

RESEARCH PROJECT PROPOSAL

Module: BMOE7004, Assignment 1

J Worthy | Words: 1442

Research Question

What is the impact of a 4-week solo nature-based walking program on depression scores in full-time working fathers?

Background & Literature Review

The evidence base for the therapeutic effects of nature dates back more than three decades to Kaplan's concept of Attention Restoration Theory (Kaplan, 1989) and Wilson's Biophilia theory (Wilson, 1984). Nature-based interventions have been the subject of extensive study in the decades since, with consistently strong evidence for positive health and wellbeing outcomes reported (Annerstedt & Wahrborg, 2011; Brymer, 2010; Hanson & Jones, 2015; Loureiro, 2021; Pretty, 2005; Robertson, 2011; Rogerson, 2020; Twohig-Bennett & Jones, 2018). Brymer et al. (2010, p.21) explored the concept of non-human nature and its ability to "...restore mental fatigue, trigger deep reflections, provide an opportunity for nurturing, and rekindle innate connections". Such is the strength of the underlying literature studying the mental health benefits of nature-based experiences, national charities such as The Samaritans and Mind now regularly reference the therapeutic benefits of being outdoors. For example, the Samaritans website proposes a simple five-step guide to being more present outdoors to improve feelings of wellbeing: 1) notice five things you can see, 2) notice four things you can touch, 3) notice three things you can hear, 4) notice two things you can smell and 4) notice one thing you can taste (Samaritans.org, 2021). NHS Trusts and commissioning groups across the United Kingdom are actively promoting the mental health benefits of getting outdoors (nhft.nhs.uk, Humber.nhs.uk, leedscg.nhs.uk), indicating that evidence is making its way into society and beginning to influence public policy and messaging.

Within the deep body of literature, there are repeated calls for further research, particularly into the type, duration and frequency of time spent outdoors and how those variables might

correlate to a positive impact on mood and wellbeing (Allan et al., 2020; Hanson and Jones, 2015; Glover and Polley, 2019, Lee and Maheswaran, 2010). The question of dose-response remains an interesting area of research related to the notion of 'green health'. The question remains whether people will adapt their behaviour to include more time in nature or find it hard to fit into an already busy lifestyle despite recognising the health benefits. A meta-analysis in 2010 considered dose-response curves to identify the optimal type and duration of green exercise to elicit feelings of rejuvenation; the results were both surprising and promising, indicating that "...the greatest benefits to mood and self-esteem occur within the first five minutes of exposure" (Barton et al., 2016, p.31).

The pressures and responsibilities of life and parenthood can often seem overwhelming for busy working parents, and they can default to deprioritising their health. Whilst advice exists now in mainstream media for the need to get outdoors, especially given the impact of the Covid-19 pandemic, it is less clear what the optimum dose might be. Therefore, further research is needed to explore whether busy working parents can realise meaningful improvements in mood and wellbeing with repeated short-bouts of time in nature that are easier to fit into a busy schedule.

Research Aims & Objectives

The primary aim of this research is to explore the impact of nature-based solo walking programs on the mental wellbeing of working fathers. For this research, working fathers will be defined as anyone identifying as a male, working at least 40 hours per week living with at least one child under sixteen. Participants will not be observed and will complete each walk alone, without friends or families and critically, without digital distractions. Four to six participants will be recruited, with each participant asked to complete eight bouts of 20-minute walks over four weeks in a local green space. Specifically, this study seeks to achieve the following key objectives:

- Measure the difference between depression scores before and after the program to identify possible links
- Further, explore the notion of dose-response to identify the extent to which short-bouts of walking in nature may or may not affect mood and wellbeing

- Explore the use of journaling and semi-structured interviews to encourage men to talk more about their feelings
- Identify opportunities for future research and establish potential recommendations

The study has clear aims and objectives, underpinned by literature that calls for further research into the type and duration of nature-based programs for facilitating mental wellbeing. This study will explore the short-term impact of men's mental health after a walking intervention using a validated depression index and qualitative insights derived from interviews and journal entries, thus adding further insight into the types of programs that could be used as an alternative to depression medication for busy, working-age fathers.

Research Methods

To understand the effect of this walking program on the mental health and wellbeing of participants, I will employ a mixed-methods approach, combining both a validated pre- and post-questionnaire with semi-structured interviews and journal entries. This combination of quantitative and qualitative insight will allow me to explore the relationship between the nature-based walking program and changes in indicators of wellbeing as well as how the participants feel their lives have changed.

The Beck Depression Inventory (BDI), first used in 1961 by American Psychiatrist Aaron T Beck, is a 21-question multiple-choice self-reporting inventory that assesses feelings and symptoms of depression (Becket et al., 1961, p562). According to Steer, Beck and Garrison (1961, p.124), the inventory was derived by distilling findings from observational studies of Beck's depressed patients into common and consistent themes. The BDI has been used extensively by clinicians and medical practitioners globally to help facilitate early assessments of depression tendencies to pave the way for further evaluation and has been well adopted given its reliability and validity (Butcher, Taylor and Fecken, 1998, p.418). A study by Dozois et al. (1998, p.83) noted that the BDI-II was an even more effective model for assessing depression tendencies than the original version. Given its simple structure and self-reported nature, its most practical application is "...as an index of change in the level of intensity of depression" between two dates (Butcher et al., 1998, p.418). Whilst the BDI has proven

helpful for detecting depressive ideations or feelings, there are limitations in that, as a self-reported scale, it has no mechanisms to prevent or identify deliberate misrepresentation, so "...the score can be easily exaggerated, minimised or even falsified by the respondents." (Wang & Gorenstein, p.164). Despite this limitation, the BDI in various forms has been cited in over fourteen thousand studies and has shown strong validity in delineating between depressed and non-depressed participants and changes in depression over short time frames (Wang & Gorenstein, p.164). For this reason, this study will utilise a modified version of the BDI-II inventory to assess participants before and after the completion of the four-week walking program.

Semi-structured interviews will go beyond the BDI-II framework to understand better what the participants felt before, during and after the program. Further, the interviews will aim to understand the social network that participants have, particularly with other men, where they can share openly how they are feeling and what worries them. Research has demonstrated that men consistently find it hard to share their feelings. However, when they build those social relationships, particularly with other men, the value and impact are significant (McKenzie et al., 2018, p.1259). Finally, participants will be asked to try and record short journal entries immediately after their walks. These entries will be unstructured and led entirely by the participant, although guidance will be given on the type of thoughts that may be helpful, such as the Samaritans Five-step model referenced earlier in this proposal.

Ethical Considerations

There are several ethical considerations to be considered for this study. As we are dealing with the concepts of depression and depression ideation, it is critical to be clear on several things. Firstly, I am not a qualified counsellor or therapist and must be clear with the participants that I cannot offer advice or support directly but will signpost to the appropriate professional help. For this reason, given that question 9 of the original BDI-II index (shown in Appendix 2) includes a question specifically relating to 'suicidal thoughts or wishes', a modified version of the BDI-II will be used, with a total of 20 questions instead (shown at Appendix 3). Furthermore, participants will be assured that their responses to the questionnaires, journals and interviews will be confidential and anonymised in the research

findings. All ethical considerations have been recorded and submitted in the attached PG2/E1 Application for ethical approval (Appendix 1). Therefore, the study will follow the University of Wales Trinity St David (UWTSD) and BERA guidelines. Finally, all participants will be given the option to withdraw from the study at any time, with their data being securely destroyed should they wish.

Research Timeline

ACTIVITY	Week Commencing Date							
	14-Mar	21-Mar	28-Mar	4-Apr	11-Apr	18-Apr	25-Apr	2-May
Identify and sign-up participants								
Prepare a semi-structured interview plan								
Brief participants & complete pre-BDI								
Participants complete walking program								
Complete post-BDI & interviews								
Analyse and interpret results								
Create poster and record reflections paper								

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Appendix 1 – PG-2 Ethical Considerations / Application for Ethical Approval



PG2 / E1 FORM

APPLICATION FOR ETHICAL APPROVAL

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.

Delete the Guidance Notes at the end of the form BEFORE submitting your application

SECTION A: About You (Principal Researcher)

1	Full Name:	Jason Worthy				
2	Tick all boxes which apply:	Member of staff:	☐	Honorary research fellow:	☐	
3	Undergraduate Student	☐	Taught Postgraduate Student	☒	Postgraduate Research Student	☐
4	Institute/Academic Discipline/Centre:	University of Wales Trinity Saint David, Institute of Health & Management, Outdoor Education				
5	Campus:	Carmarthen				
6	E-mail address:	jason.worthy@icloud.com				

7	Contact Telephone Number:	07725 307054
For students:		
8	Student Number:	1921913
9	Programme of Study:	MA Outdoor Education
10	Director of Studies/Supervisor:	Dr. Andy Williams

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): <i>Approval in principle must be obtained from the relevant source prior to seeking ethical approval</i>	Research Degrees Committee	☐		
3		Institute Research Committee	☐		
4		Other (write in)	☐		

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, 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.	
1	UWTSD Research Ethics & Integrity Code of Practice ☒
2	UWTSD Research Data Management Policy ☒
3	☐

SECTION D: External Collaborative Research Activity

1	Does the research activity involve collaborators outside of the University?	YES	☐	NO	☒
2	If Yes, please provide the name of the external organisation and name and contact details for the main contact person and confirmation this person has consented to their personal data being shared as part of this collaboration.				
3	Institution				
4	Contact person name				
5	Contact person e-mail address				

6	Has this individual consented to sharing their details on this form?	YES	☐	NO	☒	
7	Are you in receipt of a KESS scholarship?	YES	☐	NO	☒	
8	Is your research externally funded	YES	☐	NO	☒	
9	Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	YES	☐	NO	☒
10		Employed	YES	☐	NO	☒
11	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	☒
12	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

13	Does this organisation have its own ethics approval system?	YES	☐	NO	☒
14	If Yes, please attach a copy of any final approval (or interim approval) from the organisation				

SECTION E: Details of Research Activity

1	Indicative title:	What is the impact of a 4-week solo nature-based walking program on depression scores in full-time working fathers?			
2	Proposed start date of your research (not your course start date):	21 st March 2022	Proposed end date:	17 th April 2022	
3	Introduction to the Research (maximum 300 words) Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the three 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>
4	Purpose of Research Activity To study the impact of eight short bouts of walking in nature on the mental health and wellbeing of busy, working fathers over a four week period
5	Research Question What is the impact of a 4-week solo nature-based walking program on depression scores in full-time working fathers?
6	Aims of Research Activity The primary aim of this research is to explore the impact of nature-based solo walking programs on the mental wellbeing of working fathers
7	Objectives of Research Activity - Measure the difference between depression scores before and after the program to identify possible links - Further, explore the notion of dose-response to identify the extent to which short-bouts of walking in nature may or may not affect mood and wellbeing - Explore the use of journaling and semi-structured interviews to encourage men to talk more about their feelings - Identify opportunities for future research and establish potential recommendations
8	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.
9	For this research, working fathers will be defined as anyone identifying as a male, working at least 40 hours per week living with at least one child under sixteen. Participants will not be observed during their walks and will complete each walk alone, without friends or families and critically, without digital distractions. Four to six participants will be recruited, with each participant asked to complete eight bouts of 20-minute walks over four weeks in a local green space. To understand the effect of this walking program on the mental health and wellbeing of participants, I will employ a mixed-methods approach, combining both a validated pre- and post-questionnaire with semi-structured interviews and journal entries. This combination of quantitative and qualitative insight will allow me to explore the relationship between the nature-based walking program as well as participants' level of wellbeing and how the participants feel their lives have changed.
10	Location of research activity

	Identify all locations where research activity will take place.
11	Locations will be natural green spaces selected by the participants. All participants live in Berkshire, United Kingdom. Semi structured interviews will take place online, securely, via Microsoft Teams.
12	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.
13	N/A

14	Use of documentation not in the public domain: Are any documents <u>NOT</u> publicly available?	NO	☒
		YES	☐
15	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 prevailing data protection law of the country in question and England and Wales. <i>(this box should expand as you type)</i>		

SECTION F: Scope of Research Activity

1	Will the research activity include:	YES	NO
2	Use of a questionnaire or similar research instrument?	☒	☐
3	Use of interviews?	☒	☐
4	Use of diaries?	☒	☐
5	Participant observation with their knowledge?	☐	☒
6	Participant observation without their knowledge?	☐	☒
7	Use of video or audio recording?	☒	☐
8	Access to personal or confidential information without the participants' specific consent?	☐	☒
9	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
10	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
11	Investigation of participants involved in illegal activities?	☐	☒
12	Use of procedures that involve deception?	☐	☒
13	Administration of any substance, agent or placebo?	☐	☒
14	Working with live vertebrate animals?	☐	☒
15	Other primary data collection methods, please explain in this box For example, 'focus groups'. Please indicate the type of data collection method(s) in this box and tick the accompany box.	☒	☐
16	Details of any other primary data collection method: Modified BDI-II pre and post program, recorded semi-structured interviews via Microsoft Teams and self-recorded journal entries		

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

1	Who are the intended participants:	YES	NO
2	Students or staff at the University?	☐	☒
3	Adults (over the age of 18 and competent to give consent)?	☒	☐
4	Vulnerable adults?	☐	☒

5	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
6	Prisoners?	☐	☒
7	Young offenders?	☐	☒
8	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
9	People engaged in illegal activities?	☐	☒
10	Others (please identify specifically any group who may be unable to give consent) please indicate here and tick the appropriate box.	☐	☒
11	Other – please indicate here:		

12	Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
13	How many participants are expected?	4 to 6
14	Who will the participants be?	<i>Adult males, working at least 40 hours per week with at least one child under the age of 16</i>
15	How will you identify the participants?	<i>Recruited via local rugby club (Bracknell RFC) with permission from the club</i>

16	Information for participants:	YES	NO	N/A
17	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
18	Will you tell participants that their participation is voluntary?	☒	☐	☐
19	Will you obtain written consent for participation?	☒	☐	☐
20	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
21	If the research is observational, will you ask participants for their consent to being observed?	☐	☐	☒
22	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
23	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
24	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
25	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
26	If NO to any of above questions, please give an explanation			
27				

28	Information for participants:	YES	NO	N/A
29	Will participants be paid?	☐	☒	☐
30	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
31	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
32	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
33	If YES to any question, please provide full details			
34				

SECTION H: Anticipated Risks

1	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.		
2	Full risk assessment completed and appended?	Yes	☐

		No	☒
3	Risks to participants For example: emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information		
4	Risk to Participant: Participants are asked to complete 8 x 30 minute solo walks in remote areas – this could be dangerous if conducted in an area they are not familiar or, say, at night	How will you mitigate the Risk to Participant <i>Participants will be advised to only walk in areas they are familiar with, in daylight hours and always advise someone of their intended route and expected return time</i>	
5	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		
	As the issues covered in the BDI questionnaire address sensitive personal areas, all participants will receive signposting to local, professional support for ongoing discussions about mental health and wellbeing		
6	Risks to investigator For example: personal safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest		
	Risk to Investigator: None	How will you mitigate the Risk to Investigator: N/A	
7	University/institutional risks For example: adverse publicity, financial loss, data protection		
	Risk to University: None	How will you mitigate the Risk to University: N/A	
8	Disclosure and Barring Service		
9	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	YES	NO
10	Does your research require you to hold a current DBS Certificate?	☐	☒

SECTION I: Feedback, Consent and Confidentiality

1	Feedback
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	What de-briefing and feedback will be provided to participants, how will this be done and when?
	A 1:1 debrief via video call (Microsoft Teams) will be offered to provide feedback to the participants and sharing signposting for further information relating to personal health and wellbeing
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.
	Full briefing at point of volunteering
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 have names removed and personal data will not be shared

SECTION J: Data Protection and Storage

In completing this section refer to the University's Research Data Management Policy and the extensive resources on the University's Research Data Management web pages (<http://uwtsd.ac.uk/library/research-data-management/>).

1	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
	<i>"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.</i>	☐	☒
2	If YES, provide a description of the data and explain why this data needs to be collected:		
3	Does it involve special category data (as defined by the GDPR)?	YES	NO
	<i>"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),</i>	☐	☒

	<i>(e) physical or mental health or condition,</i> <i>(f) sexual life,</i> <i>(g) genetics,</i> <i>(h) biometric data (as used for ID purposes),</i>		
4	If YES, provide a description of the special category data and explain why this data needs to be collected:		

5	Will the research activity involve storing personal data and/or special category data on one of the following:	YES	NO
6	Manual files (i.e. in paper form)?	☐	☒
7	University computers?	☐	☒
8	Private company computers?	☐	☒
9	Home or other personal computers?	☐	☒
10	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☐	☒
11	"Cloud" storage or websites?	☐	☒
12	Other – specify:	☐	☒
13	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of password protection, encryption, anonymisation and pseudonymisation:		
14	All Data Storage		
15	Will the research activity involve any of the following activities:	YES	NO
16	Electronic transfer of data in any form?	☒	☐
17	Sharing of data with others at the University?	☐	☒
18	Sharing of data with other organisations?	☐	☒
19	Export of data outside the European Union or importing of data from outside the UK?	☐	☒
20	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
21	Publication of data that might allow identification of individuals?	☐	☒
22	Use of data management system?	☐	☒
23	Data archiving?	☐	☒
24	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and DPA (and/or any international equivalent):		

	<i>(this box should expand as you type)</i>		
25	List all who will have access to the data generated by the research activity:		
	Just the principal researcher (me)		
26	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	Just the principal researcher (me)		
27	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.		
	Secure cloud or laptop storage only		
28	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		
29	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	YES	☒
		NO	☐
30	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	☒
		NO	☐

SECTION K: Declaration

31	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/		
	Signature of applicant:	Jason Worthy	Date: 10/3/22

For STUDENT Submissions:

32	Director of Studies/Supervisor:		Date:
33	Signature:		

For STAFF Submissions:

34	Academic Director/ Assistant Dean:		Date:
35	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 (and have NOT completed Section H of this form) (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.
☒	I have deleted the guidance notes before submitting the PG2 for consideration

RESEARCH STUDENTS AND 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. You will be informed of the outcome of your claim by email; therefore it is important that you check your University and personal email accounts regularly.

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.

sensitivity of question #9 in a non-clinical environment without professional support

Roche Beck's Depression Inventory CRTN: _____ CRF number: _____ Page 15 patient info: _____		Baseline
11. Agitation	0 I am no more restless or wound up than usual. 1 I feel more restless or wound up than usual. 2 I am so restless or agitated that it's hard to stay still. 3 I am so restless or agitated that I have to keep moving or doing something.	17. Irritability
12. Loss of Interest	0 I have not lost interest in other people or activities. 1 I am less interested in other people or things than before. 2 I have lost most of my interest in other people or things. 3 It's hard to get interested in anything.	18. Changes in Appetite
13. Indecisiveness	0 I make decisions about as well as ever. 1 I find it more difficult to make decisions than usual. 2 I have much greater difficulty in making decisions than I used to. 3 I have trouble making any decisions.	19. Concentration Difficulty
14. Worthlessness	0 I do not feel I am worthless. 1 I don't consider myself as worthwhile and useful as I used to. 2 I feel more worthless as compared to other people. 3 I feel utterly worthless.	20. Tiredness or Fatigue
15. Loss of Energy	0 I have as much energy as ever. 1 I have less energy than I used to have. 2 I don't have enough energy to do very much. 3 I don't have enough energy to do anything.	21. Loss of Interest in Sex
16. Changes in Sleeping Pattern	0 I have not experienced any change in my sleeping pattern. 1a I sleep somewhat more than usual. 1b I sleep somewhat less than usual. 2a I sleep a lot more than usual. 2b I sleep a lot less than usual. 3a I sleep most of the day. 3b I wake up 1-2 hours early and can't get back to sleep.	0 I am no more irritable than usual. 1 I am more irritable than usual. 2 I am much more irritable than usual. 3 I am irritable all the time.

Appendix 3 – Modified BDI-II – this version has been modified to remove the question relating to suicidal thoughts

BDI-II (Modified) Adapted from Beck Depression Inventory by Aaron T Beck (1996)

Initials	_____
Date	_____
Marital Status	_____
Age:	_____
Occupation:	_____
Workings hours/week	_____
Sex:	_____
# of Children	_____
Ages of children	_____

INSTRUCTIONS

This questionnaire consists of 20 groups of statements. Please read each group of statements carefully, and then pick out the **one statement** in each group that best describes the way you have been feeling during the **past two weeks, including today**. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 15 (changes in sleep patterns) and Item 17 (changes in appetite).

1. Sadness

- 0. I do not feel sad
- 1. I feel sad much of the time
- 2. I am sad all of the time
- 3. I am so sad or unhappy that I can't stand it

2. Pessimism

- 0. I am not discouraged about my future
- 1. I feel more discouraged about my future than I used to be
- 2. I do not expect things to work out for me
- 3. I feel my future is hopeless and will only get worse

3. Past Failure

- 0. I do not feel like a failure
- 1. I have failed more than I should have
- 2. As I look back, I see a lot of failures
- 3. I feel I am a total failure as a person

4. Loss of Pleasure

- 0. I get as much pleasure as I ever did from things I enjoy
- 1. I don't enjoy things as much as I used to

2. I get very little pleasure from the things I used to enjoy
3. I can't get any pleasure from the things I used to enjoy

5. Guilty Feelings

0. I don't feel particularly guilty
1. I feel guilty over many things I have done or should have done
2. I feel quite guilty most of the time
3. I feel guilty all of the time

6. Punishment Feelings

0. I don't feel I am being punished
1. I feel I may be punished
2. I expect to be punished
3. I feel I am being punished

7. Self-Dislike

0. I feel the same about myself as ever
1. I have lost confidence in myself
2. I am disappointed in myself
3. I dislike myself

8. Self-Criticalness

0. I don't criticise or blame myself more than usual
1. I am more critical of myself than I used to be
2. I criticise myself for all my faults
3. I blame myself for everything bad that happens

9. Crying

0. I don't cry any more than I used to
1. I cry more than I used to
2. I cry over every little thing
3. I feel like crying, but I can't

10. Agitation

0. I am no more restless or wound up than usual
1. I feel more restless or wound up than usual
2. I am so restless or agitated that it's hard to stay still
3. I am so restless or agitated that I have to keep moving or doing something

11. Loss of Interest

0. I have not lost interest in other people or activities
1. I am less interested in other people or things than before
2. I have lost most of my interest in other people or things
3. It's hard to get interested in anything

12. Indecisiveness

0. I make decisions about as well as ever
1. I find it more difficult to make decisions than usual
2. I have much greater difficulty in making decisions than I used to
3. I have trouble making any decisions

13. Worthlessness

0. I do not feel I am worthless
1. I don't consider myself as worthwhile and useful as I used to
2. I feel more worthless as compared to other people
3. I feel utterly worthless

14. Loss of Energy

- 0. I have as much energy as ever
- 1. I have less energy than I used to have
- 2. I don't have enough energy to do very much
- 3. I don't have enough energy to do anything

15. Changes in Sleeping Pattern

- 0. I have not experienced any changes in my sleeping pattern
- 1. A - I sleep somewhat more than usual
- 1. B - I sleep somewhat less than usual
- 2. A - I sleep a lot more than usual
- 2. B - I sleep a lot less than usual
- 3. A - I sleep most of the day
- 3. B - I wake up 1-2 hours early and can't get back to sleep

16. Irritability

- 0. I am not more irritable than usual
- 1. I am more irritable than usual
- 2. I am much more irritable than usual
- 3. I am irritable all the time

17. Changes in Appetite

- 0. I have not experienced any changes in my appetite
- 1. A - My appetite is somewhat less than usual
- 1. B - My appetite is somewhat more than usual
- 2. A - My appetite is much less than before
- 2. B - My appetite is much greater than usual
- 3. A - I have no appetite at all
- 3. B - I crave food all the time

18. Concentration Difficulty

- 0. I can concentrate as well as ever
- 1. I can't concentrate as well as usual
- 2. It's hard to keep my mind on anything for very long
- 3. I find I can't concentrate on anything

19. Tiredness or Fatigue

- 0. I am no more tired or fatigued than usual
- 1. I get more tired or fatigued more easily than usual
- 2. I am too tired or fatigued to do a lot of the things I used to do
- 3. I am too tired or fatigued to do most of the things I used to do

20. Loss of Interest in Sex

- 0. I have not noticed any recent change in my interest in sex
- 1. I am less interested in sex than I used to be
- 2. I am much less interested in sex now
- 3. I have lost interest in sex completely