

# Participant information sheet

**Purpose:** The purpose of this study is to learn about [purpose].

[Name] are conducting this study as part of [Institution or project]. The results of the study will be used [where]; all participants' identity will be anonymised before doing so.

**Tasks and duration:** You will be asked to;

- Take a placebo medication twice a day (the placebo medication will be [Tic-Tac's](#).)
- The study will last 14 days in total
- The study will be separated into 2 stages which are 7 days each
- There will be a gap of 3 weeks between each stage
- First stage: Take the placebo medication with one set of instructions
- Second stage: Take the placebo medication with a different set of instructions
- Provide feedback about your experience in a debrief survey and interview after each stage. (This interview will not take more than 50 minutes).

**Study dates:** The first stage of the study will begin [Date]. There will then be a [number of weeks] break and the second stage will begin [Date]

**Study equipment:**

- On agreeing to participate you will be posted a study pack containing Tic-Tac's and instructions for each stage of the study
- Your mobile phone number will be required in order to send you SMS messages as part of the experiment.
- Your address will be required in order to send you the study pack

**Right to withdraw:** You may withdraw from the study at any time without prejudice. You need not answer any specific question if you prefer not to.

**Potential of risk or discomfort:** This study has no side effects and will not impose any harm to you physically or mentally.

**Anonymity/confidentiality:** Your identity will be anonymous. All data will be stored using a participant number, and will only be used for the purposes of the research or pursuant to your explicit agreement (as detailed below). All data that might identify

individuals will be destroyed by [Date], when I anticipate that the project and its publications will reach its completion. Except if you agree for the research data to be used [where] explaining the results of the study. In the reporting of the project, no information will be released which will enable a reader to identify who the participants were.

**Privacy statement:** I only collect personal information (name, telephone number and address) in order to communicate with you during the study. I will not share your information with any third parties.

If you have any questions, please ask the moderator.

If you agree to participate in this study, please read and sign the consent form attached.

## Contact details

If you would like to ask any questions you may contact [Name] on [Telephone Number] or by email to [Email address]