

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:	CODRIN-IOAN CHIRCIU
2	Student Number:	2027548
3	Email address:	Codrinchirciu@gmail.com
4	Programme of Study:	BA (HONS) BUSINESS MANAGEMENT
5	Supervisor:	Ramses Manalang

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 Code of Practice	X
2	UWTSD Research Data Management Policy	X
3	British Psychological Society (BPS) Code of Human Research Ethics	X
4	ESRC Framework for Research Ethics	X

SECTION C: Details of Research Activity

1	Indicative title:	Digital Wellbeing and Remote Work: Evaluating Notification-Management Strategies to Reduce Stress and Improve Productivity among UK Knowledge Workers		
2	Proposed start date:		Proposed end date:	
	Introduction to the Research Remote work has become a standard employment model in the UK, increasing reliance on digital communication tools such as email, Teams, Slack and mobile notifications. While these tools support collaboration, they also generate frequent interruptions that fragment attention, elevate stress, and reduce productivity. Existing research shows that digital interruptions increase cognitive load and stress (Mark, Gudith & Klocke, 2008), and that reducing notification frequency can improve wellbeing (Kushlev & Dunn, 2015). However, organisations lack practical, evidence-based strategies to manage digital interruptions in remote work settings. This research aims to evaluate two simple notification-management strategies—scheduled batching and do-not-disturb windows—to determine whether they reduce perceived stress and improve productivity among UK knowledge workers. The study will also explore employees’ experiences and barriers to adopting these strategies. The project contributes new knowledge by providing empirical evidence on low-cost, scalable interventions that organisations can implement to support digital wellbeing. It addresses an important area of workplace wellbeing, HR policy development, and remote-work sustainability.			
3	Purpose of Research Activity The purpose of this research is to explore how digital notifications—such as emails, instant messages, and app alerts—affect the wellbeing and productivity of people who work remotely in the UK. As remote work has become increasingly common, many employees rely heavily on digital communication tools. While these tools make collaboration easier, they also create frequent interruptions that can make it harder for individuals to concentrate, manage their workload, and maintain healthy stress levels. Existing research shows that constant digital interruptions can increase stress and reduce focus. For example, studies have found that frequent task switching caused by notifications leads to higher stress and lower efficiency (Mark, Gudith & Klocke, 2008). Other research suggests that reducing the frequency of checking messages can improve wellbeing (Kushlev & Dunn, 2015). However, there is still limited evidence on practical strategies that organisations and employees can use to manage notifications effectively in real-world remote-work settings. This research will test two simple strategies—scheduled batching of notifications and the use of do-not-disturb (DND) periods—to see whether they help reduce stress and improve productivity. It will also gather people’s experiences of using these strategies, including any challenges they face. The study will add to current knowledge by providing practical, evidence-based insights into how digital interruptions can be better managed. It addresses an important area because digital wellbeing is becoming a key concern for employers, HR teams, and remote workers. The findings may help organisations develop policies that support healthier and more productive remote-work environments.			

4	Research Question The central research question for this study is: “Do structured notification-management strategies reduce perceived stress and improve self-reported productivity among UK remote knowledge workers?” This question guides the investigation by focusing on whether simple changes in how digital notifications are managed—such as scheduled batching or using do-not-disturb periods—can positively influence wellbeing and work performance for people who work remotely. (this box should expand as you type)
5	Aims of Research Activity To measure baseline notification exposure and perceived stress – Linked to Objective 1 To evaluate the effectiveness of scheduled batching and DND windows – Linked to Objective 2 To explore employee experiences and barriers – Linked to Objective 3 To provide evidence-based recommendations for employers – Linked to Objective 4 (this box should expand as you type)
6	Objectives of Research Activity Measure baseline stress and notification load. Test two notification-management interventions. Conduct semi-structured interviews to explore experiences. Produce practical recommendations for HR and organisations. (this box should expand as you type)
	Proposed data collection methods (maximum 600 words) This research will use two main methods of data collection: an online questionnaire and semi-structured interviews. These methods are appropriate because they allow the researcher to gather both numerical data (e.g., stress scores, productivity ratings) and personal experiences from participants. The purpose of this section is to describe <i>how</i> data will be collected, not to justify the methods or discuss theory. 1. Online Questionnaire (Quantitative Data Collection) The primary method of data collection will be an online questionnaire administered at two time points: before the intervention (baseline) and after the intervention (post-intervention). The questionnaire will be created using a secure online platform such as Microsoft Forms or Qualtrics. Participants will be asked to complete the baseline questionnaire, which will include: • The Perceived Stress Scale (PSS-10), a widely used measure of stress. • A short self-reported productivity scale. • Questions about their typical notification exposure (e.g., number of alerts, frequency of checking messages). • Basic demographic questions (e.g., age, job role, sector, remote-work frequency). After completing the baseline questionnaire, participants will be randomly assigned to one of three groups:

1. **Scheduled Batching Group** – participants will be asked to check notifications only at set intervals (e.g., every 90 minutes).
2. **Do-Not-Disturb (DND) Group** – participants will be asked to activate DND mode for two 90-minute periods each workday.
3. **Control Group** – participants will continue their usual notification habits.

Participants will follow their assigned strategy for two weeks. At the end of the two-week period, they will complete the post-intervention questionnaire, which will repeat the same measures as the baseline questionnaire. This allows comparison of stress and productivity before and after the intervention.

The questionnaire will also include optional questions asking participants whether they wish to share device-generated notification logs. If participants choose to share these logs, they will upload them securely. These logs may include counts of notifications received, but participants will not be asked to share any message content.

All questionnaire responses will be anonymous, and participants will be able to skip any questions they do not wish to answer.

2. Semi-Structured Interviews (Qualitative Data Collection)

To gain deeper insight into participants' experiences, a smaller group of approximately 15 participants will be invited to take part in semi-structured interviews. These interviews will be conducted online using Zoom or Microsoft Teams.

Interviews will last approximately 45–60 minutes. Participants will be asked about:

- Their experience using the assigned notification-management strategy.
- Any challenges they faced.
- Whether they felt the strategy affected their stress or productivity.
- Their views on digital interruptions in remote work more generally.

Interviews will be audio-recorded with participants' consent. These recordings are considered personal data under GDPR/DPA2018. After recording, the audio files will be transcribed, anonymised, and stored securely. Once transcription is complete, the audio files will be deleted.

Participants will be informed that they may decline to answer any question and may stop the interview at any time.

3. Additional Notes on Data Collection

- All data will be collected remotely, meaning there is no physical contact with participants.
- No sensitive personal data (e.g., health conditions, ethnicity, political opinions) will be collected.
- No deception will be used.
- Participants will be fully informed about the procedures before taking part.
- All data will be stored securely in accordance with UWTSD data protection guidelines.

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This should describe how you intend to collect data. It should not include a discussion of the theoretical basis for your data collection methods. Please note, that if you intend to collect any audio/video recordings of interviews with participants then these will be classified as Personal Data under GDPR/DPA2018. If you intend to use these then note this in section H.

(this box should expand as you type)

SECTION D: Scope of Research Activity

	Will the research activity include:	YES	NO
1	Use of a questionnaire or similar research instrument?	X	☐
2	Use of interviews?	X	☐
3	Use of focus groups?	☐	X
4	Use of participant diaries?	☐	X
5	Use of video or audio recording?	X	☐
6	Use of computer-generated log files?	X	☐
7	Participant observation with their knowledge?	☐	X
8	Participant observation without their knowledge?	☐	X
9	Access to personal or confidential information without the participants' specific consent?	☐	X
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	X
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	X
12	Investigation of participants involved in illegal activities?	☐	X
13	Use of procedures that involve deception?	☐	X
14	Administration of any substance, agent or placebo?	☐	X
15	Working with live vertebrate animals?	☐	X
16	Procedures that may have a negative impact on the environment?	☐	X
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.	☐	X
	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?	☐	X
2	Adults (over the age of 18 and competent to give consent)?	X	☐
3	Vulnerable adults?	☐	X
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	X
5	Prisoners?	☐	X
6	Young offenders?	☐	X
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	X
8	People engaged in illegal activities?	☐	X
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.	☐	X
	Details of any other participant groups: Complete this only if your participants cannot give consent. This includes animals (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?	Approximately 30 participants for the online questionnaire and 15 participants for the semi-structured interviews. (this box should expand as you type)
11	Who will the participants be?	UK-based remote knowledge workers aged 18 or above, working remotely at least 50% of the time. This includes employees in roles such as administration, IT, marketing, HR, project management, consulting, and other knowledge-intensive sectors. (this box should expand as you type)
12	How will you identify the participants?	Participants will be identified through: • Prolific recruitment filters (UK location, remote-work status, age ≥18). • LinkedIn posts targeting remote-work professionals. • Online communities and groups focused on remote work. • Voluntary self-selection through professional networks. No participants will be approached directly through employers, and no gatekeepers will be involved. (this box should expand as you type)

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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?	X	☐	☐
14	Will you tell participants that their participation is voluntary?	X	☐	☐
15	Will you obtain written consent for participation?	X	☐	☐
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	X	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	X	☐	☐
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	X	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	X	☐	☐
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?	X	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	X	☐	☐
22	If NO to any of above questions, please give an explanation			
	You should be able to tick YES for all of these questions. If not, then explain why not in this box. <i>(this box should expand as you type)</i>			

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☐	X
25	Is specialist electrical or other equipment to be used with participants?	☐	X	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	X	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	X	☐
28	If YES to any question, please provide full details			
	You should be able to tick NO for most of these questions. For any cases that you have ticked YES then provide details in this box. If you are using cameras/voice recorders to record interviews, then please state that in this box. <i>(this box should expand as you type)</i>			

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: The research involves minimal risk. However, some potential risks include: • Emotional discomfort when discussing stress, workload, or digital interruptions during interviews. • Mild frustration or inconvenience when following the notification-management strategies (scheduled batching or do-not-disturb periods). • Disclosure of personal work habits that participants may consider sensitive. • Transfer of personal data, such as audio recordings and survey responses. <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to participants:</i> Participants may skip any question they do not wish to answer. Participants may withdraw at any time without giving a reason. Interview questions will be non-intrusive and focused on work routines rather than personal life. Participants will receive a wellbeing support note with links to general stress-management resources. All data will be anonymised , stored securely, and handled according to GDPR/DPA2018. Audio recordings will be deleted after transcription .
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	
	The research does not involve highly sensitive topics such as sexual activity, drug use, or illegal behaviour. However, discussions about stress or workload may cause mild discomfort. Procedures to deal with these issues: • Participants will be reminded they can pause or stop the interview at any time. • They will be encouraged to skip any questions they find uncomfortable. • A debrief form will provide links to wellbeing resources (e.g., NHS stress support pages). • Participants will be informed that no illegal or reportable topics are expected or encouraged <i>(this box should expand as you type)</i>	
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: Emotional fatigue when discussing stress-related topics. Risk of accusation of impropriety during interviews. Technical issues during online interviews.	<i>How you will mitigate the risk to the investigator:</i> Interviews will be conducted in a professional online setting (Zoom/Teams). All communication will remain formal and research-focused.

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	(this box should expand as you type)	No personal contact details of the researcher will be shared beyond the official university email. Interviews will be scheduled at reasonable times to avoid fatigue. The researcher will follow UWTSD safety and conduct guidelines.
4	University/institutional risks For example: adverse publicity, financial loss, data protection	
	Risk to the University: Data protection breaches if personal data is mishandled. Adverse publicity if participants feel their data was not handled appropriately. Financial risk if Prolific payments are not managed correctly. (this box should expand as you type)	How you will mitigate the risk to the University: All data will be stored in encrypted, password-protected University Office 365 storage . No data will be shared outside the research team. Participants will be fully informed about data handling procedures. Prolific payments will be managed transparently and within budget. The project will strictly follow the UWTSD Research Ethics & Integrity Code of Practice.
5	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: There are no environmental risks , as the research is conducted entirely online and does not involve physical materials, travel, or environmental impact. (this box should expand as you type)	How you will mitigate the risk to environment: No mitigation required due to the absence of environmental impact. (this box should expand as you type)

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.

1	Feedback What de-briefing and feedback will be provided to participants, how will this be done and when?
	At the end of their participation, all participants will receive a short debrief message explaining the purpose of the study, how their data will be used, and reminding them of their rights. Participants will also be provided with a dedicated email address where they can request a summary of the research findings once the project is completed. This ensures that participants can access results without requiring the researcher to contact them individually. No personal feedback will be given, and no individual results will be identifiable. (this box should expand as you type)
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.
	Participants will be fully informed about the study before providing consent. For the online questionnaire, a digital consent screen will appear before the first question. This screen will explain: • The purpose of the research • What participation involves

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	• That participation is voluntary • That participants may withdraw at any time • That they may skip any question • How their data will be stored and used • That no sensitive personal data will be collected By clicking “Next,” participants provide informed consent. For interviews, participants will receive an information sheet and a digital consent form. They will sign electronically before the interview begins. Consent will cover audio recording, anonymisation, and secure data storage. If participants decline consent, they will not proceed to the questionnaire or interview. <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.
	All data will be anonymised. Participants will be assigned a unique identifier code, and no names, email addresses, or employer details will appear in any outputs. Audio recordings will be transcribed, anonymised, and deleted after transcription. Survey data will not include any identifying information. No organisation or individual will be named in the dissertation or any related publications unless explicit written permission is provided (which is not expected or required). Data will be stored securely in encrypted, password-protected University Office 365 folders, accessible only to the principal researcher and supervisor. Confidentiality will be maintained throughout the project, and all reporting will use aggregated or anonymised data. <i>(this box should expand as you type)</i>

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 is considered to be personal data.	X	☐
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	The research will collect the following personal data: • Audio recordings of interviews (voice data is personal data under GDPR). • Survey responses, including demographic information such as age, job role, and remote-work frequency. • IP addresses automatically captured by online survey platforms. • Digital consent forms, which may include participant email addresses if interviews are scheduled.		

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<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),	☐	X
If YES, provide a description of the special category data and explain why this data needs to be collected:			
4	Not applicable — no special category data will be collected. <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)?	☐	X
6	University computers?	X	☐
7	Private company computers?	☐	X
8	Home or other personal computers?	X	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	X	☐
10	“Cloud” storage or websites?	X	☐
11	Other – specify:	☐	X
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: All data will be stored securely in encrypted, password-protected University Office 365 cloud storage, which complies with GDPR and UWTSD data management policy. Audio recordings will be transcribed, anonymised, and deleted immediately after transcription. Any USB devices used for temporary transfer will be password-protected and reformatted at the end of the project. Participants will be assigned unique identifier codes to ensure confidentiality. Only anonymised data will be used in analysis and reporting. <i>All data will be kept in password protected cloud storage on the University Office 365 system which will not be shared. Audio/visual data will be transcribed and would be shown to participants to check accuracy of reporting. Any USB sticks used to store or transfer data will be password protected. All participants will be given a unique identifier to ensure confidentiality and this list will be kept securely in the password protected folder.</i> <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?	X	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	X
15	Sharing of data with other organisations?	☐	X
16	Export of data outside the UK or importing of data from outside the UK?	☐	X
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	X	☐
18	Publication of data that might allow identification of individuals?	☐	X
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): All data transfers will be encrypted and password-protected. Personal data (e.g., email addresses for interview scheduling) will be stored separately from research data. Participants may request access to their data or request deletion at any time. No identifiable information will appear in the dissertation or any publications. Data will be stored only until the project is completed and then permanently deleted. <i>All data will be encrypted and kept in password protected cloud storage on the University Office 365 system which will not be shared. Any USB sticks used to store or transfer data will be password protected. All data transfers will be encrypted and password protected. All participants will be given a unique identifier to ensure confidentiality and this list will be kept securely in the password protected folder. The data will be stored until the completion of the project and then deleted. In accordance with the DPA2018, participants will have the right to ask to see what data is held relating to them, and this data will be deleted immediately if the participant requests this, in which case the data will not be used in the project.</i> <i>(this box should expand as you type)</i>		
20	List all who will have access to the data generated by the research activity:		
	- The principal researcher The supervisor - No other individuals will have access. <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 principal researcher will act as the data custodian. <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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	<i>All data will be encrypted and kept in password protected cloud storage on the University Office 365 system which will not be shared. Any USB sticks used to store or transfer data will be password protected, and will be reformatted at the end of the project in order to destroy the data. The data will be stored until the completion of the project and then deleted.</i> <i>(this box should expand as you type)</i>	
22	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtسد.ac.uk/library/research-data-management/)	X
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	X

SECTION I: Use of AI tools

Use of generative AI and other AI-based tools		YES	NO	N/A
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:				
1	Capture data?	☐	X	☐
2	Generate and/or edit text?	X	☐	☐
3	Generate graphics?	☐	X	☐
4	Generate video?	☐	X	☐
5	Generate sound/music?	☐	X	☐
6	Generate code?	☐	X	☐
7	Generate synthetic data?	☐	X	☐
8	Analyse data?	☐	X	☐
9	Analyse personal or sensitive data?	☐	X	☐
10	Classify data?	☐	X	☐
11	Do you intend to use the free version of any AI tools?	X	☐	☐
If you have answered YES to any of questions O1-O11, please provide justification detailing why this is necessary for the research.				
12	AI tools will be used only to support the drafting and editing of written text such as research proposal sections, ethics form wording, and general academic phrasing. AI will not be used to collect data, analyse participant responses, process personal data, or generate any content that interacts with participants. Using AI for text drafting helps improve clarity, structure, and readability, but all academic decisions, interpretations, and final wording are reviewed and approved by the researcher. This use is low-risk and complies with UWTSD guidance because no participant data is uploaded to AI systems. The research will use Microsoft Copilot, which is developed by Microsoft and hosted on Microsoft's secure cloud infrastructure. The tool is used only for generating or editing text related to the dissertation (e.g., proposal wording, ethics form drafting, literature summaries). No personal data, audio recordings, survey responses, or identifiable information will be entered into Copilot. All participant data will be analysed manually using secure University systems.			

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	This approach complies with UWTSD's AI guidance, which states that AI may be used for drafting and editing text as long as: • No personal or sensitive data is uploaded • AI is not used to analyse participant data • The researcher maintains full responsibility for academic judgement • AI use is transparently declared in the ethics form The researcher will use the public version of Copilot and will ensure that all data protection requirements are followed. <i>(this box should expand as you type)</i>
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SECTION J: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants. In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	Signature of applicant:	CODRIN IOAN CHIRCIU	Date:20.08.2026
2	Supervisor:		Date:
3	Signature:		