Participant Information for Scientific Research

The effect of TV Series Genres on Mood

MoodTV

WAGENINGEN UNIVERSITY
WAGENINGEN UR

Introduction

Dear Sir/Madam,

We are asking you to participate in a scientific research study. Participation is voluntary. However, your written consent is required to take part. Before deciding whether or not you want to participate, you will be informed about the study. Please read this information carefully, and feel free to ask the researcher if you have any questions. General information about participating in such studies can be found on the Dutch government's website: www.rijksoverheid.nl/mensenonderzoek.

1. General information

This research is conducted by the Division of Human Nutrition and Health at Wageningen University. A total of 96 participants are needed for this study.

2. Aim and background of the research

The aim of this research is to study the effect of different TV series genres on mood. Mood and emotions are very important factors in well-being and health and are easily influenced by for example, social interactions, physical activity, diet, or watching TV. Watching TV series is very popular and there are various genres such as comedy, action, and drama. The aim of this research is to gain more insight into if and how emotions and mood are affected by TV series and if this differs between genres.

3. What participation entails

If you decide to participate, this experiment will take about 4 hours in total. Your participation will consist of 1 online screening questionnaire and 3 test sessions. The questionnaires will take about 15 minutes. Test session 1 and 2 will each take around 1 hour. Test session 3 will take around 1.5 hours. All 3 sessions will take place in November and December at Helix around 17:30 PM. Your test session will be scheduled via email depending on your availability.

Eligibility Screening

First, we will determine if you are eligible to participate through an online questionnaire
You can participate if you:

- Are healthy
- Have a BMI between 18.5 and 24.9 kg/m2
- Are between 18 and 55 years old
- Are not vegan or vegetarian
- Are not a master thesis/internship student or an employee of the Division of Human Nutrition and Health
- Are not pregnant or planning to become pregnant during the study, and you are not breastfeeding

Visits and measurements

For this study, you will need to come to the research location (Helix building) for 3 test sessions. Session 1 and 2 will each last about 1 hour. Session 3 will take about 1,5 hours. All sessions will take place in a group setting. During each session, the following will happen:

- You will start by filling out a questionnaire about your emotions and any potential factors that might affect your mood.
- You will then watch two episodes of a series; the genre will depend on the group you are assigned to. During the episodes you are provided with a snack.
- After the episodes are finished, you will fill out another questionnaire about your mood and emotions.
- At the end of the 3rd session, you will complete an additional final questionnaire.

4. What is expected of you

To ensure the study runs smoothly, it's important that you adhere to the following guidelines.

- We ask you to refrain from eating or drinking anything containing calories or caffeine (such as coffee, tea, cola) for 2 hours prior to the test sessions. During this period, you are allowed to drink water.
- We ask you to not smoke 2 hours prior to the test session.
- You comply with appointments for visits.

You should notify the researcher if:

- You start taking (new) medication
- You are admitted to a hospital
- You experience sudden health issues
- You wish to withdraw from the study
- Your contact details change

5. Potential risks

The procedures involved in this research (tasks, measurement tools) do not pose any risks.

6. Potential benefits and drawbacks

It is important to consider the possible benefits and drawbacks before you decide to participate. There are no direct benefits to you for participating. However, your participation may contribute to a better understanding of the effect of watching series on mood.

Drawbacks may include:

- Extra time commitment
- Adhering to appointments, which are described in section 3 and 4.

7. If you do not want to participate or want to stop

You decide whether or not to participate. Participation is voluntary. If you participate, you can always change your mind and stop anyway, even during the study. You do not have to provide a reason, but please tell the researcher immediately.
If you wish, the data collected about you up to that point will be destroyed, unless that is not possible. If new information about the study becomes available that is important for you, the researcher will inform you. You will then be asked if you wish to continue participating.

8. End of the study

Your participation in the study will end if:

- All visits as described in section 3 are completed
- You choose to stop
- You become pregnant
- The entire study has been completed
- The researcher decides it is in your best interest to stop

The entire study is finished once all participants have completed all sessions.

9. Use and Storage of Your Data

For this study, your personal data will be collected, used, and stored. This includes information such as your name, address, date of birth, and health data. The collection, use, and storage of your data are necessary to answer the questions posed in this study and to publish the results. We are asking for your consent to use your data.

Confidentiality of Your Data

To protect your privacy, your data will be coded. Your name and other directly identifying information will be removed. Only with the key to the code can the data be traced back to you. The key to the code will be safely stored at the local research institution. Additionally, in reports and publications on the research, the data cannot be traced back to you.

Access to Your Data for Monitoring

Certain individuals may have access to all of your data at the research site, including uncoded data. This is necessary to check whether the study has been conducted properly and reliably. Individuals who may inspect your data include the research team and the Inspection Healthcare. They will keep your data confidential. We ask for your permission to allow such access for inspection purposes.

Data Retention Period

Your data will be stored at the research location for a period of 15 years after the results of the study are published.

Withdrawal of Consent

You may withdraw your consent for the use of your personal data at any time. The research data collected up until the moment you withdraw your consent will then be destroyed unless this is not possible (for example, if the data has already been used in analyses or measurements).

More Information About Your Rights Regarding Data Processing

For general information about your rights concerning the processing of your personal data, you can consult the website of the Dutch Data Protection Authority. If you have any questions about your rights, you can contact the person responsible for processing your personal data. See Appendix A for contact details.

If you have questions or complaints about the processing of your personal data, we recommend first contacting the research site. You can also contact the Data Protection Officer of the institution (see contact details in Appendix A) or the Dutch Data Protection Authority.

10. Insurance for participants

If you participate in the study, you do not face any additional risks. Therefore, Wageningen University is not required to take out extra insurance.

11. Compensation for participation

For participating in this study, you will receive compensation for expenses (including travel costs) of €35,-.
If you stop participating before the study is completed, you will receive a reduced compensation.
If you drop out after completing 1 session you receive €7,50.
If you drop out after completing 2 session you receive €15,-.
If you complete all 3 sessions you will receive €35,-.

You will receive this compensation on your bank account. This may take 6-8 weeks after the study is completed.

Wageningen University is required to report the compensation you receive for your participation in this study to the Tax Authorities. You must also declare this compensation in your Income Tax return. We provide the following information to the Tax Authorities: the compensation you received, your BSN number, name, address, and date of birth. We do not disclose the purpose for which you received this compensation. Therefore, the Tax Authorities do not know that you participated in a study, nor which study you participated in. More information about this can be found on the website of Tax Authorities (Belastingdienst).

12. Do you have any questions?

If you have any questions, you can contact the research team. If you have any complaints about the study, you can discuss them with the researcher. If you prefer not to do so, you can contact the

complaints officer of the Department of Human Nutrition and Health, Wageningen University. All contact details can be found in **Appendix A**: Contact details.

13. Signing the consent form

When you have had enough time to think about it, you will be asked to decide whether you want to participate in this study. If you give your consent, we will ask you to confirm this in the screening questionnaire. By giving consent, you indicate that you understand the information and agree to participate in the study. You can request a written consent form if you want (Appendix B).

Thank you for your attention.

Appendix A: Contact details for Wageningen University

Research team
Jiachun Li, Stefanie Schrooten, Dr. Sanne Boesveldt, Dr. Arianne van Eck & Dr. Rene de Wijk

Contact person*:*
Jiachun Li & Stefanie Schrooten
Department Human Nutrition and Health, Wageningen University
moodtv@wur.nl

Visiting Adress:
Helix (building 124)
Stippeneng 4
6708 WE Wageningen

Complaints
Eveline Waterham
Department Human Nutrition and Health, Wageningen University
Stippeneng 4 (building 124, Helix), 6708 WE Wageningen
Email: eveline.waterham@wur.nl

Data Protection Officer of the institution:
Frans Pingen
Email: privacy@wur.nl

Authority personal data:
http://www.autoriteitpersoonsgegevens.nl/

Appendix B: Consent Form for Participant

We ask you to give consent via the questionnaire, so no need to fill in this form.

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- I have read the information sheet. I was also able to ask questions. My questions have been sufficiently answered. I had enough time to decide whether I want to participate.
- I understand that participation is voluntary. I also know that I can decide at any time to withdraw from the study or stop participating. I do not need to provide a reason for this.
- I give consent for the collection and use of my data for the purpose of answering the research question in this study.
- I understand that some individuals may have access to all of my data for the purpose of verifying the study. These individuals are listed in the information sheet. I give consent for these individuals to access my data.
- I give □ **consent**

  □ **no consent**

  to be contacted again for a follow-up study after this study is finished.
- I give □ **consent**

  □ **no consent**

  to make my data available for reuse by the same or other researchers after this this study is finished
- I agree to participate in this study.

Name of participant:

Signature: Date : __ / __ / __

I declare that I have sufficiently informed this participant about the mentioned study. If information becomes available during the study that could affect the participant's consent, I will inform him/her in a timely manner.

Name researcher (or representative):

Signature: Date: __ / __ / __
