** Participant Information Sheet**

**The title of the research project**

An Exploration into whether social media enhances or hinders athlete performance

**What is the purpose of the research/questionnaire?**

The purpose of this project is to gain an understanding between different age groups to whether or not social media has a positive or negative effect on both general mental health and athletic sport performance. This data will be used as examples to back up points made within a dissertation research paper.

**Why have I been chosen?**

You have been chosen due to yourself being a high performance athlete that experiences social media use surrounding your individual and team performance. I am looking to gather at least 20 participants for this questionnaire.

**Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part, you will be given [have access to] this information sheet to read. You can withdraw from participation at any time and without giving a reason, simply by closing the browser page. Please note that once you have completed and submitted your survey responses, we are unable to remove your **anonymised responses** from the study. Deciding to take part or not will not impact upon you [your education or studies at BU (if applicable)].

**How long will the questionnaire/online survey take to complete?**

5-10 minutes.

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

Whilst there are no immediate benefits for those people participating in the project, it is hoped that this work will provide insight to other people of similar backgrounds to yourself on the positives and negatives of social media related to sporting performance. Your answers will be extremely informative to both readers and the quality of the papers research.

Whilst we do anticipate any risks to you in taking part in this study, you may withdraw any personal information from the data at any time after this interview.

**What type of information will be sought from me and why is the collection of this information relevant for achieving the research project’s objectives?**

The topic of this paper is about how social media directly effects athlete performance. The type of information gathered from yourself will involve personal experiences as a result of social media being a factor in both your daily and performance lifestyle. Your answers will be extremely informative to both readers and the quality of the papers research and will relate to a number of topics involving social media and mental health.

**Use of my information**

Participation in this study is on the basis of consent: you do not have to complete the survey, and you can change your mind at any point before submitting the survey responses. Once we receive your survey response, your personal information is processed in compliance with the data protection legislation. We will use your data on the basis that it is necessary for the conduct of research, which is an activity in the public interest.

Bournemouth University (BU) is a Data Controller of your information which means that we are responsible for looking after your information and using it appropriately. BU’s Research Participant Privacy Notice sets out more information about how we fulfil our responsibilities as a data controller and about your rights as an individual under the data protection legislation. We ask you to read this [**Notice**](https://www.bournemouth.ac.uk/about/governance/access-information/data-protection-privacy/research-participant-privacy-notice) so that you can fully understand the basis on which we will process your information.

Once you have submitted your survey response it may not be possible for us to remove it from the study analysis, as this might affect our ability to complete the research appropriately or the accuracy and reliability of the research findings.

The information collected about you may be used in an anonymous form to support other research projects in the future and access to it in this form will not be restricted. It will not be possible for you to be identified from this data. Anonymised data will be added to BU’s [Data Repository](https://research.bournemouth.ac.uk/research-environment/research-data-management/) (a central location where data is stored) and which will be publicly available.

*Retention of your data*

All personal data collected for the purposes of this study will be held for 2 years from the date of publication of the research or presentation of the results to the sponsor, whichever is later/2 years after the award of the degree]. Although published research outputs are anonymised, we need to retain underlying data collected for the study in a non-anonymised form for a certain period to enable the research to be audited and/or to enable the research findings to be verified.

**Contact for further information**

If you have any questions or would like further information, please contact

Samuel Bennet (researcher) – [S5210215@Bournemouth.AC.UK](mailto:S5210215@Bournemouth.AC.UK)

Or

Na Young Ahn (Dissertation Supervisor) – [NyAhn@Bournemouth.Ac.Uk](mailto:NyAhn@Bournemouth.Ac.Uk)

*In case of complaints*

Any concerns about the study should be directed to Samuel Bennett. If you concerns have not been answered by Samuel Bennett, you should contact Dianne Goodman within the Sport management faculty at Bournemouth University by email to [researchgovernance@bournemouth.ac.uk](mailto:researchgovernance@bournemouth.ac.uk).

**Consent to Participate (to be included as a consent statement as part of the online questionnaire):**

Please indicate that you have read and understood the Participant Information Sheet for this research project and that you consent to take part in this questionnaire before continuing:

I have read and understood the Participant Information Sheet and consent to take part in this questionnaire

I do not consent to take part in this questionnaire [exit at this point]

Please indicate your agreement for the Research Team to access and use your recorded responses to this questionnaire before continuing:

I give permission for members of the Research Team to have access to my non anonymised responses.

I understand that my words may be quoted in reports, academic publications and presentations and other research outputs:

I agree that my real name can be used in the above.

I do not agree that my real name can be used in the above.

I understand that my data may be included in an anonymised form within a dataset to be archived at BU’s Online Research Data Repository.