

Research Proposal

Knowledge, prevalence and attitudes of West Wales amateur rugby players towards supplementation.

Introduction

This proposal will start by offering context on the selected topic, followed by a review of the existing literature to establish the rationale for the proposed research. After presenting the justification for further investigation into the subject, the methodology will be detailed with an epistemological and ontological assumption, with each section explained to support the chosen methods. A timeline will also be included to outline the approach for data collection once ethical approval is granted. Both the timeline and the PG2 ethics form are provided in the appendix.

Context/ Rationale

Supplementation has been extensively researched among elite athletes for decades, with the goal of enhancing peak performance and optimizing overall health. However, knowledge of supplementation is essential for all athletes to avoid violations of anti-doping rules. UK Anti-Doping (UKAD), the United Kingdom's national organization, is responsible for ensuring that sporting bodies comply with the World Anti-Doping Code.

UKAD invests over £300,000 annually in anti-doping education (Hurst, Ring, & Kavussanu, 2020) to help athletes understand the rules they must follow when competing and using supplements. Despite this, a study by Hurst, Ring, and Kavussanu (2020) evaluating the UK's Clean Sports Programme for preventing doping in junior elite athletes revealed significant gaps in their knowledge of supplementation and a measured likelihood of both intentional and unintentional doping use. This raises concerns about the level of supplementation education provided to amateur athletes, especially at the lower levels of sport.

Previous studies have emphasized amateur athletes' understanding of supplementation. In their 2019 study, Jovanov et al. found that many young athletes were using some form of sports supplements. However, the study revealed

knowledge gaps, with participants unclear about the correct dosages and potential side effects of supplements. Additionally, the research indicated that peer influence was the primary factor driving athletes' decisions to use supplements, raising concerns of the information provided by these sources.

Rugby is a sport where supplementation is commonly used by players. Due to the high-impact nature of the game, players are required to maintain significant amounts of lean muscle mass and the ability to perform explosive bouts of acceleration and deceleration throughout a match (Black, Black, & Baker, 2018). A study by Bradley et al. (2015) on the macronutrient intake of professional rugby players found that all players in the squad used supplements, which contributed to 14% of their total calorie intake.

A study by Sanches-Oliver et al. (2020) compared the supplementation habits of 144 rugby players, including 69 professionals and 75 amateurs. The study found that most amateur players (26.8%) obtained information about supplementation from friends, while professional players primarily relied on trainers for advice (34.1%). This raises concerns about the reliability of the sources of information that amateur players receive, providing a need for further research into amateur players knowledge and attitudes on supplementation.

Research has suggested the lack of understanding on amateur rugby players have on supplementation and its risks. The aim of the study is to investigate amateur rugby players knowledge and attitudes around supplementation, with a focus on where their knowledge comes from, what supplements are frequently used and their understanding of anti-doping violations. This will identify any gaps in knowledge and any misconceptions on the topic.

The hypothesis and null hypothesis of the study are:

Hypothesis: The players knowledge will be insufficient on supplementation the risks.

Null Hypothesis: The players knowledge on supplementation and its risks will be appropriate.

Methodology/ Research design

The study will employ a quantitative research design, utilizing questionnaires to assess players' knowledge and attitudes towards supplementation. Since the research focuses on investigating players' understanding, it will primarily be situated within the fields of social sciences and health behaviour. One key framework that informs the research is the Health Belief Model (HBM), which shapes perceptions of health risks and the necessary preventive actions (Anuar et al., 2020). According to this model, if players are inclined to use supplements, it suggests they believe supplementation will positively impact their performance.

Taking a deductive approach to piece together knowledge and its reliability, the study begins in a negative paradigm in line with the hypothesis that amateur players current knowledge on supplementation is not adequate. The study is grounded in the belief that epistemology can be understood from both objective and subjective perspectives. Objectively, players' knowledge of supplements (such as specific products and proper dosages) can be assessed, while subjectively, their personal and social experiences, as well as their beliefs about supplementation, shape their understanding of the topic (Buğdayci, 2019). From an ontological viewpoint, the study assumes a dual reality. It adopts a form of naïve realism, suggesting that objective knowledge about the types, risks, and benefits of supplements already exists within players and can be measured and observed through a questionnaire (Atkinson, 2012). Additionally, subjective reality is captured by examining players' social experiences and the influence these have on their knowledge of supplementation.

Sampling/ Participants/ Procedures

The study will contact members of amateur rugby teams in West Wales through the head coaches of each team to obtain consent for participation. The goal is to survey approximately 100 players from 4 or 5 teams. Given the expected response rate of less than 50%, additional players will be surveyed to account for potential non-completion. Participants will be amateur players aged 18 or older. Players at a higher skill level (semi-professional and above) will not be included due to their greater access to resources on supplementation knowledge. The questionnaire will be given

out via an online link through a team group chat, which will be connected to a google forms sheet to show answers to each question. The players will be asked to complete the questionnaire within 2 weeks to allow for plenty of time for data analysis. In return for allowing their players to participate in the study, each team will be offered a 20minute presentation on Anti-Doping within sports to enhance the players current knowledge on the subject.

Data Collection/ Questionnaire validity

The questionnaire will be used to capture a cross-sectional snapshot of the players' knowledge at the time it is completed (Armour and MacDonald, 2012). It will follow a structure like Jovanov et al.'s (2019) study on young athletes' knowledge of supplementation. Although the questionnaire has been tested previously in studies (Jovanov et al., 2019) it will also be piloted with a small number of amateur rugby players before the study to identify ambiguities. Based off feedback the questionnaire may be refined to ensure data quality.

The questionnaire will be divided into four main sections, each aimed at gathering information about the athletes and their understanding of supplementation. The first section will collect anthropometric and personal data (age, height, weight, playing position, etc.). The second section will focus on the individual's use of supplements and their sources of information. The third section will assess the players' knowledge of the specific supplements they use (including dosage, reasons for use, and timing). The final section will explore their attitudes and beliefs regarding supplements, with questions about Anti-Doping rule violations concluding the questionnaire. The reliability of the questionnaire was assessed using Cronbach's Alpha one of the most widely used measures of reliability (Bonett and Wright, 2015), with a score of 0.7 for all variables measured (Jovanov et al., 2019).

Data analysis

The data will be analysed using SPSS Statistics, employing multiple t-tests to compare various variables and identify any significant differences (such as knowledge across different age groups, playing positions, and sources of information on supplementation). A p-value of 0.05 will be used to ensure a 95% confidence level in the results (Paule et al., 2000).

Limitations of the study

As the data is self-reported, the accuracy of the responses may be questionable, as players are required to recall their knowledge on the topic. The sample size also limits the ability to fully represent the knowledge of all amateur players. Additionally, the study focuses on a specific group (amateur rugby players in West Wales), so the results cannot be generalized to other amateur sports. Furthermore, some questions may not provide enough context, potentially failing to capture the full depth of players' understanding.

Ethical considerations

A completed PG2 Application for ethical approval has been completed below in the appendix. The study will adhere the UWTSD Research Ethics and Integrity Code of Practice, the Sports and Exercise Nutrition (SENr) professional codes of conduct (SENr, 2021) and the British Association of Sport and Exercise Sciences (BASES) Code of Conduct (BASES, 2017). Following these codes of practice/conduct will ensure all procedures will be followed ethically with professionalism throughout.

Word count: 1,444

Reference list

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<https://doi.org/10.3390/foods10010007>.

SENr (2021) *Sports and Exercise Nutrition Codes of Professional Conduct*. Available at:
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Appendix A-Timeline

Week Commencing	Weekly tasks
3 rd March	• Submit Ethics form prior to starting data collection • Submit Final draft of research proposal
10 th March	• Develop questionnaire and link to an online google forms document • Pilot questionnaire and gather feedback
17 th March	• Contact Rugby clubs to recruit amateur players (subject to ethical approval)
25 th March	• Send out questionnaires to clubs that have given consent to participating
31 st March	• Send out reminders for players who have not yet completed
7 th -14 th April	• Finalise data collection
21 st April	• Analyse and compare findings to previous research and draw conclusions
28 th April-5 th May	• Create poster ready to present the research project

Appendix B- PG2 Application for Ethical Approval

APPLICATION FOR ETHICAL APPROVAL

RESEARCH STUDENTS

This form is to be completed by the student within **SIX** months for full-time students and **TWELVE** months for part time students, after the commencement of the research degree or following progression to Part Two of your course.

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

This document is also available in Welsh.

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk , with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity.
Please see Checklist for details of process for different categories of application.

SECTION A: About You (Principal Researcher)

1	Full Name:	William David Icke			
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:	University of Wales Trinity Saint David
4	Campus:	Carmarthen
5	E-mail address:	2308497@student.uwtsd.ac.uk
6	Contact Telephone Number:	07949361996
For students:		
7	Student Number:	2308497
8	Programme of Study:	MSc Sports and Exercise Nutrition
9	Director of Studies/Supervisor:	Dr Nalda Wainwright

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)	YES	☐	NO	☒
					Date
2	If Yes, please indicate source of approval (and date where known): Approval in principle must be obtained from the relevant source prior to seeking ethical approval	Research Degrees Committee	☐		
		Institute Research Committee	☐		
		Other (write in)	☐		

SECTION C: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	<u>UWTSD Research Ethics & Integrity Code of Practice</u>	☒
2	UWTSD Research Data Management Policy	☒
3	<i>[List any other relevant documents here]</i>	☐

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution	
2	Contact person name	

3	Contact person e-mail address					
4	Is your research externally funded?	YES	☐	NO	☐	
5	Are you in receipt of a KESS scholarship?	YES	☐	NO	☐	
6	Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	YES	☐	NO	☐
7		Employed	YES	☐	NO	☐
8	Is the research being undertaken within an existing UWTSD Athrofa Professional Learning Partnership (APLP)?	If YES then the permission question below does not need to be answered.	YES	☐	NO	☐
9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	YES	☐	NO	☐

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	YES	☐	NO	☐
	If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).				

SECTION E: Details of Research Activity

1	Indicative title:	Researching amateur rugby players knowledge on supplementation		
2	Proposed start date:	March 8 th 2025	Proposed end date:	May 10 th 2025
	Introduction to the Research (maximum 300 words per section) Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the points below: <i>Purpose of Research Activity</i> <i>Proposed Research Question</i> <i>Aims of Research Activity</i> <i>Objectives of Research Activity</i> Demonstrate, briefly, how <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 This study aims to provide insight into amateur West Wales rugby players knowledge and attitudes towards supplementation for athletic performance. By understanding these factors, the study will highlight any potential gaps in players knowledge to			

	identify any misconceptions or risks linked with supplement use. The study will also provide further data on the reasoning behind supplementation use, where players information on the subject is gained and where products are obtained. (this box should expand as you type)
4	Research Question Prevalence, knowledge and attitudes towards supplementation in amateur West Wales rugby players (this box should expand as you type)
5	Aims of Research Activity • To explore the general knowledge and understanding that amateur West Wales rugby players have about supplementation • To Investigate the attitudes and beliefs that the players have around using supplements to help performance • To assess how the players knowledge and attitudes influence their dietary habits (this box should expand as you type)
6	Objectives of Research Activity • To identify the types of supplementations that amateur players are aware of and use • To determine the source of information from which the players learn about supplementation • To discover if there are any differences in supplementation knowledge and attitudes between different demographics (age, playing position, weight ect) • To discover if their knowledge/ use is in line with UK Anti Doping's guidelines on safe supplementation (this box should expand as you type)
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that may be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	The proposed method of data collection would be through online questionnaires. The questionnaires will be sent to team managers of certain West Wales rugby teams who will play a role in distributing the questionnaires amongst their teams. The questionnaire will be structured to cover all necessary areas of focus. This will include highlighting different information provided by demographic groups, information on players product sourcing, their information sources and knowledge on safe supplementation guidelines.

	(this box should expand as you type)
	Location of research activity Identify all locations where research activity will take place.
8	All research will be conducted online. (this box should expand as you type)
	Research activity outside of the UK If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	 (this box should expand as you type)

10	Use of documentation not in the public domain: Are any documents <u>NOT</u> publicly available?	NO	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. (this box should expand as you type)		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	YES	NO
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☐	☒
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒
17	A Wales of vibrant culture and thriving Welsh language	☐	☒
18	A globally responsible Wales	☐	☐
19	If YES to any of the above, please give details:		

	(this box should expand as you type)
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SECTION F: Scope of Research Activity

	Will the research activity include:	YES	NO
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☐	☒
3	Use of focus groups?	☐	☒
4	Use of participant diaries?	☐	☒
5	Use of video or audio recording?	☐	☒
6	Use of computer-generated log files?	☒	☐
7	Participant observation with their knowledge?	☐	☒
8	Participant observation without their knowledge?	☐	☒
9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.	☐	☐
	Details of any other primary data collection method: (this box should expand as you type)		

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

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

SECTION G: Intended Participants

If there are no participants then do not complete this section, but go directly to section H.

	Who are the intended participants:		
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		YES	NO
1	Students or staff at the University?	☐	☒
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults?	☐	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.	☐	☐
	Details of any other participant groups: (this box should expand as you type)		

	Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
10	How many participants are expected?	30-40 (this box should expand as you type)
11	Who will the participants be?	West Wales amateur rugby players (this box should expand as you type)
12	How will you identify the participants?	Participants will be coded (this box should expand as you type)

	Information for participants:	YES	NO	N/A
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☒	☐	☐
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☐	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	☐	☐	☒
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☐	☐	☒

19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☐	☐	☒
22	If NO to any of above questions, please give an explanation			
	<i>(this box should expand as you type)</i>			

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	<i>(this box should expand as you type)</i>			

SECTION H: Anticipated Risks

	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.	
1	Full risk assessment completed and appended?	Yes ☐ No ☐
2	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information	
	Risk to participants: Some questions may be triggering to some individuals. <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to participants:</i> All questions will be checked and structured in a way that will be appropriate. Local mental health services will be identified before data collection starts.

		(this box should expand as you type)		
3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities			
	(this box should expand as you type)			
4	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: If questions aren't structured properly, this may cause risk to the investigator if participants are unsettled. (this box should expand as you type)	How you will mitigate the risk to the investigator: All questions will be checked and structured in a way that will be appropriate. (this box should expand as you type)		
5	University/institutional risks For example: adverse publicity, financial loss, data protection			
	Risk to the University: Data breaches could occur. (this box should expand as you type)	How you will mitigate the risk to the University: All data will be saved safely onto the university one drive and stored on a password protected laptop. (this box should expand as you type)		
6	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems			
	Risk to the environment: With the use of questionnaires, there could be unnecessary amount of paper used. (this box should expand as you type)	How you will mitigate the risk to environment: To avoid this, all questionnaires will be online based. (this box should expand as you type)		

	Disclosure and Barring Service			
	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	N/A
7	Does your research require you to hold a current DBS Certificate?	☐	☒	☐
8	If YES, please give the certificate number. If the certificate number is not available please write "Pending"; in this case any ethical approval will be subject to providing the appropriate certificate number.			

SECTION I: Feedback, Consent and Confidentiality

1	Feedback What de-briefing and feedback will be provided to participants, how will this be done and when?
	An email address will be provided for all participants to contact for further details or results. <i>(this box should expand as you type)</i>
2	Informed consent Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	The study will use an online questionnaire, on the first page of the questionnaire the participants will see a screen before any questions that acts as a consent form and explains by pressing 'Next' they are providing consent. <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.
	No names will be collected in the questionnaire to provide anonymity. <i>(this box should expand as you type)</i>

SECTION J: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	YES	NO
1	"Personal data" means any information relating to an identified or identifiable natural person ('data subject'). An identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.	☐	☐
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	<i>(this box should expand as you type)</i>		
	Does it involve special category data (as defined by the GDPR)?	YES	NO
3	"Special category data" means sensitive personal data consisting of information as to the data subjects' – (a) racial or ethnic origin, (b) political opinions, (c) religious beliefs or other beliefs of a similar nature, (d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992), (e) physical or mental health or condition, (f) sexual life, (g) genetics, (h) biometric data (as used for ID purposes),	☐	☐
	If YES, provide a description of the special category data and explain why this data needs to be collected:		

4	<i>(this box should expand as you type)</i>
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	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	YES	NO
5	Manual files (i.e. in paper form)?	☒	☐
6	University computers?	☒	☐
7	Private company computers?	☐	☐
8	Home or other personal computers?	☒	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☒	☐
10	“Cloud” storage or websites?	☒	☐
11	Other – specify:	☐	☒
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 kept in password protected cloud storage on the University Office 365 system which will not be shared. All USB sticks will be password protected. Coding will be used for all participants to allow for anonymity. <i>(this box should expand as you type)</i>		

	Data Protection		
	Will the research activity involve any of the following activities:	YES	NO
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☐	☒
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☐	☒
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate):		

	All data will be kept in password protected cloud storage on the University Office 365 system which will not be shared. All USB sticks will be password protected. Coding will be used for all participants to allow for anonymity. Data will be stored until the completion of the project and then deleted. <i>(this box should expand as you type)</i>		
22	List all who will have access to the data generated by the research activity:		
	The principal researcher (William David Icke) Supervisor (Dr Nalda Wainwright) and external examiners. <i>(this box should expand as you type)</i>		
23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	The principal researcher (William David Icke) <i>(this box should expand as you type)</i>		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		
	All data will be encrypted and kept in a password protected cloud storage on the University Office 365/Sharepoint system which will be reformatted at the end of the project in order to destroy the data. The data will be stored until completion of the project and then deleted. <i>(this box should expand as you type)</i>		
25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. <i>(Most relevant to academic staff)</i>		
	<i>(this box should expand as you type)</i>		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	YES	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	YES	☒

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants.		
	In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	Signature of applicant:	Will Icke	Date: 05/02/2025

For STUDENT Submissions:

2	Director of Studies/Supervisor:		Date:
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		Date:
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed ALL RELEVANT sections of the form in full.
☒	I confirm that the research activity has received approval in principle
☒	I have attached a copy of final/interim approval from external organisation (where appropriate)
☐	I have attached a full risk assessment (where appropriate) ONLY TICK IF YOU HAVE ATTACHED A FULL RISK ASSESSMENT
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.

RESEARCH STUDENTS ONLY

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk , with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.