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PARTICIPANT INFORMATION SHEET

INVESTIGATING FACTORS AFFECTING ALCOHOL CONSUMPTION

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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 would 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 you wish to take part and remember that your participation is voluntary.

What is the purpose of the study?

This study will investigate factors that affect the drinking experience and our thoughts and feelings about alcohol consumption.

Why have I been invited?

You have been chosen because you have enquired about our studies or have requested to receive this further information after reading about this study in an invite or advertisement.

Do I have to take part?

It is up to you to decide whether to take part. If you do decide to take part, you would be given this information sheet to keep and be asked to sign a consent form prior to any further procedures. If you decide to take part you are still free to withdraw at any time and without giving a reason. A decision to withdraw, or a decision not to take part would not be held against you in any way.

Am I eligible to take part?

Please note you must be aged over 18 to volunteer and may be asked to provide identification as proof of age.

Please read all the criteria very carefully and contact the researcher if you have any doubts regarding your eligibility. If you do not pass the screening on the study day, you will not be able to take part, and we cannot offer reimbursement for screening failures.

In order to take part, you should;

- Be aged between 18 and 40 years
- Be a regular alcohol consumer (i.e., at least one alcohol drink per week)
- Drink beer as a drink of choice
- Speak English as first language or equivalent level of fluency

You would **NOT** be able to take part in the study if you;

- Drink alcohol with 24 hours of the study sessions (confirmed by breath test)
- Are pregnant or breast feeding (females who are unsure will be given the option of a urine test for pregnancy)
- Have current or past alcohol use disorder or alcoholism
- Have an uncorrected visual impairment
- Have an uncorrected auditory impairment

Expenses and reimbursement

On completion of the study you would be reimbursed £7. If you are an Experimental Psychology undergraduate student at the University of Bristol, you can opt for equivalent experimental hours credits.

Participants who are ineligible on the testing day based on the criteria described above, will not be reimbursed or given course credit. Please read these criteria carefully to ensure that you are eligible. If you are unsure about your eligibility, please contact the research team.

How much time will the study take?

You would attend one session of approximately 40 minutes. This will be scheduled at a time that suits you on any weekday between 12 and 5 pm. You should not drink alcohol for 24 hours prior to each study session. We will run a breath test at the start of the session, and if you show a positive reading for alcohol, we would not be able to test you on that day.

What will I have to do?

Upon arrival, you would be given the opportunity to read this information sheet again and ask any questions you may have. We would then ask you to complete two identical consent forms (one for you to take and one for us to keep), before we would screen you for eligibility. The screening would comprise some questions and a breath test. If you are eligible the main study session would begin.

The study procedure would involve you completing some questionnaires about your alcohol consumption patterns and beliefs. You would be served 500 ml of beer (Becks, 4.8% alcohol by volume). You would be given 10 minutes to consume as much of this drink as you like while completing a drink rating questionnaire. At the end of the session you would be reimbursed and debriefed about the study.

How much alcohol would I receive?

You will be served 500 ml of beer (Becks, 4.8% alcohol by volume) in a pint glass. However, you do not need to drink it all. You can drink as much as you wish.

As you will be consuming some alcohol (up to 500 ml if you choose to finish the drink), it is important that you make the necessary arrangements to avoid doing anything considered dangerous after consuming alcohol (such as driving home).

What are the possible disadvantages and risks of taking part?

There are no expected risks of taking part in this study beyond the risk associated with acute alcohol consumption. As a regular consumer of alcohol, you will not be expected to have any negative reactions to the drink. However, you may experience feelings of intoxication. You should not drive, cycle, operate heavy machinery or engage in any other activity considered hazardous following alcohol consumption, for the rest of the day. You should make necessary arrangements to avoid the need to do any such activity after the sessions. At the end of the sessions, we recommend that you stay behind until the effects of alcohol have worn off, and we can arrange a taxi to take you home (local) if required.

What if there is a problem?

Any complaint about the way you have been dealt with during the study or any possible harm you might suffer would be addressed.

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for legal action but you may have to pay for it. Regardless of this, if you wish to complain or have any concerns about any aspect of the way you've been approached or treated during the course of this study, please contact the lead member of the study team (angela.attwood@bristol.ac.uk) or if you would prefer to deal with someone not involved in the study you can contact the University of Bristol Research Office (red-office@bristol.ac.uk).

Will my taking part in this study be kept confidential?

Yes. Personal information that could identify you (e.g., name, email address) will be kept securely by the study team and will not be shared publicly or with other research groups. On occasion, this information may be made available to university staff, funders or government bodies which monitor whether research studies are performed properly. However, this will only be in the context of monitoring and this information will not be used to contact you or to make your participation in this study known.

What would happen to the results of the research study?

During the study, we will collect two types of data: screening data and study data. Both types of data are anonymised. This means we give the data a unique identification number and your personal information (e.g., name, email address) will be removed, so that you cannot be identified by this information.

Screening data are collected before you are fully enrolled onto the study. They identify whether you are eligible for the study, but they are not part of the study data. We keep these data securely within our research group but do not share them.

Study data refer to the information gathered once you are enrolled onto the study. These data are collected to answer our research questions.

When the study has been completed, we analyse the study data we have collected and report the findings. This will be reported in an appropriate scientific journal or presented at a scientific meeting. If you would like a copy of the final paper, you may request this. As your study data are anonymised, it will not be possible to identify you by name from any aspect of documentation or reporting for this research study.

At the end of the study your study data will become “open data”. This means that it will be stored in an online database so that it is publicly available. Your screening data will not be shared.

What is open data?

Open data means that study data are made available, free of charge, to anyone interested in the research, or who wishes to conduct their own analysis of the data. We therefore have no control over how these data are used. However, all data are anonymised before being made available and therefore there is no way to identify you from the study data.

Why open data?

Sharing research data and findings is considered best scientific practice and is a requirement of many funding bodies and scientific journals. As a large proportion of research is publicly funded, the outcomes of the research should be made publicly available. Sharing data helps to maximise the impact of investment through wider use, and encourages new avenues of research.

Can I withdraw my study data after I have participated in the study?

Yes. If you decide that you do not want your data to be used, you can contact the study team and request that your data are withdrawn. You can do this up to one year after the study ends or up until the point the data are shared as “open data” (whichever comes first). At this point links between your identity and your anonymised data set would be destroyed, and therefore we would no longer be able to withdraw your data as we would no longer be able to identify which data set is yours.

Who has reviewed the study?

The study has been reviewed by the Faculty of Science Research Ethics Committee at the University of Bristol (reference: 64504).

Who can I contact for further information?

For further information or to enrol in this study please contact Carlos Sillero (cs16092@bristol.ac.uk). If you participate in this study, you would be given a copy of this information sheet and a signed consent form to keep.