PARTICIPANT INFORMATION SHEET

1. **Title of project**
   Daily predictors of distressing contamination fears.

2. **Purpose of the study**
   With the COVID-19 pandemic and recurrent lockdowns, there are increasing reports of distressful worries and anxieties about being infected by the Covid-19 virus (also known as infection fears) in young adults and their increasing negative impact on mental health difficulties. Building on clinical evidence from obsessive compulsive disorder research, where such fears are common, those with excessive infection fears often seek help and reassurance from their relatives. However, relatives often are not well equipped to support their loved ones, and evidence suggests that different forms of support are associated with different mental health outcomes.

   This study uses real-time, daily self-monitoring assessments to capture distressing infection related fears in young adults during daily life of the pandemic. By tracking these experiences in the context of daily life, we will also explore how perceived support and attitudes from relatives can impact on these experiences.

3. **Who is the researcher?**
   The principal investigator is Dr Debora V. Sa, Senior Lecturer at Anglia Ruskin University and Chartered Psychologist. Dr Sharon Morein is the project collaborator, and the research assistant is Nela Wiedermannova all based at Anglia Ruskin University.

4. **Why have I been asked to participate?**
   You have been sent this information because you responded to an advertisement or heard about this study and might be interested in taking part as a young adult who is:
   - Aged 18 to 25
   - Currently experiencing high levels of covid-related infection fears
   - Living or having at least 10 hours of weekly contact (face-to-face or online/phone) with a key relative (such as a spouse, partner, parent or close friend) who will be interested in taking part
   - Have an Android smartphone with internet access for the duration of the study
   - Currently not receiving a psychological behavioural intervention or having a primary organic disorder

5. **How many people will be asked to participate?**
   We aim to recruit a total of 50 pairs of participants, that is those with infection fears and a key relative.

6. **Do I have to take part?**
   Participation is entirely voluntary. If you do decide to take part, you will be asked to complete a consent form. You are free to withdraw from the study at any time without having to give a reason.

7. **Has the study got ethical approval?**
   The study has been approved by the Anglia Ruskin University School of Psychology and Sport Science Ethics Panel (SREP).

8. **Source of funding for the research**
   The study is funded by Anglia Ruskin University.

9. **What will happen to the results of the study?**
   It is intended that the results of the study will be reported at scientific meetings and leading charities, published in relevant academic journals, presented in scientific conferences and shared with interested research participants a newsletter. Your data will be associated with a study number (e.g., participant 001). All information collected will be treated confidentially and your identity will not be published or disclosed.

10. **Contact for further information**
    Dr Debora V. Sa (debora.sa@aru.ac.uk) or Nela Wiedermannova (nela.wiedermannova@aru.ac.uk).

Your Participation in the Research Project

1. **What will I be asked to do?**
   - First, we will ask your verbal consent over the phone/online to ask you some questions to see if you meet the study inclusion criteria. For instance, we will ask you if "you find difficult to touch dirty things", "you wash your hands more often and longer than necessary" and if "you live or have at least 10 hours of weekly face-to face or online contact with a key relative that is willing to also take part". If you are eligible to take part, you will then be asked to consent online and complete a short online survey, which will take 15 minutes and includes questions about your infection fears, perceived interactions with your relative and some demographic questions (such as your age and gender).
   - Then you will be instructed to install the free MovisesnXS app on your phone (https://www.movisens.com/en/products/movisensxs/#demo) to track your daily infection fears experiences and interactions with your key relative over 7 days. This method is called experience sampling. The app will beep up to 8 times per day at unpredictable times, between 9 am - 10:30 pm, and, on each occasion, you will be asked to answer some brief questions; which will take approximately 2 minutes to complete. These questions will be about your mood (e.g., 'when the beep went off, I was feeling sad'), experiences (e.g., 'when the beep went off, I was worrying about getting contaminated'), daily interactions with your relative (e.g., 'when the beep went off, my relative was helping me'), and activities (e.g., 'when the beep went off, I was watching TV'). These questions will be answered by either rating scales (e.g., from 'not at all' to 'very much') or ticking boxes. Your relative will be answering similar questions on their own phone using the same app.
   - Las day, you will be asked to feedback your experience by completing a short online survey which will take approximately 10 minutes.
   - In total, the two surveys should take no longer than 25 minutes to complete and responding to the daily beeps should take no longer than 20 minutes per day to complete.

2. **In relation to this specific research project, we need to make you aware of the following:**
   I (Debora Vasconcelos e Sa) have control over the research and will be responsible for any personal data you give to us.

3. **We will be asking you for the following information:**

Personal Data			
X	Name/ Contact details	X	Experiences
X	Age	X	Demographics (gender, age, occupational and educational status and living arrangements)
X	Contact hours per week		

4. **What will happen to your data?**
   All data will be pseudo-anonymised using an alpha-numeric subject codes and used for research analyses. Pseudo-anonymised means associating your details with a generic subject code (e.g., participant 001). All data will remain in the European Economic Area (EEA), i.e., EU member states also Iceland, Liechtenstein and Norway. All data will be stored securely at

Anglia Ruskin University. Qualtrics Privacy Policy can be found here: https://www.qualtrics.com/privacy-statement/ and the data will be held by the survey provider. MovisensXS data privacy can be found here: https://docs.movisens.com/movisensXS/faq/#data-privacy. All data is encrypted (both between smartphone and server respectively and between the server and browser of the researcher), and Decryption of the data will happen only on the server. If a smartphone is lost by the participant, the data collected cannot be decrypted by a third person. MovisensXS does not know the identity of the participant. All participants get a pseudonym. In the study no personal data is allowed to be collected that allows the participant to be identified (e.g., name).

5. **Will I receive any payment to take part in the research?**
   If you take part with a relative, you will receive a £40 (£20 each) retail voucher as compensation for your time.

6. **Are there any possible disadvantages or risks to taking part?**
   The project does not carry any risk beyond that experienced in everyday life. Your agreement to take part in this research does not affect your legal rights.

7. **What are the likely benefits of taking part?**
   There are no direct benefits to study participants. However, we hope that the research will help us to develop a better understanding of how people experience infection fears and how interactions with those around them can affect these experiences. If you take part with a relative, each of you will be individually sent an Amazon £20 retail voucher as compensation for your time.

8. **Can I withdraw at any time, and how do I do this?**
   Participation is entirely voluntary, and you have the right to withdraw at any time without having to give a reason. If you decide to take part in this study and wish to withdraw, you are free to do so without prejudice, for up to two weeks after completing the study. However, we will ask that you allow us to keep any anonymised data collected. If, following your participation, you would like to withdraw your data from the study, please, contact the lead researcher at debora.sa@aru.ac.uk. You will be assigned a participant code (for more see Q4) that will be used to withdraw your data.

9. **What will happen to my data?**
   Our general privacy notice, explaining our use of your personal data for research purposes, is available here: https://www.anglia.ac.uk/privacy-and-cookies/research-participants. Please visit this link for information about how long we keep your data, how we keep your data secure, how you can exercise your rights over your data, and how to make a complaint over our use of your data.

10. **Will I pass onto anyone else what you have told me?**
    Your data will be pseudo-anonymised, by the researcher, using participant ID numbers, which will be assigned to participants at the start of the study. The anonymised data will be analysed by the members of the research team, and it will not be possible to identify research participants in any dissemination of the research.

11. **Summary of research findings**
    We will report back the main findings to the leading charities, in scientific meetings, conferences and publications and in public awareness outreach events.

12. **Contact details for complaints**
    If you have any complaints about the study, please contact Debora V. Sa (Debora.sa@aru.ac.uk). You may also contact Anglia Ruskin University's complaints team at complaints@aru.ac.uk or Office of the Secretary and Clerk, Anglia Ruskin University, Bishop Hall Lane, Chelmsford, Essex, CM1 1SQ.