data folder. The only identifier here will be the file name of the data file which will be the unique/random ID number that allows for physiological data to be matched with questionnaire data.

How can you contact the researchers if you have any questions:

You can contact the research student via email: Shaheena Kenyon (2219390@student.uwtsd.ac.uk)

You can also contact the research supervisor via email: (stacey.coleman@uwtsd.ac.uk)

If you have any immediate questions, please ask the researcher now. If you are happy to continue, please read the following consent form in full and respond to each of the consent options presented.

Participant Debrief Sheet

Title of Study: Inhale, exhale, relax: The effects of guided breathwork on the levels of state anxiety

Research Team: Shaheena Kenyon (2219390@student.uwtsd.ac.uk) and dissertation supervisor, Stacey Coleman (stacey.coleman@uwtsd.ac.uk)

Date:

Thank you for taking part in this study.

The aim of this study was to explore whether guided breathwork has an effect on levels of levels of arousal. Physiological arousal can be indicative of levels of anxiety. Anxiety is a natural response characterised by feelings of worry and heightened awareness in anticipation of uncertain dangers or potential threats to an individual's well-being (Grillon, 2008). State anxiety refers to the temporary feelings of tension, nervousness, and worry that individuals may experience in specific situations .

To evaluate the impact of guided breathwork on anxiety levels, we employed the following methods: The State-Trait Anxiety Inventory-6 (STAI-6) (Marteau & Bekker, 1992) questionnaire was administered both before and after the breathwork session to assess any changes in state anxiety levels that were explicitly recorded by yourself. During the breathwork session, the sweat levels on the palms of your hand were measured using the Galvanic Skin Response device, which served as an indicator of physiological arousal, as sweat gland activity typically increases with heightened emotional states such as anxiety.

Guided breathwork was chosen as the intervention for its simplicity, cost-effectiveness, and accessibility. It can be practised anytime, either with a trained facilitator or by following instructional videos. The findings of this study will enhance our understanding of whether guided breathwork is an effective strategy for reducing anxiety and regulating emotional states.

If you wish to withdraw your data from the study, you must tell the researcher before leaving the lab. After leaving the lab, all your data will be anonymised, and we will not be able to trace it back to you.

If taking part in this study has raised any questions or concerns, please contact the researcher, **Shaheena Kenyon** (2219390@student.uwtsd.ac.uk) or contact the dissertation supervisor, **Stacey Coleman** (stacey.coleman@uwtsd.ac.uk)

If you have found any part of this experience to be distressing, please consider speaking with someone that you trust such as a family member or friend. You may also consider speaking with one of the organisations below for additional support:

Within UWTSd:

- [UWSTD Wellbeing Support](https://www.uwtsd.ac.uk/student-services/wellbeing-support/) - <https://www.uwtsd.ac.uk/student-services/wellbeing-support/>
- Student Assistance Support – Free 24-hour confidential helpline 0800 028 3766

Outside UWTSd

- TogetherAll: <https://account.v2.togetherall.com/register/student>
- Feeling Good App: <https://www.feelinggood.app/onboarding/uwtsd-en/>
- Student Union Student Minds (support groups): <https://www.studentminds.org.uk/findsupport.html>

Grillon, C. (2008). Models and mechanisms of anxiety: evidence from startle studies.

Psychopharmacology, 199(3), 421–437. <https://doi.org/10.1007/s00213-007-1019-1>

Marteau, T. M., & Bekker, H. (1992). The development of a six-item short-form of the state scale of the Spielberger State-Trait Anxiety Inventory (STAI). *The British Journal of Clinical Psychology*, 31(3), 301–306. <https://doi.org/10.1111/j.2044-8260.1992.tb00997.x>