

CONSENT FORM

Study Title: [EXPLORING THE WORK LIFE BALANCE OF EMPLOYEES WORKING IN THE RESTAURANTS OF CARDIFF]

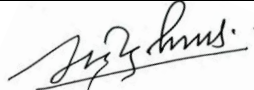
Principal Researcher: [Mahendra Tamang]

Supervisor(s): [Dr. Helen Lee]

Institution: University of Wales Trinity Saint David

Contact Email: [2419259@student.uwtsd.ac.uk]

I confirm that I have read and understood the Participant Information Sheet dated for this study. I have had the opportunity to ask questions and have had these answered satisfactorily.	✓
I agree to take part in this research project and agree for my data to be used for the purpose of this study.	✓
I understand that my participation is entirely voluntary and that I am free to withdraw during the interview up to [specific timeframe, e.g., 2 weeks] after the interview without giving any reason and without any negative consequences by contacting the researcher at email above.	✓
I understand that all information I provide will be kept confidential, except where: There is a risk of harm to myself or others, there is disclosure of criminal activity and required by law.	✓
I understand that: The interview will be audio recorded, the recording will be transcribed word-for-word, direct quotes may be used in publications but will be anonymized. The audio recording will be deleted after transcription and the transcription will be stored securely for two months.	✓
I agree that my anonymised data may be: Used in research outputs (thesis, publications, presentations), stored securely according to data protection regulations, shared with the research supervision team and archived according to university policy.	✓
I confirm that: I Am 18 years or older, I meet the participant criteria as described in the information sheet and have had sufficient time to consider my participation.	✓
I would like to: (please tick one)	
Receive a summary of the research findings	
Not receive a summary of the research findings	✓

Participant Name (PRINT)	Bijay Tamang	Researcher Name (PRINT)	Mahendra Tamang
Signature		Signature	
Date	3 rd September 2025	Date	2 nd September 2025

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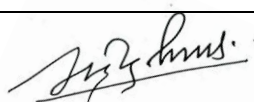
Principal Researcher: [Mahendra Tamang]

Supervisor(s): [Dr. Helen Lee]

Institution: University of Wales Trinity Saint David

Contact Email: [2419259@student.uwtsd.ac.uk]

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I would like to: (please tick one)	
Receive a summary of the research findings	
Not receive a summary of the research findings	✓

Participant Name (PRINT)	Uttam Gurung	Researcher Name (PRINT)	Mahendra Tamang
Signature		Signature	
Date	6 th September 2025	Date	2 nd September 2025

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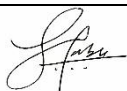
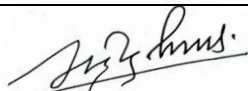
Principal Researcher: [Mahendra Tamang]

Supervisor(s): [Dr. Helen Lee]

Institution: University of Wales Trinity Saint David

Contact Email: [2419259@student.uwtsd.ac.uk]

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I would like to: (please tick one)	
Receive a summary of the research findings	
Not receive a summary of the research findings	✓

Participant Name (PRINT)	Nabil Hammouda	Researcher Name (PRINT)	Mahendra Tamang
Signature		Signature	
Date	13 th September 2025	Date	2 nd September 2025

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Study Title: [EXPLORING THE WORK LIFE BALANCE OF EMPLOYEES WORKING IN THE RESTAURANTS OF CARDIFF]

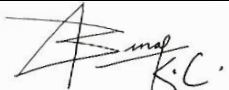
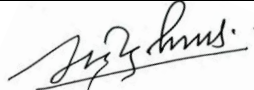
Principal Researcher: [Mahendra Tamang]

Supervisor(s): [Dr. Helen Lee]

Institution: University of Wales Trinity Saint David

Contact Email: [2419259@student.uwtsd.ac.uk]

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I would like to: (please tick one)	
Receive a summary of the research findings	
Not receive a summary of the research findings	✓

Participant Name (PRINT)	Bina K.C.	Researcher Name (PRINT)	Mahendra Tamang
Signature		Signature	
Date	11 th September 2025	Date	2 nd September 2025

CONSENT FORM

Study Title: [EXPLORING THE WORK LIFE BALANCE OF EMPLOYEES WORKING IN THE RESTAURANTS OF CARDIFF]

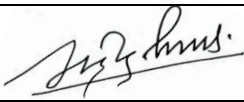
Principal Researcher: [Mahendra Tamang]

Supervisor(s): [Dr. Helen Lee]

Institution: University of Wales Trinity Saint David

Contact Email: [2419259@student.uwtsd.ac.uk]

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I would like to: (please tick one)	
Receive a summary of the research findings	
Not receive a summary of the research findings	✓

Participant Name (PRINT)	Amit Tmg	Researcher Name (PRINT)	Mahendra Tamang
Signature		Signature	
Date	16 th September 2025	Date	2 nd September 2025

CONSENT FORM

Study Title: [EXPLORING THE WORK LIFE BALANCE OF EMPLOYEES WORKING IN THE RESTAURANTS OF CARDIFF]

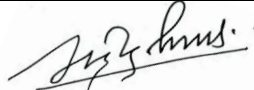
Principal Researcher: [Mahendra Tamang]

Supervisor(s): [Dr. Helen Lee]

Institution: University of Wales Trinity Saint David

Contact Email: [2419259@student.uwtsd.ac.uk]

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I would like to: (please tick one)	
Receive a summary of the research findings	
Not receive a summary of the research findings	✓

Participant Name (PRINT)	Blessing Ajibade	Researcher Name (PRINT)	Mahendra Tamang
Signature		Signature	
Date	8 th September 2025	Date	2 nd September 2025