



## **PARTICIPANT INFORMATION SHEET**

**Project Title:** SoundWheel – Usage, wellbeing and user engagement

### **Invitation**

You are being asked to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask any of the research team if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for reading this.

### **What is the purpose of the study?**

The purpose of this study is to investigate whether using the music-meditation app, SoundWheel can benefit people's experience of emotional wellbeing and mental health. We hope to learn more about these effects in relation to user background and everyday contexts of use. Finally, we wish to explore the possibilities of improving reports on user experience by engaging users in a digital format of knowledge exchange, specifically, via the online platform developed by Involved.

The findings will help us develop the use of music and mediation for stress relief and related mental-health issues on an improved research foundation.

### **Why have I been invited to participate?**

You have been invited as we are seeking students and members of the public to take part in this study. We invite participants via social media.

You should be at least 18 years old. The only other exclusion criteria is if you have poor hearing.

### **Do I have to take part? And when can I withdraw?**

As participation is entirely voluntary, it is up to you to decide whether to take part.

If you do decide to take part, you are given this information sheet to keep, and you will be asked to sign a consent form.

If you decide to take part, you are free to withdraw at any time and without reason. If so, you can either contact the organizers or simply refrain from further participation.

### **What will happen to me if I take part?**

In this study we ask you to listen to music and speech on your mobile device. You will be given a link to the SoundWheel app before you start the study, and we will ask you to experiment with using the app for everyday meditation for approximately two weeks.

To initiate the study, we will ask you to participate in an online session. You will be given a link to access the Involve platform (via smartphone, tablet or computer) and the session will last approx. 1 hour. We will ask you to answer a questionnaire about





age, gender, nationality and your experience of emotional wellbeing and mental health. Moreover, you will be asked to answer questions and evaluate statements about prior experience with sound-based meditation and expectations to SoundWheel.

After two weeks of experimenting with SoundWheel, we will ask you to participate in a second online session, repeating the questionnaire about wellbeing and mental health, but also focusing on practical conditions and product features. We will also ask about your experience of the online sessions.

Finally, you may be asked to attend two additional face-to-face group conversions (7-10 persons) about themes that may have emerged in the online sessions. The group will meet twice for approx. 1 hour. You will be given the dates and location when you first sign up, and you may be asked subsequently to attend a focus group following your participation with an anonymised online wellbeing forum. You will have a choice about participating and can withdraw without reason at any time. Please note that travel costs will not be reimbursed. Participants will be offered refreshments as part of the sessions.

### **What are the possible benefits of taking part?**

You will be contributing towards research to help us better understand the application of musical experiences for wellbeing, especially within the designated age group. Also, you will help us to improve research methodologies in the area of arts and health. Lastly, you will receive access to a novel musical wellbeing app with permission to use this for at least 6 months.

### **What are the possible disadvantages and risks of taking part?**

There is a possibility some participants may find taking part causes psychological distress or discomfort due to the questions asked, statements presented or experimenting with the music app. However, the questions are formulated with an eye to potential inconveniences and there is the opportunity of opting out any time. Also, anonymity is guaranteed.

Face-to-face group conversions will be attended by mediators trained in psychological first aid and/or counselling. In this way, immediate assistance can be offered with the possibility of a follow-up conversation should you require emotional support.

### **What if something goes wrong?**

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for a legal action.

If you wish to express grievances about your experience of taking part in this research project, please do not hesitate to contact the research team (see contact information below).

### **Will my taking part in this study be kept confidential?**

Participation in the study and, thus, collection of data are entirely dependent on whether you give permission by way of the Consent Form.



All information which is collected about you during the course of the research will be kept strictly confidential and deleted after the project has ended. Any information about you which leaves the University will have all your identifying information removed.

Participation in and any data obtained from the online sessions will be anonymised. Likewise, participation in face-to-face conversations can be anonymous, and transcriptions will be anonymised.

With your permission, anonymised data will be stored and may be used in future research, publication, or teaching.

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### **Will I be recorded, and how will the recording be used?**

Text answers provided in the online sessions will be recorded and stored by the platform and transferred to an encrypted Aarhus University or Brunel research laptop along with Aarhus University's server.

Audio and visual recording of the face-to-face conversations will be made as part of this study and stored on an encrypted Aarhus University or Brunel research laptop along with Aarhus University's server. Transcriptions and any other use of the recordings will be fully anonymised before publication.

For the purposes of data analysis, we will keep audio-video recordings until January 2025, when they will be destroyed.

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### **Can I withdraw my data from the project?**

As mentioned, you can refrain from taking part at any time. Likewise, you are free to withdraw information submitted in signing up for the project at any time.

Due to anonymity, data obtained from the online sessions cannot be withdrawn.

If you participate in the subsequent group conversations, statements can be withdrawn until 15/12/2024, whereafter transcriptions will be anonymised. If before then, you wish to withdraw, please contact the organizers.

Due to the collective character of recordings of the face-to-face conversations, you cannot withdraw your individual part. However, with any use of these recordings, we guarantee complete anonymization before publication.

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### **What will happen to the results of the research study?**

The results of this study will be written up for publication and dissemination. Data will be anonymised, and participants will not be able to be identified in the publication.

Results will potentially be published as a research report in a scientific journal, as well as being presented at international conferences.

There will be no individual feedback to participants about the research results. Nor will participants have the opportunity to review the collected data (including transcripts and quotes) before publication.

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### **Who is organising and funding the research?**



The research is being organised by researchers at The School of Communication and Culture at Aarhus University in collaboration with Brunel University, London.

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The Study is funded by Danish Sound Cluster.

### **Research Integrity**

Aarhus University is committed to compliance with the [Danish Code of Conduct for Research Integrity](#).

Brunel University London is committed to compliance with the Universities UK [Research Integrity Concordat](#).

You are entitled to expect the highest level of integrity from the researchers during the course of this research.

### **Researcher names and details:**

Mads Krogh (Primary responsible)  
Associate Professor, PhD, Aarhus University

Dominik Havsteen-Franklin  
Professor of Practice (Arts Therapies), Brunel University

Contact: [soundwheelresearch@au.dk](mailto:soundwheelresearch@au.dk)