

APPLICATION FOR ETHICAL APPROVAL

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically.

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”.

This form must be completed and approved prior to undertaking any research activity.

SECTION A: About You (Principal Researcher)

1	Full Name:	Eliza Milne			
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:	Psychology and Counselling			
4	Campus:	Swansea, SA1			
5	E-mail address:	2400240@student.uwtsd.ac.uk			
6	Contact Telephone Number:				
7	Project Title	Measuring the effect of engagement with an art activity on mood			
8	Proposed Start Date	Nov 2026	Proposed End Date	May 2027	
For students:					
9	Student Number:	2400240			
10	Programme of Study:	Psychology and Counselling			
11	Supervisor:	Kate Williams			

SECTION B: 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 Policy	☒
2	UWTSD Research Data Management Policy	☒
3	UWTSD Open Access Publications Policy	☒
4	<i>British Psychological Society Code of Ethics and Conduct (2021)</i>	☒
5	<i>British Psychological Society Code of Human Research Ethics (2021)</i>	☒
6	<i>British Psychological Society Ethics Guidelines for Internet-Mediated Research (2021)</i>	☒

SECTION C: Details of Research Activity

	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 The purpose of this study is to research possible changes in mood when engaging with certain art supplies. Different art supplies are being used in this study to understand whether certain art supplies, specifically water-based paints and coloured pencils, have varying effects on a person's mood after engaging with the materials. Studies investigating the relationship between mood and art have found that art can be effective at improving mood, whilst other studies have successfully found that the materials used to create art can affect how much a participants mood improves.
4	Research Question(s) 1. Does mood improve after engaging with an art supply to create art? 2. Do some art supplies result in greater mood enhancement than other art supplies? 3. Does interest in engaging with art impact mood after engaging with art supplies?
5	Aims of Research Activity The aim of this research is to investigate; . Any possible changes to mood after engaging in an art-based activity . If the type of material used when engaging in an art-based activity can affect how much mood is affected . If having an interest in engaging with art also interacts with engagement with an art-based activity on mood.
6	Objectives of Research Activity . To measure the participants mood before and after engaging in the art based experimental task, through a validated mood-based questionnaire. . To identify whether changes in mood were affected by the type of art material used, with results from two groups being compared. . To identify whether having an interest in engaging with art also interacts with the art engagement task on potential mood changes.

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	Proposed data collection methods (maximum 600 words) Provide a brief summary of all the methods that may be used in the research activity to collect data, 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	This study's participants will be students studying psychology related courses at the University of Wales trinity Saint David, these participants will be sourced from the EMS and will be awarded 3 credits for completion of the study. The experimental task will involve participants being randomly allocated into one of two groups, with one group being provided coloured pencils to create a piece of art and the other group provided with water-based paints. Counterbalancing measures will be used by alternating each participant with what group they will be assigned too when the participant arrives to the study location. Data collected from this study will take place entirely through Qualtrics and will include standard demographic information (age and gender) as well as the participants mood both before and after completion of the set experimental art creation task. Mood will be captured using the PANAS questionnaire (Watson et al., 1988) presented through Qualtrics; therefore, participants will need to engage in a questionnaire to gauge both pre task mood and post task mood. The art interest sub-scale from the Vienna Art Interest and Art Knowledge Questionnaire (VAIAK, Specker et al., 2018) will also be used to gather participants' levels of interest in engaging with art as a potential factor that may affect their mood levels after engaging with the art task. After completing the VAIAK and the first PANAS, participants will be tasked with drawing/painting pictures of office supplies. They will have five minutes to do this. After this time, they will retake the PANAS questionnaire. Therefore, the study will be composed of a 2 (art supply group: paint vs. pencils) x 2 (interest in art: high vs. low calculated from the sample mean) x 2 (PANAS: pre vs. post art task) mixed-subjects design. The independent variables of art group and interest in art will be the between-subjects factors, as participants can only belong to one group (either paint or pencils, and either high or low in art interest). The completion of the PANAS before and after the art task will be the within-subjects factor, as all participants will be required to complete the scale twice. Scores from the pre and post PANAS scale will be the dependant variable, with two mixed ANOVAs conducted – one on positive affect and another on negative affect.
	Location of research activity
8	Research will take place in the allocated Lab room inside the UWTSD IQ building.

SECTION D: 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?	☐	☒

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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 you have ticked NO to every question, then the research activity is (ethically) low risk and you may skip section E and continue to section F.

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

SECTION E: Intended Participants

	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?

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10	How many participants are expected?	The estimated number of participants for this study will be 60, to ensure at least 15 participants per between-subjects condition.
11	Who will the participants be?	The participants for this study will be students who are over the age of 18 currently studying any psychology course at the University of Wales Trinity Saint David.
12	How will you identify the participants?	Recruitment for this study will take place using the EMS in which student participants can voluntarily sign up for studies using a personal EMS identification number. Participants will only be referred to by this personal EMS identification number to confirm study participation slot when arriving at the labs. A different study ID code will be assigned to the participant's data.
13	Will you be excluding any groups of people, and if so, what is the rationale for that?	Only participants aged 18 or over can take part in this study. Participants who cannot properly or comfortably hold or grasp pencils or paint brushes, as well as participants who may be allergic to any of the chemicals commonly found in water-based paints are also excluded from this study as it may not be safe for these participants to engage in the experimental task.
14	Will the research involve any element of deception? If yes, please describe why this is necessary and whether participants will be informed at the end of the study	This study does not involve deception.
15	Describe whether participants will be able to withdraw from the study, and up to what point (e.g., if data is to be anonymised). If withdrawal is not possible, after a certain point, explain why not.	Participants can withdraw from the study by informing the researcher at any time during their participation. However, as the data collected in Qualtrics will be anonymous, participants will have to inform the researcher if they wish to withdraw their data before leaving the lab as after that point it will not be possible to trace back to them.

	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?	☒	☐	☐

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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 Consent will be collected via tick box to confirm consent in Qualtrics.			

	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			

SECTION F: 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.	
1	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information. If you have identified in section D that there are no participants, then enter N/A and go skip to question 3.	
	Risk to participants: . Participants may experience mild psychological distress when asked to reflect on how they currently feel before and after engaging in the experimental task. . Participants may face anxiety over a lack of confidentiality or data being able to be tracked back to them. . Health and Safety working with paints.	<i>How you will mitigate the risk to participants:</i> . The PANAS is a validated and standardised scale used within psychological research. Participants will be informed prior to taking part in the study that they will be asked to complete questionnaires asking about their mood, so they are aware before consenting. They will be told that they can skip any questions if they want too and can withdraw their participation from the study. They will also be debriefed and provided links to support if required. . Participants will be assured that any data collected will be anonymous and cannot be traced back to them. A study ID code will be used in place of any identifiable information, and their data will be stored in password protected Qualtrics and university accounts. . Water-based paints will be used in the study as they are generally much safer and emit fewer toxic fumes than traditional oil-based or solvent-based paints. Participants will also be informed prior to the study that they may be asked to engage with water colour paints. Therefore, if they are aware of any issues to these, they can

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		choose not to take part. Participants will also only be engaging in the art task for five minutes and a lab room with a window that can be opened will be requested for the study to take place. Any spills can be cleaned with soap and water but if any participant experiences a reaction, the study will be immediately stopped and appropriate first aid sought from the IQ reception and report to the lab manager and study supervisor.
2	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	
	No sensitive information will be obtained from the participants in this study.	
3	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: . The researcher may face accusations of bias towards possible outcomes of the study due to the association between the study investigating participants mood and methods to improve it, and the researcher's current study of psychology and counselling. . Risk of accusation of harm/impropriety . There is also a risk to the researcher working in the lab alone with a participant. . Health and Safety working with paints	<i>How you will mitigate the risk to the investigator:</i> . The researcher will discuss any potential bias risks with their supervisor and contact details will be made available to the participants if they feel that they need to directly discuss with the researcher or supervisor about this issue. The researcher will also ensure to not direct participants to respond in any certain way when completing the study. . The researcher will ensure to follow the UWTSD and BPS ethical procedures outlined in the guidelines noted in this form for conducting research. The research study will only take place during working hours of Monday-Friday 9am-5pm and the researcher will remove themselves from a situation they feel uncomfortable and report to the lab manager/IQ reception. . Water-based paints are generally much safer and emit fewer toxic fumes than traditional oil-based or solvent-based paints. The researcher will ensure the lab room is ventilated and take care when handling the paint. Any spills can be cleaned with soap and water but if the researcher experiences a reaction, the study will be immediately stopped and appropriate first aid sought from the IQ reception and report to the lab manager and study supervisor.
4	University/institutional risks For example: adverse publicity, financial loss, data protection	
	Risk to the University:	<i>How you will mitigate the risk to the University:</i>

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	. There will be reputational damage caused to the University if any ethical standards are not met, this can be done by exposing the participants to harm, or by failing to properly protect the participants data. . The University may face reputational or legal trouble if waste byproduct created from this study is harmful to the environment or not recycled responsibly.	. These risks can be mitigated by strictly adhering to the ethical standards and what has been approved by the ethics committee for this study, as well as ensuring all data collected is protected securely and in anonymous format. . To offset any possible reputational or legal troubles caused by concern for the environment, any solid debris formed from this study such as paper, kitchen paper, or pencil sharpening's will be disposed and recycled in the correct containers in the IQ building. As for concern for any possible toxic waste concerns such as the disposal of any left-over water-soluble paint, the paint used in this study will be as environment friendly as possible with no actual harm caused to the environment by its disposal.
5	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: . This study will create solid byproducts, including paper for the art task, kitchen paper to keep surfaces clean, and pencil sharpening's that, if disposed of incorrectly may cause damage to the environment. . Chemicals found inside some paints may cause harm to the environment, especially if dumped directly on the environment. . Vehicle pollution caused by travel to the University by participants may contribute to serious harm to the environment . Use of water-based paints, along with a jug of water (to clean paint brushes) being used around electrical equipment in the labs.	<i>How you will mitigate the risk to environment:</i> . Any recyclable waste after this study will be properly handled and correctly disposed of using the Universities clearly labelled waste bins. Participants can also keep the art drawings they create. . The paints used in this study will be environment friendly water-soluble paints that will be disposed of inside pipes, such as pouring any leftover solution down a drain. Damage to the environment caused by any water-based paints will be minimal to none. . The timeslots for this study will be available during the days that students are already likely to be attending campus for their module classes; this will hopefully offset some of the potential damage caused to the environment by non-eco-friendly vehicles. . The researcher will ensure that a lid is placed over the water-based paints when not in use and stored to the side of the lab, and that any containers of water to clean the brushes will be kept away from electrical equipment. A laptop will be used for participants to complete the questionnaires, and this will be moved off the table when participants in the paint group are tasked with creating their painting. Kitchen paper will also be kept in the lab when the study is taking place to clean-up any potential water spillages. If any water does accidentally spill onto electrical equipment, these will be immediately unplugged if safe to do so, and reported to the lab manager.

SECTION G: Feedback, Consent and Confidentiality

If you have identified in section D that there are no participants, then enter skip this section and continue to section H.

	Feedback What debriefing and feedback will be provided to participants; how will this be done and when?
1	This study will debrief its participants after participation of the study. This will be done verbally by the researcher and via a debrief sheet that will be handed to the participant which they can take with them. The debrief will explain the purpose of the study and what it aims to investigate, along with explaining that the participant was part of 1 of 2 art supply groups. The debrief sheet will also provide mine and my supervisor's contact details if participants wish to contact after the study with any questions or concerns, and links to further support if required.
	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.
2	For this study, an advert on the EMS will firstly provide participants with an outline of what the study will involve. If participants choose to sign up to the study, then when they arrive at the lab, an information page will be shown to the participants on Qualtrics. This information page will detail what the purpose of the study is, as well as what the study will entail, and how the participant can withdraw from the study at any point up until leaving the lab if they so choose. Consent will be obtained after the information sheet has been provided and read through using a consent sheet on Qualtrics. This sheet will require the participant to read it through and tick a box if they choose to consent. As well as an information sheet, after the completion of the first questionnaire, the participants will be given the opportunity to ask any questions about their provided art material and the researcher will demonstrate how to use said materials if the participant is unsure on how to use them.
	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.
3	Data provided by participants will be anonymously collected through Qualtrics, with only a study ID number assigned to each participants' data. This anonymous data will be kept confidential by being securely stored in a password protected Qualtrics account and downloaded into a password protected university OneDrive account. The researcher will also keep the data anonymous and confidential by not disclosing or discussing any individual specific participant's data with anyone. All data handling will adhere to GDPR and the Universities regulations on data protection.
Copies of any written consent form, written information and all other explanatory material should accompany this application. If you have included these then please list the documents included here.	
4	. Information sheet . Consent form . Demographics form . PANAS scale questionnaire . VAIK questionnaire

	. OASIS free use images . Debrief sheet
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SECTION H: 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 and transcription of such are considered to be personal data.	X	☐
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	Age and gender details will be collected as standard reporting measures in psychology but will not be linked to participant names.		
	Does the research involve the processing of special category data (as defined by the General Data Protection Regulation 2016 and the Data Protection Act 2018)?	YES	NO
3	Racial or ethnic origin	☐	☒
4	Political opinions	☐	☒
5	Religious or philosophical beliefs	☐	☒
6	Genetic, biometric or health data	☐	☒
7	Sex life or sexual orientation	☐	☒
8	Trade union membership	☐	☒
	If you ticked YES to any of questions L3-L8, provide a description of the data and explain why this special category data needs to be collected to support the research and that it is in the public interest to do so:		
9	This study will not collect any special category data.		

	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?	☐	☒

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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:		
	For this study, consent will be gathered online via tick box. For the questionnaires used in this study, the data collected from them will be stored anonymously in a password protected Qualtrics account, which only the researcher and supervisor will have access. This data will then be downloaded for analysis purposes by the researcher onto a university account which is also password protected and stored on Office 365. This research data will be stored and backed up on Office 365 only. All data collected from this study is anonymised using the participants study ID codes and no identifiable data will be collected nor used in the final thesis.		

Data Protection			
		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	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/or any international equivalent):		
	For this study, all data collected will be shared to both the supervisor's university OneDrive account and the researcher's University account for analytic and thesis purposes only. These devices are password protected and only accessible by the researcher and the supervisor. Anonymous data will be downloaded from a password protected Qualtrics account to a password protected excel file to be screened and cleaned before then being transferred to SPSS for analysis. Thesis drafts and SPSS files will only be stored by the researcher on their university account and not shared to anybody else, again these will be password protected. All data collected from participants is anonymous and no identifiable information will be collected or required for participation in this study. All participants will have the right to request their data be removed and deleted prior to leaving the lab.		
20	List all who will have access to the data generated by the research activity:		
	The primary researcher (myself) and my supervisor. <i>(this box should expand as you type)</i>		
21	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	The primary researcher (myself). <i>(this box should expand as you type)</i>		
22	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.		

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	All data from this study will be collected anonymously, and stored on Qualtrics and University Microsoft cloud, where only the researcher and supervisor may access using a password protected account. The raw data will be downloaded from Qualtrics for analytic purposes only and all data will only be stored until the end of the module is confirmed by the external examiner where it will then be completely wiped from any device or cloud that it was stored on.	
22	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtSD.ac.uk/library/research-data-management/)	☒
23	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	☒

SECTION I: Use of AI tools

Use of generative AI and other AI-based tools There are a number of ethical issues relating to the use of generative AI and other AI-based tools, including data security, output bias, and output errors. In general, you should assume that any generative AI or other AI-based tool that you pay to use is more secure and accurate than one which is free to use.				
Will the research use AI tools to do any of the following:		YES	NO	N/A
1	Capture data?	☐	☒	☐
2	Generate and/or edit text?	☐	☒	☐
3	Generate graphics?	☐	☒	☐
4	Generate video?	☐	☐	☒
5	Generate sound/music?	☐	☐	☒
6	Generate code?	☐	☐	☒
7	Generate synthetic data?	☐	☒	☐
8	Analyse data?	☐	☒	☐
9	Analyse personal or sensitive data?	☐	☒	☐
10	Classify data?	☐	☒	☐
11	Do you intend to use the free version of any AI tools?	☐	☒	☐
If you have answered YES to any of questions O1-O11, please provide justification detailing why this is necessary for the research.				
12	No AI tools will be used for the creation or assistance in this study.			

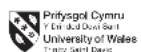
SECTION J: Declaration

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	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:	Eliza Milne	Date: 20.10.26
2	Supervisor:	Dr Kate Williams	Date: 20.10.26
3	Signature:	Kate Williams	

Appendix

Study information sheet (A)



Seicoleg a Cwnsela
Psychology and Counselling

Study 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 consent to take part.

The purpose of this study is to investigate whether engagement with an art creation activity affects mood, and if so, whether using different types of art supplies and different levels of interest in engaging with art activities affects mood differently.

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

- Read the consent form and decide whether you wish to take part in the study.
- Fill in your demographic information of age and gender.
- Fill out a questionnaire on your interest in engaging with art
- Fill out a questionnaire asking about your current mood.
- Take part in a 5-minute art creation activity using either coloured pencils or water-based paints - during this activity, you will be asked to draw pictures of provided objects/images.
- Fill out a second questionnaire asking about your current mood.
- Receive a study debrief.

This study is expected to take no more than 30 minutes to complete, and you will be awarded 3 EMS credits.

Participation in this study is completely voluntary, and you also have the option of not answering any questions you do not feel comfortable answering. Refusal to participate in the research will not affect your education.

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. However,

ETHICS FORM – PSYCHOLOGY STUDENTS ONLY

please note, once you leave the lab environment, it will not be possible to withdraw your data, as it is being collected and stored anonymously.

Your data will only be used for the purpose of the research activity. This study will only collect demographic data of age and gender. This is for the purpose of descriptive statistics, which 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. The researcher will not disclose data information or use it for any other purposes.

All data will be collected in Qualtrics and will be kept in a raw format in the researcher's password protected Qualtrics account. It will be anonymous and downloaded from Qualtrics to the researcher's password protected university OneDrive account. This data will be subsequently deleted after the module assessment undergoes evaluation by the end of year examination board.

If you have any questions, please ask the researcher now.

If are happy to take part in this study, please select below to continue to the consent form.

Study debrief sheet (B)

Study Debrief Sheet

Measuring the effect of engagement with an art activity on mood

Thank you for taking part in this study.

This study is looking to explore whether engaging in an art-based activity has any effect on a person's mood, and particularly whether it leads to a person's mood becoming more positive and less negative.

We also aim to explore whether different types of materials used in art creation, so in this study colour pencils or water-based paints, have different effects on mood levels.

Finally, the research will also explore whether any mood changes and if so, the extent, following engagement with an art-based activity depends on a participants' interest levels in engaging with art activities.

To measure mood, the Positive and Negative Affect Schedule (PANAS, Watson et al., 1988) was utilised before and after engagement with the art-based activity.

Interest in art activities was captured via the art interest sub-scale from the Vienna Art Interest and Art Knowledge Questionnaire (VAIAK, Specker et al., 2018).

Finally, participants were divided into two art engagement supply groups – those who were asked to draw the images provided using coloured pencils and those asked to use water-based paints.

If you wish to withdraw your data from the study, you must tell the researcher before leaving the lab.

After this point, it will not be possible to remove your data as it is stored anonymously, and it will not be possible to trace back to you.

You are welcome to take the drawings you created during the study with you if you wish, if not, these will be disposed of in the relevant university paper recycling bins.

If taking part in this study has raised any concerns or if you have any questions about the study, please contact the researcher Eliza Milne: 2400240@student.uwtsd.ac.uk or the academic supervisor Dr Kate Williams: kate.williams@uwtsd.ac.uk.

Alternatively, if participation has caused you distress, please contact student support services:

Within UWTSd:

- UWSTD Wellbeing Support accessed via the HWB
- Student Assistance Support – Free 24-hour confidential helpline 0800 028 3766

Outside UWTSd::

- TogetherAll
- Sorted Mental Health App
- Students' Union Student Minds (support groups)

Thank you once again for taking time to participate in this study and your valuable contribution to this research.

Study consent form (C)**Study Consent Form**

1. I confirm that I have read and understand the Information Sheet for the above study and understand that this study will take approximately 30 minutes to complete.	Yes	No
2. I confirm that I have 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 understand that taking part in this study will involve completion of two mood questionnaires, an art interest questionnaire, and an art creation task using either colour pencils or water-based paints.	Yes	No
7. I confirm that I do not have any allergies or concerns with using water-based paints.	Yes	No
8. I understand that I may decline to answer any questions.	Yes	No
9. I understand that any data collected will be anonymous and stored in an anonymous format and once I leave the lab 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 am aware that if I have concerns about the study, I can contact the researchers at any time during or after the study on Eliza Milne: 2400240@student.uwtsd.ac.uk or the study supervisor Dr Kate Williams: kate.williams@uwtsd.ac.uk should I have any concerns.	Yes	No
13. I understand that I will be debriefed and receive a paper debrief at the end of my participation.	Yes	No
14. I consent to taking part in this study.	Yes	No

Study demographics questionnaire (D)

Demographic Information Form

Age (please write):

Gender (please tick):

Male

Female

Non-binary

Prefer-not to say

PANAS scale questionnaire (E)

This scale consists of words that describe different feelings and emotions.

Read each item and then tick the relevant answer in the space next to that word.

Indicate the extent you feel this way RIGHT NOW.

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
Interested					
Distressed					
Excited					
Upset					
Strong					
Guilty					
Scared					
Hostile					
Enthusiastic					
Proud					
Irritable					
Alert					
Ashamed					
Inspired					
Nervous					
Determined					
Attentive					
Jittery					
Active					
Afraid					

Scoring:

Positive Affect Score: Add the scores on items 1, 3, 5, 9, 10, 12, 14, 16, 17, and 19.

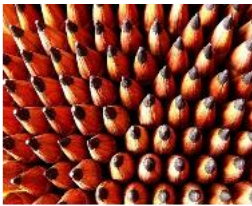
Scores can range from 10 – 50, with higher scores representing higher levels of positive affect.

Negative Affect Score: Add the scores on items 2, 4, 6, 7, 8, 11, 13, 15, 18, and 20.

Scores can range from 10 – 50, with lower scores representing lower levels of negative affect.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. *Journal of personality and social psychology*, 54(6), 1063.

OASIS free use images (F)



VAIAK art interest sub-scale (G)

	Strongly Disagree	Disagree	Partially Disagree	Neutral	Partially Agree	Agree	Strongly Agree
I enjoyed art classes in school.							
I like to talk about art with others.							
I have many friends/acquaintances that are interested in art.							
I'm interested in art.							
I'm always looking for new artistic impressions and experiences.							
In everyday life I routinely see art objects that fascinate me.							
I come from an art interested family.							

	Less than once a year	About once a year	About 2 to 4 times a year	About once a month	About 2 to 3 times a month / Twice or three times a month	About once a week	Several times a week
How often do you visit art museums and/or galleries?							
How often do you read books, magazines or catalogs about art?							
How often do you look at images of artworks (catalogs, internet, etc.)?							
How often do you visit talks about art or art history?							