

Research Participation Log	
Study title/subject: The effects of short-term gaming on cognitive performance, exploring the impact of gaming genre and prior gaming experience on memory, attention and reaction time. Length of study: 45 minutes.	
Was Informed consent gained?	Yes, we all consented to taking part by signing a consent form and demographic form.
Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?	Yes, the right to withdraw was clearly explained. That all answers would be kept confidential and anonymised.
What were you asked to do? (briefly outline the study)	This study was testing gaming influences on cognitive performance through 3 studies repeated twice. To begin we completed a demographic form stating our age, gender and gaming experience (gamer or non gamer). Followed by signing a consent form to show understanding. Followed by the first part of the study, 'Wheres Wally' we needed to locate Wally in a busy book page, this was a timed task by a stopwatch recorded by the researchers assistant. Task two, was on a computer. Using a reaction app, we needed to click a button as soon as a colour change was seen. This reaction time was recorded by the researcher. Thirdly, was a word recall task. We were shown a list of 15 words on a computer screen for 30 seconds, once the 30 seconds was over, having a minute to write as many as could be remembered on a A4 piece of paper. Lastly, we needed to begin a 20 minute gaming session which entailed either playing Rocket League on a xbox console or playing a computer game being Mah-Jong. Once all tasks were completed, they were then repeated to test score changes after gaming. All these results were then recorded again by the researcher to locate any differences.

Psychology and Counselling

Did you understand at the time why you were doing what was asked? If not, why not?	Details were explained clearly and it was not awkward. However, I was unaware as to what steps needed to happen first and in what order as some participants were doing them in different orders. Researcher was easy to talk to and made sure I was comfortable throughout.
How did you find the experience? (positive and negative)	Interesting seeing any changes that happened after gaming and testing different aspects of cognitive performance, the only difficulty was playing the game as it was not explained.
What have you learnt from participating?	I have learnt through doing this study that gaming can influence cognitive performance through changes in scores.
Were there any issues that may have affected how you completed the research?	The xbox that Rocket League was going to be played on needed an unexpected update which meant we had to change to a computer and find the game online, but did not affect the outcome result.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	After completing all the tasks we were then given a debrief sheet which reassured that our data will be confidential and we had the right to withdraw our data. It entailed contact details of the researcher. No deception was involved.

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How confident/competent was the researcher/experimenter? Did they put you at ease or make the experience unpleasant for you?	The researcher was very confident and knew the study well, there was no silences and it was well put together. The researcher also dealt with the xbox needing an unexpected update.
How could the experimenter have improved participation/the experiment?	For improvement, coming to set up earlier as participants were waiting and making sure that consoles don't need further updates, and that computers were on before participation.

Name:.....Alisha Phillips..... Date:.....14/12/23.....

Research Participation Log	
Study title/subject: Gender and Social Media Usage on Fashion Consumption and involvement. Length of study: 7 Minutes.	
Was Informed consent gained?	Yes, the researcher made sure that the class was aware that we did not have to take place in the study if we did not want to.
Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?	The researcher made it known that if any data did not want to be shared that we could contact them by five o'clock that evening to ask to withdraw, this was repeated several times. The scale was confidential as the researcher left the room for 7 minutes while responses were filled, the questionnaires were then shuffled and placed on the front desk, no names were written.
What were you asked to do? (briefly outline the study)	This study took place in a university lecture room, we were given a demographics form and consent form continued by completing a clothing involvement scale of 18 questions on an A4 piece of paper. Demonstrating our involvement with fashion within social media. The researcher left the room while we completed the study in aid of confidentiality. Once completed the scales were placed on the front desk and the researcher returned after 7 minutes, we were given a debrief sheet.

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Did you understand at the time why you were doing what was asked? If not, why not?	I did understand what the questionnaire was about, but I wasn't sure why I was doing it at the time as the purpose was not explained before hand.
How did you find the experience? (positive and negative)	The experience was positive, the questionnaire was straight forward and easy to understand and with instructions from the lecturer, we knew what we were doing and when we were doing it by.
What have you learnt from participating?	We learnt that a large amount of people gain inspiration from fashion they see on social media, no matter what their gender.
Were there any issues that may have affected how you completed the research?	There was no issues during participation.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	Yes, the researcher debriefed us on what we were participating in and what it was about, and if we didn't want to participate or withdraw our data we could.

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How confident/competent was the researcher/experimenter? Did they put you at ease or make the experience unpleasant for you?	The researcher made sure we were confident with completing the questionnaire and left the room for 7 minutes so that it didn't feel as if they were forcing us to answer all the questions.
How could the experimenter have improved participation/ the experiment?	There was no information about the study prior to the day, so it was a surprise as to why we were completing them at the time.

Name:.....Alisha Phillips..... Date:.....10/12/23.....

Research Participation Log	
Study title/subject: Gender and Pet ownership on Subjective Happiness. Length of study: 7 Minutes.	
Was Informed consent gained?	Yes. The researcher made sure that we were happy to proceed with the study.
Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?	Yes, the lecturer made sure that we knew we had the right to withdraw and that all our information was going to be kept confidential.
What were you asked to do? (briefly outline the study)	We were asked to undertake a questionnaire containing ... questions about how gender and pet ownership affects happiness levels with individuals. The researcher then left the room for 7 minutes, making sure the study was confidential and all papers were left on the front desk ready for the researchers return and shuffled.
Did you understand at the time why you were doing what was asked? If not, why not?	Not really, there was no previous mention of the study until it was done which was unexpected, but I understood all the questions fully which the questionnaire contained.

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How did you find the experience? (positive and negative)	The experience of doing this questionnaire was overall positive.
What have you learnt from participating?	I have learnt how pet ownership may make a person happier or may not phase them at all, supporting their mental and physical well being.
Were there any issues that may have affected how you completed the research?	There could have been possible class disruption that would have been a distraction when doing the study.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	Yes, the class was debriefed about what we had taken part in and what it was for and we were not deceived about our participation.
How confident/competent was the researcher/experimenter? Did they put you at ease or make the experience unpleasant for you?	The researcher was very confident and left the room while we filled the questionnaire out so that we didn't feel as if he was forcing us to participate and that we weren't watched.

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How could the experimenter have improved participation/ the experiment?	Give advance consideration when doing a study, making sure of attendance of all participants.
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Name:.....Alisha Phillips..... Date:.....1/12/23.....