

Longitudinal tracking of Heart Rate Variability (HRV)

Consent form for participating in a research project

Principal investigator: **Dr Tony Steffert, MindSpire**

- 1 I consent to participating in this project, the details of which have been explained to me, and I have been provided with a written statement in plain language to keep.

Q1. (Please tick)	Yes	<input type="radio"/>		No	<input type="radio"/>
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2. I understand that my participation will involve the recording of my Heart Activity as well as the completion of questionnaires and that the study should take around 30 days to complete. The anonymised Heart Activity and psychometric data will be recorded and analyzed only for the purpose of the research and in no way will be used for risk screening or diagnosing purposes.

Q2. (Please tick)	Yes	<input type="radio"/>		No	<input type="radio"/>
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3. I acknowledge that:

- a The possible effects of participating in this research have been explained to my satisfaction;
- b I have been informed that I am free to withdraw from the project at any time without explanation or prejudice (please just inform me if you wish to do so) or to withdraw any unprocessed data I have provided, (please contact me; Tony Steffert by the 31/10/2020 to withdraw any data);
- c The project is for the purpose of research;
- d I have been informed that the confidentiality of the information I provide will be safeguarded subject to any legal requirements;
- e I have been informed that with my consent the data generated will be stored in an anonymised form on an encrypted storage device and any publications will be based on the anonymised data and that the anonymised Heart Activity, and questionnaire data will be permanently deposited on a publicly open database;
- f If necessary, any data from me will be referred to by a pseudonym in any publications arising from the research;
- g I have been informed that a summary copy of the research findings will be forwarded to me, should I request this.

Q3. (Please tick)	Yes	<input type="radio"/>		No	<input type="radio"/>
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4. I wish to receive a copy of the summary report research findings:

Q4. (Please tick)	Yes	<input type="radio"/>		No	<input type="radio"/>
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Dr Tony Steffert
MindSpire
+44 (0)7966 484 289
www.mindspire.co.uk
tony.steffert@mindspire.co.uk

	You can type your name and info here:
Name:	<input style="width: 95%;" type="text"/>
Date:	<input style="width: 95%;" type="text"/>
Email:	<input style="width: 95%;" type="text"/>

When you have filled in the form can you please print as a PDF and save with your name. To do this just go to the usual print option, but instead of selecting your printer, select PDF file (If you save as, it will just save the empty form). Then email it back to me. Thank you. Tony Steffert