

Psychology and Counselling

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, prior consent was given before taking part in the study through completing a consent and demographic form (age, gender, non gamer vs gamer).
Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?	The ethical guidelines gained by the BPS, were clearly outlined prior and after the study. The right to withdraw was repeated and confidentiality importance. Competence and Integrity. (BPS Ethics committee.,2021).
What were you asked to do? (briefly outline the study)	Similarly to Rosenbaum, A. R., & Burt, D. J. (2017) who studied reaction/response time differences of gamers vs none gamers. This study tested the influences of gaming on cognition, through doing three studies repeated twice of gamers vs non gamers. To begin, was a focus task, through locating Wally in a busy 'where's Wally' page, being timed on a stopwatch. Secondly, on a computer using a reaction app, we needed to click a button as soon as a colour change was seen. Score recorded by researcher. Thirdly, was a word recall task. A list of 15 words was shown on a computer screen for 30 seconds. After, we had one minute to write as many as could be remembered on paper. Lastly, we needed to begin a 20 minute gaming session which entailed Rocket League on an xbox or playing Mah-Jong on a computer. Once completed, tasks were then repeated to test changes in cognition after gaming. All recorded again by the researcher.
Did you understand at the time why you were doing what was asked? If not, why not?	Yes, I understood I was testing for cognition changes through doing gaming and testing for any differences.

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How did you find the experience? (positive and negative)	It was a positive experience but I did feel pressured by the researcher sometimes and how to play the game was not explained. Moreover, it was interesting seeing any changes that occurred prior and after gaming.
What have you learnt from participating?	I have learnt 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 being used, needed an unexpected update which slowed the study, resulting in a last minute change to a computer to find the game online. Did not affect outcome results.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	A debrief sheet was given to us after completing the tasks, which stated clear confidentiality and the right to withdraw if our decision had changed. Entailed contact details of the researcher also. No deception involved.
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. The issue with the xbox was also dealt with calmly. I did feel pressured by the tone of the researcher sometimes, although it was a pleasant experience overall.



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How could the experimenter have improved participation/the experiment?

For improvement, coming to set up earlier as participants were waiting and making sure consoles don't need further updates, and that computers are on prior to the study as it took longer.

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

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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?

The researcher made awareness of consent for everyone, but did not provide a consent form.

Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?

The researcher made us aware of the ethical guidelines regarding confidentiality of our answers, to email them by 5 o'clock that evening to withdraw, repeated several times (BPS Ethics committee., 2021).

What were you asked to do? (briefly outline the study)

Taking place in a university lecture room, a clothing involvement scale was completed, consisting of 18 questions on an A4 piece of paper to test fashion involvement on social media and if there were gender differences. Once given out to students, the researcher left the room for 7 minutes in aid of confidentiality. Papers were then shuffled and placed on the front desk for the researchers return. Similarly to a study by Hourigan, S. R., & Bougoure, U.S. (2012), focusing upon fashion consumption and consumer involvement.

Did you understand at the time why you were doing what was asked? If not, why not?

I understood what the study was, but was not sure why I was doing it until later weeks as the purpose was not explained prior.

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How did you find the experience? (positive and negative)	The involvement scale and researchers instructions were easy to understand, to what the questions were and when we were doing it by.
What have you learnt from participating?	I learnt that a large amount of inspiration is gained from fashion on social media and gender does not affect consumer involvement.
Were there any issues that may have affected how you completed the research?	There was no issues during participation. But a risk was getting distracted while completing the involvement scale, giving non trustworthy results.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	We were fully debriefed multiple times on the study and that the right to withdraw was available if we needed.
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 what we were doing and left the room so that added pressure was not there when completing the scale. The study was done confidentially and at ease by the researcher.



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How could the experimenter have improved participation/the experiment?

There was no prior information about the study until the day which made participation a surprise, prior warning could be of benefit to a better range of participants.

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

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Research Participation Log

Study title/subject: Gender and Pet ownership on Subjective Happiness.

Length of study: 7 Minutes.

Was Informed consent gained?

The researcher made sure we consented to the study prior, but a consent form was not completed.

Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?

The right to withdraw was tightened to us multiple times and the act of confidentiality, as well as integrity within our responses given by the BPS Ethics committee (2021).

What were you asked to do? (briefly outline the study)

A questionnaire consisting of questions about how pet ownership effects happiness levels within people and if gender affects it at all on an A4 paper was completed. The researcher gave us the questionnaire, outlined the ethical guidelines before leaving the room for 7 minutes in aid of confidentiality. The papers were then shuffled, and placed on the front desk ready for the researchers return. Bao, K. J., & Schreer, G. (2016) also conducted a study examining wellbeing associated with animal involvement, which resulted in a link between subjective happiness.

Did you understand at the time why you were doing what was asked? If not, why not?

There was no previous mention of the study taking place or what it was for which made it unexpected, but I understood all questions that the questionnaire consisted of.

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How did you find the experience? (positive and negative)	Overall the experience was positive, however there was some disruption when trying to carry out the questionnaire which made it difficult to focus.
What have you learnt from participating?	I have learnt that pet ownership may make a person happier or may not phase them much and that animal partnership can support mental and physical health and wellbeing.
Were there any issues that may have affected how you completed the research?	Possible distractions in the class when trying to carry out the questionnaire, which could potentially interfere with the end results.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	I was debriefed fully after completing the questionnaire as to what we had just taken place within and was not deceived within the study.
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, and by them leaving the room for 7 minutes, there was no pressure to do the questionnaire in a certain time which allowed us to think about our responses.

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How could the experimenter have improved participation/the experiment?

Give advance consideration when doing the study and making sure of attendance of more participants.

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

References

BPS Ethics committee. (2021), Code of Ethics and Conduct
<https://www.bps.org.uk/guideline/code-ethics-and-conduct>

Bao, K. J., & Schreer, G. (2016). Pets and happiness: Examining the association between pet ownership and wellbeing. *Anthrozoös*, 29(2), 283-296.

Hourigan, S. R., & Bougoure, U. S. (2012). Towards a better understanding of fashion clothing involvement. *Australasian Marketing Journal*, 20(2), 127-135.

Rosenbaum, A. R., & Burt, D. J. (2017). Response Time and Puzzle Solving Skills in Gamers vs. Non-gamers. *Age (yr)*, 22(2.6), 18-32.