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Daily Mood Study Information Sheet

We would like to invite you to take part in an innovative study of daily mood. This sheet will provide you with important information about what the study involves. If anything is unclear, or if you would like more information, please get in touch with the TEDS team (details above).

What is the study about?

People's feelings and moods change from day to day. While everyone has his or her ups and downs, we know little about these daily changes and the reasons for them. This study takes an innovative approach to recording people's daily mood changes over an extended time period (40 consecutive days).

What does the study involve?

The entire study is conducted on line, using our own secure web site. When you log in each day you will be presented with 10 mood adjectives and you will be asked to rate each of them on a scale from 1 to 5 according to how you have been feeling that day. There are no right or wrong answers and completing the study each day **will take no more than 2 minutes**. We would like you to log in after 3pm every day to report your feelings and moods for that day, and we will make it possible to log in at any time between 3pm and 3am daily. **It is important that you log in to start the study no later than Monday 24th February**. If you try to start after this date you will find that the study has closed to new participants. The reason for the tight deadline is that the success of the study relies on all participants starting on approximately the same date. We understand that you may have to miss a day or two during the 40 day period of the study. A few days of missing data will not affect your eligibility for the rewards described below. **However it is important for the success of the study that both of you log in for as close to 40 days as is possible (and ideally for all 40 consecutive days)**. Given the special nature of this innovative study, we would greatly appreciate it if you can consecutively report your daily feelings every day for all 40 days.

Rewards

To say thank you for taking part, on completion of the study we will send each of you (by email) a **£40 Love2reward flexecode voucher**, which can be used at a wide range of websites (Amazon, iTunes, Lovefilm, etc.). We will also hold a prize draw at the end of the study. The prize is either an iPad Mini or a Nexus 7 tablet, whichever each of you prefers. **Unfortunately you will not be eligible for the voucher or entry to the prize draw if you start the study and then drop out.**

Confidentiality

All the information you provide is for research purposes only, and will be kept strictly confidential. TEDS data are sometimes used in future studies and shared with other researchers, but only anonymously, with all personally identifiable information removed. The results of the study will be published in peer-reviewed scientific journals.

It is entirely up to you whether or not to participate. If you choose not to, it will not affect your future participation in TEDS. If you do participate, you can withdraw again at any time, without having to give a reason.

Queries?

If you have any questions, please do not hesitate to contact us by email, or call our Freephone line (details above).