

## Psychological Determinants of Cycling Time Trial Performance Adult Participant Information Sheet

### Investigators Details:

John Bird, NCSEM, Loughborough University, LE11 3TU. Email: [j.bird@lboro.ac.uk](mailto:j.bird@lboro.ac.uk)

Dr Ian Taylor, NCSEM 1.49, Loughborough University, LE11 3TU. Email:

[i.m.taylor@lboro.ac.uk](mailto:i.m.taylor@lboro.ac.uk) Tel: [01509 223274](tel:01509223274)

Chris Gunn, Loughborough University, LE11 3TU. Email: [C.Gunn2@lboro.ac.uk](mailto:C.Gunn2@lboro.ac.uk)

We would like to invite you to take part in our study. Before you decide we would like you to understand why the research is being done and what it would involve for you. One of our team will go through the information sheet with you and answer any questions you have. Talk to others about the study before making a decision if you wish.

### What is the purpose of the study?

The purpose of the study is to investigate the role of perceived exertion and emotional affect in endurance performance. More specifically, to investigate the effects of competition on how one feels during an endurance time trial.

### Who is doing this research and why?

The main investigator is John Bird, a PhD student at Loughborough University. Dr Ian Taylor is a Senior Lecturer in the School of Sport, Exercise, and Health Sciences at Loughborough University, and is supervising the project. Chris Gunn is a PhD student at Loughborough University and will be assisting with the research.

### Are there any exclusion criteria?

You must be between 18 and 35 years old and spend at least 5 hours a week training on a bicycle or exercise bike.

### What will I be asked to do?

You will need to take part in three lab sessions separated by at least 3 days.

#### Session 1

You will complete a few simple questionnaires, and then following a brief warm-up you will complete a 16.1km (10 mile) time trial on a cycle ergometer as fast as you can. During the time trial you will be asked to report your rating of perceived exertion (how hard you are working) and your emotional affect (whether you feel good or bad).

#### Sessions 2 & 3

The following two sessions will be the same as session 1, however during the second and third time trials you will compete against a group of individuals of a similar standard (based on your performance in the first session) through a leader board displayed in front of you.

The leader board will update with changes in position every 2km until the end of the time trial. A £15 Amazon voucher will be given to the fastest man and woman in each of the competitive time trials.

### **Once I take part, can I change my mind?**

Yes. After you have read this information and asked any questions you may have if you are happy to participate we will ask you to complete an Informed Consent Form, however if at any time, before, during or after the sessions you wish to withdraw from the study please just contact the main investigator. You can withdraw at any time, for any reason and you will not be asked to explain your reasons for withdrawing.

You will be able to request that your data is withdrawn from the study up to 2 months from your participation in the study. After this time, it may not be possible for you to withdraw your data from the study as the data may have been aggregated or published.

### **Will I be asked to attend any sessions and where will these be?**

You will be required to attend three sessions. The study will take place in a physiology laboratory at Loughborough University. You will be given the precise location when booking your first visit.

### **How long will it take?**

Each session will take no longer than 90 minutes to complete.

### **Are there any disadvantages or risks in participating?**

There are no risks in participating in excess of your normal training and competition.

### **Data Protection Privacy Notice**

Loughborough University will be using information/data from you in order to undertake this study and will act as the data controller for this study. This means that the University is responsible for looking after your information and using it properly. Loughborough University will keep identifiable information about you for 10 years after the study has finished. The University's Data Protection Officer can be contacted at: [dp@lboro.ac.uk](mailto:dp@lboro.ac.uk).

### **What personal information will be collected from me?**

Your name, gender, date of birth, contact details, and health information (including height and weight) will be collected.

### **Why is this personal information being collected?**

The personal data is being collected in order to produce a summary of the cohort of participants used in this study. Your personal data will be anonymised and collated under

a participant number. Your name will only appear on the informed consent and repeat visits forms.

### **How long will my personal data be retained?**

Your personal data will be stored securely for 10 years, after which it will be destroyed.

### **Will my taking part in this study be kept confidential?**

All data will be kept confidential and only anonymised results will be used for research purposes. Every participant will be given a personalised identification number in line with the Data Protection Act 1998. All data will be coded and logged on a password protected computer; completed questionnaires will be stored in a locked cupboard. All data will be destroyed 10 years after data is last accessed.

### **How will the data collected from me be used?**

The results will be submitted as part of a PhD thesis at Loughborough University. It may also be published in academic journals; however no identifying details will be published at any point.

### **What is the legal basis for processing the data?**

Personal data will be processed on the public task basis.

Individuals' rights to erasure and data portability do not apply if you are processing on the basis of public task. However, individuals do have a right to object.

Under the General Data Protection Regulation (GDPR), some of the personal data which will be collected from you is categorised as "sensitive data". The processing of this data is necessary for scientific research in accordance with safeguards. This means that study has gone through an ethical committee to ensure that the appropriate safeguards are put in place with respect to the use of your personal data.

### **Will my data be shared with others?**

Your data will only be shared with the investigators named at the top of this document.

### **How long will the anonymised data/samples be retained?**

Your anonymised data will be stored securely for 10 years, after which it will be destroyed.

### **I have some more questions; who should I contact?**

Please contact John Bird ([j.bird@lboro.ac.uk](mailto:j.bird@lboro.ac.uk)) for further information.

If you have any questions more generally regarding Data Protection at the University, then please do contact the Data Protection Officer on [dp@lboro.ac.uk](mailto:dp@lboro.ac.uk) or write to The Data

Protection Officer at Academic Registry, Loughborough University, Loughborough, Leics, UK LE11 3TU.

### **What if I am not happy with how the research was conducted?**

If you are not happy with how the research was conducted, please contact the Secretary of the Ethics Approvals (Human Participants) Sub-Committee, Research Office, Hazlerigg Building, Loughborough University, Epinal Way, Loughborough, LE11 3TU. Tel: 01509 222423. Email: [researchpolicy@lboro.ac.uk](mailto:researchpolicy@lboro.ac.uk)

The University also has policies relating to Research Misconduct and Whistle Blowing which are available online at <http://www.lboro.ac.uk/committees/ethics-approvals-human-participants/additionalinformation/codesofpractice/> .

If you have taken steps to have a concern or complaint about Loughborough University's handling of data resolved but are still not satisfied you have a right to lodge a complaint with the Information Commissioner's Office (ico), who are the relevant regulator for data privacy and protection matters. The ico can be contacted at Wycliffe House, Water Lane, Wilmslow, SK9 5AF and you will find more information at <https://ico.org.uk>.

### **Is there anything I need to do before the sessions?**

Please refrain from consuming caffeine for 2 hours prior to each session. Additionally, please avoid strenuous exercise for 24 hours before each session.

### **What type of clothing should I wear?**

Please wear clothes in which it is comfortable to perform a cycling time trial.

### **What are the possible benefits of participating?**

A £15 Amazon voucher will be given to the fastest male and female in each competitive time trial. If one individual is fastest in each time trial then the second fastest individual will win the second voucher.