Karen Wierzba BMPF 2010

Section 2

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- PowerPoint slides
- PowerPoint presentation

Prifysgol Cymru
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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:	Karen WIERZBA				
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:	WAPPAR
5	Campus:	Carmarthen
6	E-mail address:	2030625@student.UWTSD.ac.uk
7	Contact Telephone Number:	+33781628224
	For students:	
8	Student Number:	2030625
9	Programme of Study:	MA in Professional Practice (Voice Pedagogy)
10	Director of Studies/Supervisor:	Julie Crossman/ Debbie Winter

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		☐		
3		Institute Research Committee		☐		
4		Other (write in) WAPPAR Ethics Board Representative		☒		

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:	Ameliorating functional dystonia to increase confidence: working with attachment theory, Arts Praxis and Laban Movement Analysis		
2	Proposed start date:	July 10, 2023	Proposed end date:	March 1, 2024

3 **Introduction to the Research**

Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the three points below:

- *Purpose of Research Activity*
- *Proposed Research Question*
- *Aims of Research Activity*
- *Objectives of Research Activity*

Demonstrate, briefly, how **<u>Existing Research</u>** has informed the proposed activity and explain.

- *What the research activity will add to the body of knowledge*
- *How it addresses an area of importance.*

4 **Purpose of Research Activity**

The purpose of this study is to understand existing research into Singer's Cramp Functional Dystonia and consider how to elevate confidence levels in those diagnosed with the disorder. Emotional state has been connected to singing and I will consider this alongside embodiment of experiences, trauma, and Laban Movement Analysis (LMA). Working with LMA and influenced by Bowlby's Attachment Theory, I will create a programme to help increase efficient vocal movement, aimed at increasing confidence for professional level singers with functional dystonia.

(this box should expand as you type)

5 **Research Question**

Can a programme of voice exercises influenced by Laban Movement Analysis and Bowlby's Attachment Theory help increase confidence in singers with Functional Dystonia?
Considering motor learning, attachment theory and the relationship of embodiment to the principles of safety, danger and disconnection states.

6 **Aims of Research Activity**

The objectives of this study are to strengthen existing theories that emotional resiliency and confidence in singers diagnosed with functional dystonia can be improved through specific motor skill control-related vocal tasks. My goal is to create a theoretical model of pedagogy that suits singing teachers who wish to gain awareness about physical indicators that determine emotional states, particularly when affected by trauma. I will aim to bridge the gap in understanding of:

- How the brain processes trauma in singers with singer's cramp,
- How Arts Praxis research about voice related embodiment through reductive movement training can potentially contribute to neurological rethinking of motor skill redevelopment.

(this box should expand as you type)

7	**Objectives of Research Activity** • Research trauma and functional dystonia in the voice. • Consider motor learning, attachment theory, psychologically embodied states, and singing. • Analyse embodiment of relationship theory and efficacious Laban Movement Analysis related exercises • Analyse embodiment knowledge linked to security, danger and disconnect states, and their effect on confidence in singing tasks • Develop a model of pedagogy including information and awareness for raising confidence in singers with functional dystonia. (this box should expand as you type)
8	**Proposed methods (maximum 600 words)**
9	This is a mixed methods case study project. A combination of the following methods are proposed: • audio/video interview • questionnaire • Practise as Research (Arts Praxis by Nelson) • diary entry • focus group survey • literature review. A written consent form will explain the process of the research, prior to commencing with presentation of existing attachment theory, trauma theory, and related functional dystonia information. This will then be followed by a lesson featuring tailored LMA related voice exercises. The aim is to provide insight into the complexities that occur when diagnosed with functional dystonia. I will interview an Ear Nose and Throat specialist for singers who has focused research about functional dystonia in the voice, and a speech and Language Therapist who works often with singers that have singers' cramp. Literature review will contain multidisciplinary type action research and I will record the outcome on confidence levels in singers who participate in the study.

10	**Location of research activity** Identify all locations where research activity will take place.
11	Research will take place in my home in Massy, France, and in the office of the practitioners involved, should they agree to participate. Lessons will be online and given from my home.
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	Specific guidelines already taken into account from the research ethical considerations met with the university and the voice study centre will be applied to the participants during this study. There are no additional ethical requirements pertinent to the study taking place in France. Cultural details such as French as first language, will be considered in case of need, to translate the information letter and data appropriately and literally. All data concerning each participant will be made available to them and verified by them in order to properly collect all data involved. *(this box should expand as you type)*

14	Use of documentation not in the public domain: Are any documents **NOT** 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. *(this box should expand as you type)*		

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: FOCUS GROUPS (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

	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: (this box should expand as you type)		

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?	**No more than 10 participants are expected to participate.** *(this box should expand as you type)*

14	Who will the participants be?	**Participants will be professional singers who have been diagnosed with functional dystonia. Singing voice related practitioners and voice researchers who have seen patients with singer's cramp will be consulted. Action research will take place since I am currently diagnosed with functional dystonia.** *(this box should expand as you type)*
15	How will you identify the participants?	**Each participant will be enumerated (P1, P2, P3,and so forth) and kept anonymous. The singers will be sourced via social media and participants selected according to meeting inclusion criteria requirements. The clinicians will be selected according to their experience and knowledge regarding singers' cramp/ functional dystonia.** *(this box should expand as you type)*

	Information for participants:	YES	NO	N/A
16				
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	You should be able to tick YES for all of these questions. If not, then explain why not in this box. *(this box should expand as you type)*			

	Information for participants:	YES	NO	N/A
28				
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	using cameras/v:oice recorders to record interviews, then please state that in this box. Voice recorders/ cameras will be used to record the interviews and sessions with singers who suffer from functional dystonia. Interviews with practitioners will be recorded with camera or voice recorders. Those who cannot participate in an interview will be encouraged to fill out the questionnaires and surveys with open-ended questions. *(this box should expand as you type)*			

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: There is a risk of emotional negative sensation and physical negative sensation when triggering memory through segmental relevant questions arising about the nature of the development of the singer's functional dystonia. *(this box should expand as you type)*	*How will you mitigate the Risk to Participant* Formal explanation regarding the purpose of this study will be explained in advance of signing consent forms. Embodiment, psychological wellbeing, relationship attachment theory and movement training awareness will be explored together as part of a phenomenon that could contribute to awareness of how functional dystonia creates difficulty in sensations/cramping/ disorder if the singer is not aware. Identification and awareness of Laban Movement analysis and psycho-educational resources will be provided to explain the related project. All work shall be referenced and made available to each participant. Participants will be made aware they can end their participation at any time. Contact details for relevant help lines will be made available should any emotional distress take place in participants. *(this box should expand as you type)*
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	
	Participants will be asked how they have experienced their functional dystonia and then be exposed to information regarding the embodiment of safety and singing. This research is not by any means a rehabilitation process, there is no prescription of treatment or proposal of healing technique. A learning session planned is informational and no participant is obliged to remain in the study if they desire to leave at any time. *(this box should expand as you type)*	
6	**Risks to investigator** For example: personal safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
	Risk to Investigator: The participants can refuse to investigate the proposed research, and quit the study. The Investigator can be on the receiving end of criticism or abandonment by the participant *(this box should expand as you type)*	*How will you mitigate the Risk to Investigator:* Ten participants are sort allowing for several to drop out if they choose and the research still to be viable. The project will be explained in detail to each participant in advance of starting. Emotional support from a bilingual therapist is available to the researcher if necessary.
7	**University/institutional risks** For example: adverse publicity, financial loss, data protection	
	Risk to University: The primary risk is of data protection issues or reputation damage.	*How will you mitigate the Risk to University:* All data will be protected as set out below. Appropriate consent will be got before starting the research and all details fully explained.

	(this box should expand as you type)	Participant data will be treated confidentially and anonymously. *(this box should expand as you type)*

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**	**N/A**
10		☐	☒	☐

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?
	I will give my full contact details, email and telephone number should the participants wish to contact me for further details and results. *(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.
	The online questionnaire will be provided also in paper form with a corresponding paper consent form to be signed before the research can start. Online the participants will first be required to read an information page and sign an appropriate consent form before participating: by clicking on 'next' to access the following page, consent will be assumed. This will be explained fully on the first page. This form will be kept as part of the collected data. All participants, including clinicians, will need to sign a consent form before the research starts. *(this box should expand as you type)*
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.
	Each participant will be enumerated (P1, P2, P3,and so forth) and kept anonymous. The singers will be sourced on social media but research will not take place in the public domain. *(this box should expand as you type)*

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**
	"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*	X☐	☐

	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.		
2	If YES, provide a description of the data and explain why this data needs to be collected:		
	Contact details will be collected for sharing of questionnaires, etc, and for arranging interviews. Consent forms will also be collected. All video and audio required of singing participants will be anonymised since faces will be hidden and voices scrambled. *(this box should expand as you type)*		
3	Does it involve special category data (as defined by the GDPR)?	**YES**	**NO**
	"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☐	☐
4	If YES, provide a description of the special category data and explain why this data needs to be collected:		
	The collection of data will require the singers with functional dystonia to disclose their Diagnosis, and there is a risk that the singer participant could be willing to disclose details of their lives and their relationships in the interview process without having been asked to disclose these particular details. All disclosure regarding racial or ethnical origin, political or religious belief, and physical condition will remain sensitive information, kept confidential, and the participant can ask at any moment that the information be non-disclosed. Any information that is not pertinent to the study will be excluded. All identifying features of singers will be removed or anonymized. *(this box should expand as you type)*		

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:	☐	☒

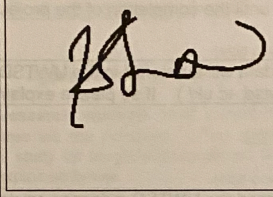
13	**For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of password protection, encryption, anonymisation and pseudonymisation:**		
	All data will be kept in password protected cloud storage on the researchers' Office 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. Manual files will be shredded upon completion of the project. *(this box should expand as you type)*		
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):		
	Although the research will take place in France, it is possible that participants could be sourced from other countries as the research can take place online. All data will be encrypted and kept in password protected cloud storage on the researchers' 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. *(this box should expand as you type)*		
25	List all who will have access to the data generated by the research activity:		
	Only the principal researcher: myself *(this box should expand as you type)*		

26	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	Only the principal researcher: myself *(this box should expand as you type)*		
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.		
	All data will be encrypted and kept in password protected cloud storage on the Company's 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. *(this box should expand as you type)*		
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. (*Most relevant to academic staff)*		
	(this box should expand as you type)		
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	☐

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PG2 / E1 FORM

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:		**Date:29/06/23**

For STUDENT Submissions:

32	Director of Studies/Supervisor:	Laura James	**Date: 3.7.23**
33	Signature:	Laura James	

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.

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PG2 / E1 FORM

☒	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.

This form is available electronically from the Academic Office web pages:
https://www.uwtsd.ac.uk/academic-office/appendices-and-forms/

Application Process

All staff research projects and all research students must submit the Ethical Approval Form to the **University Research Ethics Committee** via the Academic Office (pgresearch@uwtsd.ac.uk). Staff research directly in relation to personal study for taught undergraduate or Masters programmes should be submitted via the Institute procedures explained below.

Taught masters and taught undergraduate research Ethical Approval Forms are considered **within Institutes.** Institutes will provide details of the specific processes for this. Where the Ethical issues within any single ethical application are of particular concern the Institute will refer these to the University Research Ethics Committee. Any student activity that involves the collection of primary data needs to undergo Ethical approval, this includes assignment work as well as dissertations.

Permission Letter
Karen WIERZBA (2030625)
Voice Practitioner
June 21, 2023

Dear UWTSD,

RE: A Pilot Study: Can using 'Allergy Flashers' (Cubley, 2018) in the singing classroom promote student-self-awareness and/or improved vocal health for singers working with allergies?

I confirm that I approve of the research proposed into “A Journey Through relationships to singing and the voice: Functional Dystonia, and the effects of Trauma, attachment, Arts Praxis and Laban Movement Analysis‘’,to be carried out by Karen Wierzba, voice practitioner during private sessions between July 2023 and March 2024.

Kind Regards,



Karen WIERZBA

Appendix 2 - Call for Candidates Poster

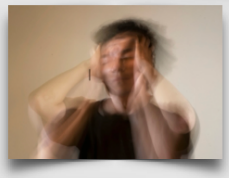
CALL FOR:

PROFESSIONAL SINGERS AND VOICE / HEALTH PRACTITIONERS

WITH ANY EXPERIENCE IN, OR DIAGNOSIS OF

LARYNGEAL DYSTONIA SUBTYPES:

SPASMODIC DYSPHONIA / TREMOR / FUNCTIONAL DYSTONIA / SINGER'S CRAMP / TETANY



VOICE STUDY CENTRE



This study, conducted by a student in a final MA research project, examines the

potential confidence loss from Laryngeal Dystonia (LD).

Featuring

A LEARNING PROGRAM:

Laryngeal Dystonia and recent findings

Psycho Education

Trauma Informed Voice Practice through:

Polyvagal Theory

Relationship/Attachment Theory

Laban Movement Analysis

Auriculotherapy Benefits

SINGERS & PRACTITIONERS

Your input will remain strictly confidential

and is necessary to research confidence levels in voice study through:

Questionnaires related to self-study

Participation is voluntary and you may withdraw at any moment.

Approved by UWTSD ethics committee

PLEASE CONTACT: WIERZBAK1974@GMAIL.COM

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Appendix 3

Risk assessment for research subjects:

Physical Harm: Discomfort, or injury from invasive questioning (see questionnaire) or from possible side effects of treatment for LD. All of these should be considered "risks" for purposes of Investigator Risk Benefit assessment.

- The intent for this research about professional singers with LD and their confidence levels is designed only to measure the effects of therapeutic or diagnostic procedures applied in the course of caring for an illness. Such research may not entail any significant risks beyond those presented by medically indicated interventions.
- Research designed to evaluate new procedures or medicinal treatments typically presents more than minimal risk and involve risks that are unforeseeable that could cause serious or disabling injuries. Procedure includes completing a questionnaire, and for singers, watching a video about the link between embodied vocal tasks, Laryngeal Dystonia, Laban movement analysis, the Polyvagal Theory, and the benefits of self study.

Psychological Harms: Participation in research may result in undesired changes in thought processes and emotion (e.g., episodes of depression, confusion, feelings of stress, guilt, and loss of self-esteem). Most psychological risks are minimal or transitory, but some research has the potential for causing serious psychological harm.

- Stress and feelings of guilt or embarrassment may arise from thinking or talking about one's own behavior or attitudes on sensitive topics such as drug use, sexual preferences, selfishness, and violence.
- Stress may be induced when the researchers manipulate the subjects' environment to observe their behaviors and reactions.
- The possibility of psychological harm is heightened when behavioral research involves an element of deception.

Social and Economic Harms: Some losses of privacy and breaches of confidentiality may result in embarrassment within one's business or social group, loss of employment, or criminal prosecution.

- Areas of particular sensitivity involve information regarding alcohol or drug abuse, mental illness, illegal activities, and sexual behavior.
- Some social and behavioral research may yield information about individuals that could be considered stigmatizing to individual subjects or groups of subjects. (e.g., as actual or potential carriers of a gene; individuals prone to alcoholism). Confidentiality safeguards must be strong in these instances.
- Participation in research may result in additional actual costs to individuals. Any anticipated costs to research participants should be described to prospective subjects during the consent process.

Privacy Risks: Loss of privacy in the research context usually involves either covert observation or participant observation of behavior that the subjects consider private. It can also involve access and use of private information about the subjects. The IRB must make two determinations:

- Is the loss of privacy involved acceptable in light of the subjects' reasonable expectations of privacy in the situation under study; and
- Is the research question of sufficient importance to justify the intrusion?

Breach of Confidentiality Risks:

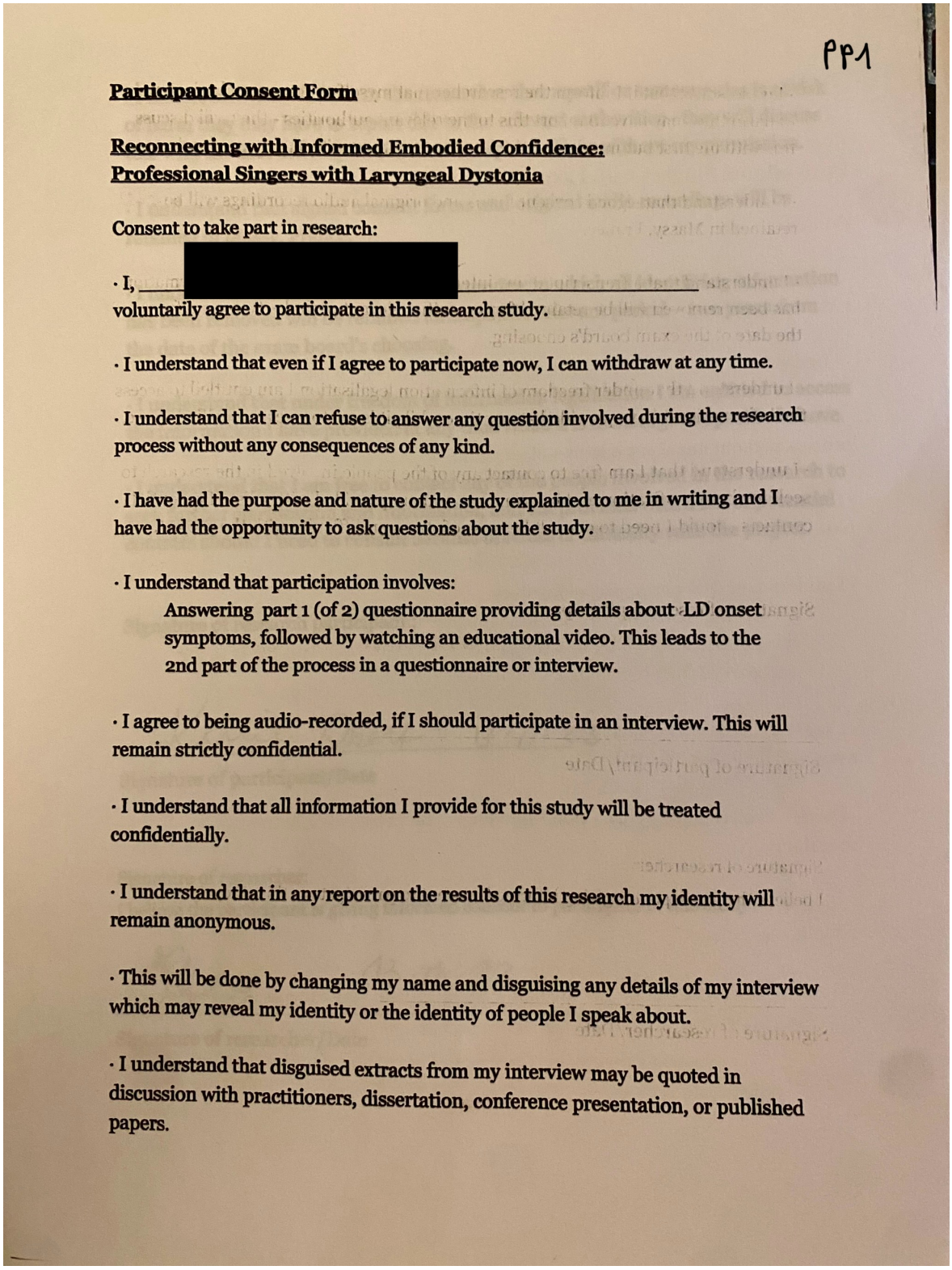
Absolute confidentiality cannot be guaranteed and is always a potential risk of participation in research. A breach of confidentiality is sometimes confused with loss of privacy, but it is a different risk. Loss of privacy concerns access to private information about a person or to a person's body or behavior without consent; confidentiality of data *concerns safeguarding information that has been given voluntarily by one person to another. It is important to recognize that a breach of confidentiality may result in psychological harm to individuals (embarrassment, guilt, stress, etc.) or in social harm.

*This will be particularly monitored. Interviews will be excerpted and a transcript provided without identifying the participant.

Ways to Minimize Risk

- I will provide complete information in the protocol regarding the experimental design and the scientific rationale underlying the proposed research, including the results of previous studies.
- I will be advised with sufficient expertise and experience to conduct the research.
- The projected sample size will be sufficient to yield useful results.
- I will collect data from conventional (standard) procedures to avoid unnecessary risk
- I will incorporate adequate safeguards into the research design such as an appropriate data safety monitoring plan, and provide a list of trained practitioners who can respond to any questions out of my jurisdiction.
- I will store data in such a way that it is impossible to connect research data directly to the individuals from whom or about the data pertain; limit access to key codes and store separately from the data.
- I will incorporate procedures to protect the confidentiality of the data (e.g., encryption, codes, and passwords)

Appendix 4 - Consent Forms



PP1

Participant Consent Form

Reconnecting with Informed Embodied Confidence:
Professional Singers with Laryngeal Dystonia

Consent to take part in research:

· I, [redacted] voluntarily agree to participate in this research study.

· I understand that even if I agree to participate now, I can withdraw at any time.

· I understand that I can refuse to answer any question involved during the research process without any consequences of any kind.

· I have had the purpose and nature of the study explained to me in writing and I have had the opportunity to ask questions about the study.

· I understand that participation involves:
Answering part 1 (of 2) questionnaire providing details about LD onset symptoms, followed by watching an educational video. This leads to the 2nd part of the process in a questionnaire or interview.

· I agree to being audio-recorded, if I should participate in an interview. This will remain strictly confidential.

· I understand that all information I provide for this study will be treated confidentially.

· I understand that in any report on the results of this research my identity will remain anonymous.

· This will be done by changing my name and disguising any details of my interview which may reveal my identity or the identity of people I speak about.

· I understand that disguised extracts from my interview may be quoted in discussion with practitioners, dissertation, conference presentation, or published papers.

· I understand that if I inform the researcher that myself or someone else is at risk of harm they may have to report this to the relevant authorities - they will discuss this with me first but may be required to report with or without my permission.

· I understand that signed consent forms and original audio recordings will be retained in Massy, France.

· I understand that a transcript of my interview in which all identifying information has been removed will be retained for a specific relevant period – two years from the date of the exam board's choosing.

· I understand that under freedom of information legalisation I am entitled to access the information I have provided at any time while it is in storage as specified above.

· I understand that I am free to contact any of the people involved in the research to seek further clarification and information, and am provided with a list of potential contacts should I need to consult because of stress or difficulty with the project.

Signature of research participant :

[redacted] 13-11-23

Signature of participant/Date

Signature of researcher:

I believe the participant is giving informed consent to participate in this study

13.11.23

Signature of researcher/Date

PP2

Participant Consent Form

Reconnecting with Informed Embodied Confidence:
Professional Singers with Laryngeal Dystonia

Consent to take part in research:

· I, [redacted] _____
voluntarily agree to participate in this research study.

· I understand that even if I agree to participate now, I can withdraw at any time.

· I understand that I can refuse to answer any question involved during the research process without any consequences of any kind.

· I have had the purpose and nature of the study explained to me in writing and I have had the opportunity to ask questions about the study.

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· I understand that I am free to contact any of the people involved in the research to seek further clarification and information, and am provided with a list of potential contacts should I need to consult because of stress or difficulty with the project.

Signature of research participant :

[redacted] October 14th, 2023

Signature of participant/Date

Signature of researcher:

I believe the participant is giving informed consent to participate in this study

Oct 14th, 2023

Signature of researcher/Date

Participant Consent Form

PP3

Reconnecting with Informed Embodied Confidence: Professional Singers with Laryngeal Dystonia

Consent to take part in research:

· I, [redacted] voluntarily agree to participate in this research study.

· I understand that even if I agree to participate now, I can withdraw at any time.

· I understand that I can refuse to answer any question involved during the research process without any consequences of any kind.

· I have had the purpose and nature of the study explained to me in writing and I have had the opportunity to ask questions about the study.

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· I understand that I am free to contact any of the people involved in the research to seek further clarification and information, and am provided with a list of potential contacts should I need to consult because of stress or difficulty with the project.

Signature of research participant :

[redacted] 11-7-2023

Signature of participant/Date

Signature of researcher:

I believe the participant is giving informed consent to participate in this study

Nov 7, 2023

Signature of researcher/Date

PP4

Participant Consent Form

Reconnecting with Informed Embodied Confidence:
Professional Singers with Laryngeal Dystonia

Consent to take part in research:

· I [redacted]

voluntarily agree to participate in this research study.

· I understand that even if I agree to participate now, I can withdraw at any time.

· I understand that I can refuse to answer any question involved during the research process without any consequences of any kind.

· I have had the purpose and nature of the study explained to me in writing and I have had the opportunity to ask questions about the study.

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· I understand that I am free to contact any of the people involved in the research to seek further clarification and information, and am provided with a list of potential contacts should I need to consult because of stress or difficulty with the project.

Signature of research participant : [redacted]

13 Oct. / 2023

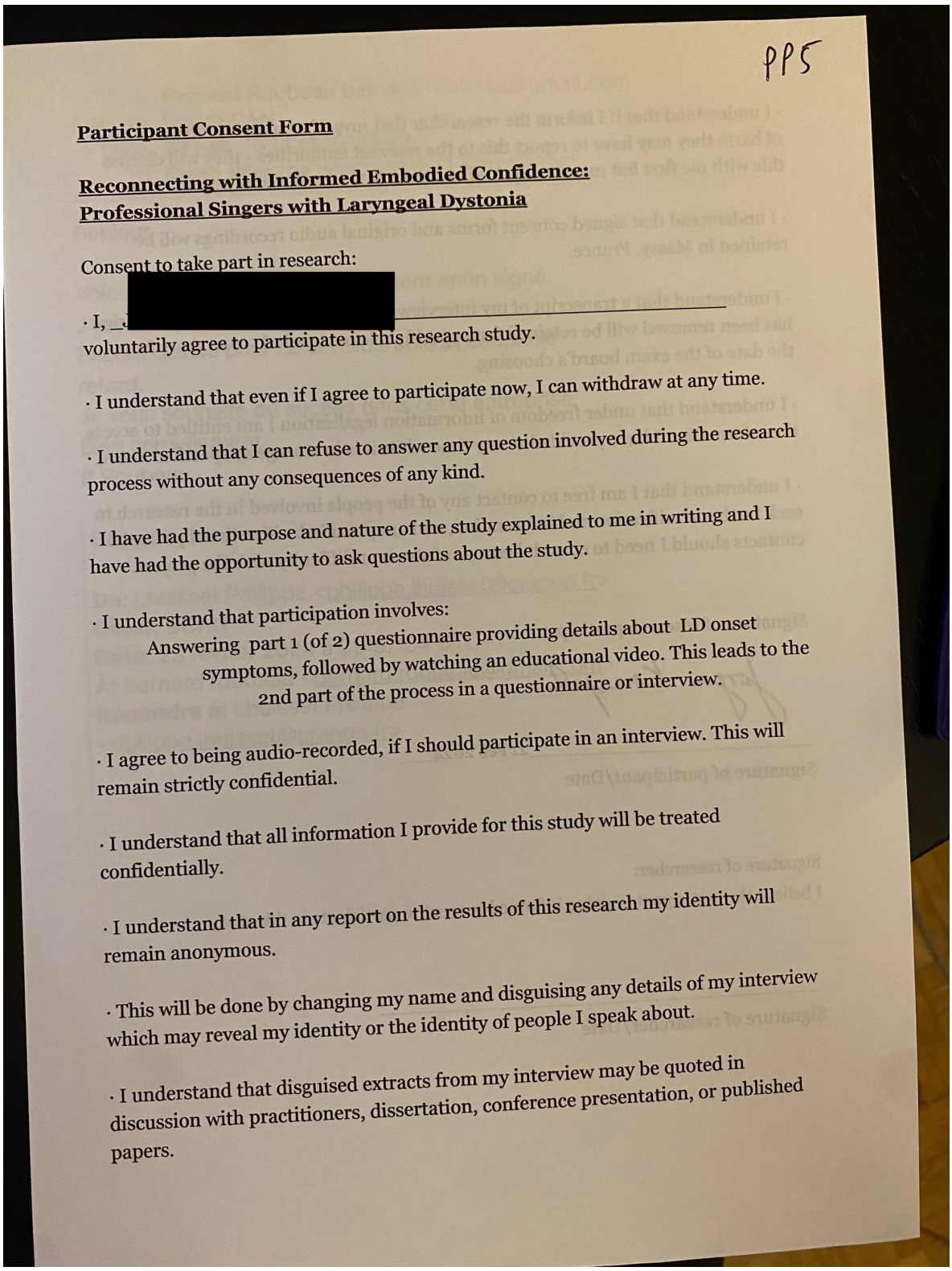
Signature of participant/Date

Signature of researcher:

I believe the participant is giving informed consent to participate in this study

11/13/2023

Signature of researcher/Date



PP5

Participant Consent Form

Reconnecting with Informed Embodied Confidence:
Professional Singers with Laryngeal Dystonia

Consent to take part in research:

· I, [redacted] voluntarily agree to participate in this research study.

· I understand that even if I agree to participate now, I can withdraw at any time.

· I understand that I can refuse to answer any question involved during the research process without any consequences of any kind.

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· I understand that all information I provide for this study will be treated confidentially.

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- I understand that under freedom of information legalisation I am entitled to access the information I have provided at any time while it is in storage as specified above.

- I understand that I am free to contact any of the people involved in the research to seek further clarification and information, and am provided with a list of potential contacts should I need to consult because of stress or difficulty with the project.

Signature of research participant :

[redacted]

Signature of participant/Date

[redacted] 23.02.2024

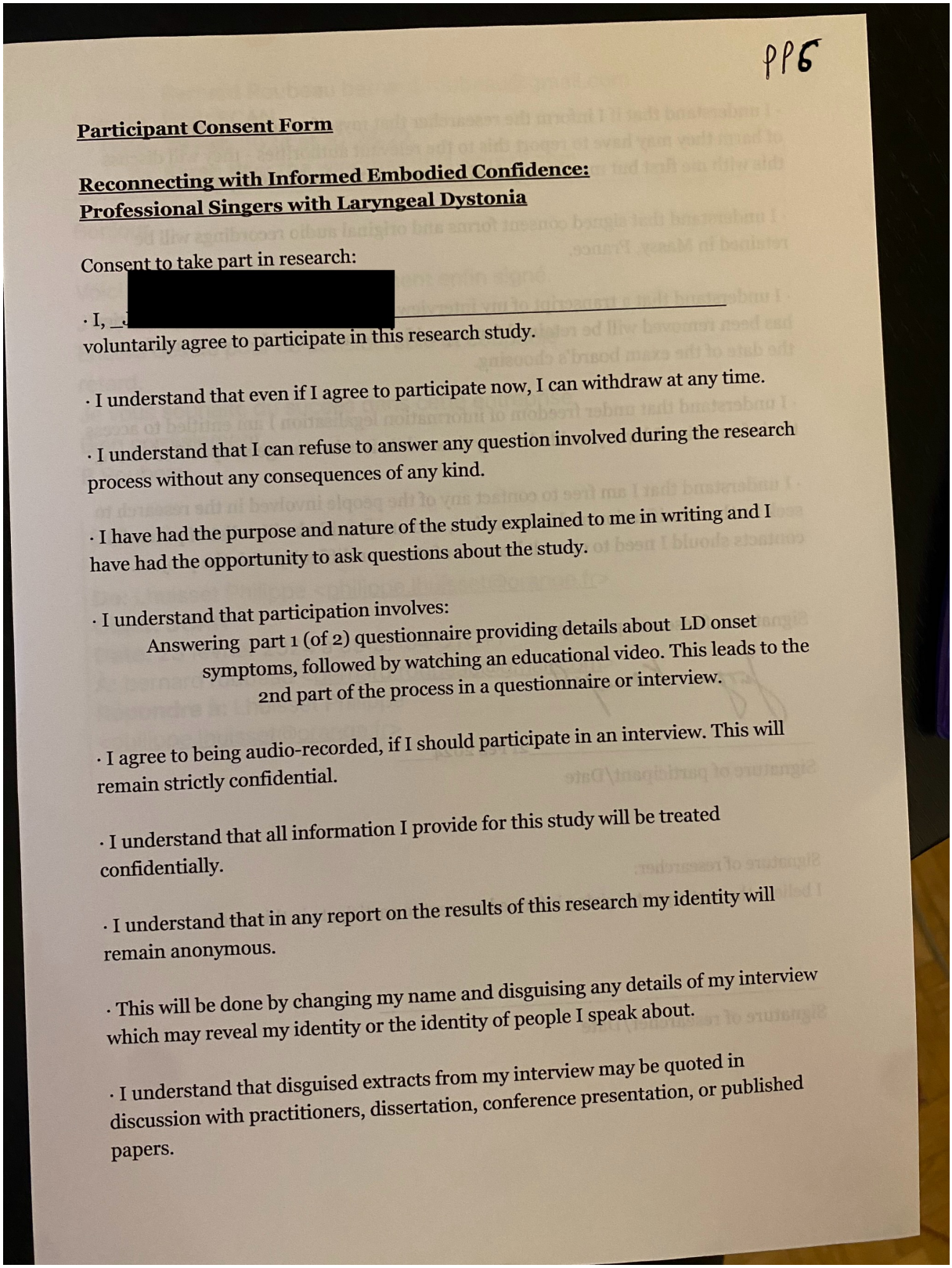
Signature of researcher

I believe the participant is giving informed consent to participate in this study

23.02.2024

Signature of researcher/Date

* Signed twice



PP6

Participant Consent Form

Reconnecting with Informed Embodied Confidence:
Professional Singers with Laryngeal Dystonia

Consent to take part in research:

· I, [redacted] voluntarily agree to participate in this research study.

· I understand that even if I agree to participate now, I can withdraw at any time.

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· I understand that under freedom of information legalisation I am entitled to access the information I have provided at any time while it is in storage as specified above.

· I understand that I am free to contact any of the people involved in the research to seek further clarification and information, and am provided with a list of potential contacts should I need to consult because of stress or difficulty with the project.

Signature of research participant:

[redacted]

21 Feb 2024

Signature of participant/Date

Signature of researcher:

I believe the participant is giving informed consent to participate in this study

21/Feb/2024

Signature of researcher/Date

SP1

Participant Consent Form

Reconnecting with Informed Embodied Confidence:
Professional Singers with Laryngeal Dystonia

Consent to take part in research:

· I, [redacted] _____
voluntarily agree to participate in this research study.

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· I understand that I am free to contact any of the people involved in the research to seek further clarification and information, and am provided with a list of potential contacts should I need to consult because of stress or difficulty with the project.

Signature of research participant :

[redacted] October 25, 2023

Signature of participant/Date

Signature of researcher:

I believe the participant is giving informed consent to participate in this study

[redacted] oct 25/23

Signature of researcher/Date

Appendix 5 - Flower Model

