

SCARED SO WHAT Research For Change

Participant Information with Consent Sheet - (PICS) Minimal Risk only

*This sheet is to be given to participants only for research projects/studies that are classified as **Minimal Risk** (e.g. digital surveys, hard copy questionnaires - not distributed via email and interviews - with no voice recordings).*

Minimal Risk projects do NOT involve: the collection of any type of personal identifiable data; voice recordings; focus groups; experiments/observation studies, vulnerable groups (e.g. anyone under 18 years old, adults with cognitive impairment etc) and sensitive topics (anything deeply personal and distressing, taboo, intrusive, stigmatising, sexual in nature, illegal and potentially dangerous, harmful to national security etc). The above are classified as “More than Minimal Risk” or “High Risk” projects/studies and require a different “Participant Information Sheet” (PIS) and a signed Consent Form.

1. Project/Study title

Efficacy of the Personal Change Standard app and model for managing personal change.

2. Invitation paragraph

You are being invited 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 us 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.

3. What is the purpose of the project/study?

The Scared So What model was created in a sales transformation masters program conducted at Middlesex University of London from 2018 to 2020. During that timeframe the base formation of the SCARED quiz and the SO WHAT templates were made available via Excel templates and used by participants around the globe. Since then, our Founder has carried on ward in continuing his research within the doctoral program at Middlesex. He has also developed the Scared So What APP technology and now has the program fully digital. The main objectives in doing this research will be to achieve the following:

- Invite participants through digital and social media links in a series of open calls to allow for the collection of non-identifiable data on the efficacy of the app technology for advancing personal change management.
- Collect data responses both quantitative and qualitative to assess feasibility and usefulness and or to change and adapt the delivery mechanisms.
- Seek to publish and share the results and conclusions of the research study.

By performing these objectives, we shall be in a position to assess feedback and incorporate into future technology deliverables in supporting personal change management for individuals and organizations. In leading change, a leader creates the vision and strategy for the team to manage and create plans and actions to achieve the end goal. (Kotter, 2012).

4. Why have I been chosen?

It is important that we assess as many participants responses as possible, and by reviewing this information and self-enrolling into the survey, you have then indicated that you are interested in taking part in this study. This study is 100% completely voluntary and driven by your own actions.

5. Do I have to take part?

It is up to you to decide whether or not to take part. For online surveys, it will not be possible to withdraw any answers (to questions) that you give since no personal data will be collected to identify you and your answers.

6. What will I have to do?

E.g. You will be asked to give answers to questions via an online questionnaire. It should not take any longer than approximately 5 to 10 min for surveys.

7. What are the possible risks or benefits of taking part?

There are no known risks in participating in this project. We hope that participating in the study will help you and many others in the future. However, this cannot be guaranteed. The information we get from this study may help us to use the data from these surveys to help round out our research and frame up the change model and delivery system accordingly. This research project will provide guidance to help further the development of the model and follows a socially constructed, subjective, approach. This may result in changing the model delivery or strengthening its current format and structure.

8. Data Protection and Confidentiality

Personal data (e.g. your name, email address, any data that can identify you) will NOT be collected by this study and your confidentiality will be protected. The research surveys follow all GDPR guidelines and survey data response information will be stored on our local UK servers in a cloud-based environment.

For definition: Personal data is any data that can lead to the identification of a specific (living) person. It can be obviously identifiable data such as name or ID number but it can also be a combination of "innocent" data such as age, height/weight, wealth, job position, company, city, etc. that when combined can lead to the identification of a person.

9. What will happen to the results of the research study?

The results of the research study will be used as part of the Scared So What Research for Change use. The results may also be presented at conferences or in journal articles. The study may also be utilized for future academic research. The data results might be utilized to improve the current app technology and delivery mechanisms for all future users.

11. Who has reviewed the study?

The study has received full ethical clearance the Founder of SCARED SO WHAT Ltd, Dr. Grant Van Ulbrich and is also supported by the 3 Doctors network at www.3Doctors.org.

12. Contact for further information

If you require further information, have any questions please contact:

Dr. Grant Van Ulbrich, Primary Research at Info@Scaredsowhat.com

CONSENT STATEMENT

I have read and understood the participant information above and by answering questions in posted online questionnaires, I freely and voluntarily give my consent to participate in this project/study.

Thank you for agreeing to take part in this study. You (the participant) should keep this "Participant Information with Consent" sheet since it contains important information and the research teams contact details.