

Behavioural Application

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UnivRS Internal ID:

Date Received: [Click here to enter a date.](#)

PART 1: KEY INFORMATION

Title*: Praise and Continued Involvement in Physical Activity
Level of Risk: * Choose an item. Minimal
Expected Start Date: * February 14, 2018
Expected End Date: * April 5, 2018
If applicable, explain why this application is time sensitive: N/A

Project Personnel

Principal Investigator				
Name:	NSID:	Email:	Phone:	Organization (Department):
Gerald Farthing	Grf082	Grf082@mail.usask.ca	306-966-8925	Department of Psychology, Arts & Science
Sub-Investigator(s)				
Name:	NSID:	Email:	Phone:	Organization (Department):
Student(s)				
Name:	NSID:	Email:	Phone:	Organization (Department):
Kelly Doud	Ked457	Kelly.doud@usask.ca	306-495-7449	Department of Psychology, Arts & Science
Primary Contact				
Name:	NSID:	Email:	Phone:	Organization (Department):
Gerald Farthing	Grf082	Grf082@mail.usask.ca		Department of Psychology
Secondary Contact				

Name:	NSID:	Email:	Phone:	Organization (Department):

Sponsor(s)

Sponsor:	Pending / Awarded
N/A	

Agency(ies)

This project is funded: * Yes No

The funding supporting this project will be administrated at the University of Saskatchewan: Yes, complete Part A No, complete Part B

Part A: For Grants and Contracts administered by the U of S:
 Project Application(s) Directly Associated with the Fund(s) Supporting this Project
 Specify the UnivRS internal ID# (for pending grants or contracts):
 Project(s) Directly Associated with the Fund(s) Supporting this Project
 Specify the UnivRS internal ID# (for awarded grants or contracts):

Part B: For Grants or Contracts not administered by the U of S:

Agency:	Pending / Awarded

Location(s) Where Research Activities Are Conducted

Enter every location where this research will be conducted under this Research Ethics Approval: *
University of Saskatchewan, Sona Systems

Country(ies):* List all countries where you will be conducting your research under this Research Ethics Approval: **Canada**

If this project will be conducted within schools, health regions, or other organizations, specify how you will obtain permission to access the site. Submit a copy of the certificate or letter of approval when obtained. **N/A**

If you do not plan to seek approval, provide a justification:

Other Ethics Approval

This project has applied for/received approval from another Research Ethics Board(s) * Yes No

If 'yes', identify the other Research Ethics Board(s):

Conflict of Interest

Confirm whether any member of the research team or their immediate family members will:	
Receive personal benefits over and above the direct costs of conducting the project, such as remuneration or employment: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Receive significant payments from the Sponsor such as compensation in the form of equipment, supplies or retainers for ongoing consultation and honoraria: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Have a non-financial relationship with the Sponsor such as unpaid consultant, board membership, advisor or other non-financial interest: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Have any direct involvement with the Sponsor such as stock ownership, stock options or board membership: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Hold patents, trademarks, copyrights, licensing agreements or intellectual property rights linked in any way to this project or the Sponsor: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Have any other relationship, financial or non-financial, that if not disclosed, could be construed as a conflict of interest: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
If yes was answered to any question(s), explain the personal benefit(s) and how the conflict will be managed: N/A	

Part 2: PROJECT OVERVIEW

Project Overview

Summarize this project, its objectives and potential significance: * **The primary purpose of the research is to train the student researcher in the methods of developmental research. The secondary purpose is to study a topic in social/emotional development, so age related data is important. I will be investigating the variance in physical activity levels as it is determined by age and praise. Past research has shown that praise is indicative of motivation through influence over persistence, enjoyment, and perceived motivational climate. This research has not examined these effects longitudinally, or in physical education settings.**

The project involves asking adults about their physical activity levels, and determining if praise in physical education classes, as well as age influence this.

Provide a description of the research design and methods to be used: * **The design of the research will be retrospective and between-subjects. A letter of invitation will inform potential participants about the study, and a link will take participants to the consent form. Participants will complete a series of measures as part of an online survey using scales to measure the constructs of praise and physical activity, as well as demographic information. Finally, they will be taken to a debriefing form. A factorial anova analysis will take place.**

Hypothesis 1: There will be a main effect of praise such that more process praise will be related to higher physical activity levels.

Hypothesis 2: There will be a main effect of age, such that older participants will report having lower physical activity.

Hypothesis 3: There will be an interaction effect of age and praise on physical activity, such that more process praise will be related to more physical activity, even in older participants. Person praise will be related to less physical activity, even in younger participants.

Using an online survey method. The measures being used are: a measure of physical activity and a measure of praise received in adolescence.

Duration and Location of Data Collection Events

Outline the duration and location of data collection for the following, if applicable:

Audio/Video Recording(s): **N/A**

Ethnography: **N/A**

Focus Group(s): **N/A**

Group Interview(s): **N/A**

Home Visit(s): **N/A**

Individual Interview(s): **N/A**

Non-Invasive Physical Measurement(s): **N/A**

Participant Observation: **N/A**

Questionnaire(s): **University of Saskatchewan Sona Systems. Survey approximately 15 minutes.**

Secondary Use of Data or Analysis of Existing Data: **N/A**

Other: **N/A**

Internet-Based Interaction

Confirm whether this project will involve internet-based interactions with participants, including e-mails: *

Yes No

If a third party research or transaction log tool, screen capturing or website survey software or masked survey site is used, describe how the security of data gathered at those sites will be ensured: **A link provided to a University of Saskatchewan online survey made with surveymonkey will be provided via the sonar systems website.**

Describe how permission to use any third party owned site(s) will be obtained: **Sona systems is a site for the department of psychology. The University of Saskatchewan has a license with surveymonkey.**

If participants may be identified by their email address, IP address or other identifying information, explain how this information will remain private and confidential: **No identification of participants.**

Anonymity and Confidentiality

Confirm whether participants will be anonymous in the data gathering phase of the project: *

Yes No

If 'No' was answered to the previous question, explain how the confidentiality of participants and their data will be protected, and include whether the research procedures or collected information

may reasonably be expected to identify an individual: **Anonymity will be maintained, so no participants will be identified and the researcher will not be able to link anything back to their data.**

Identify any factors that may limit the researchers' ability to guarantee confidentiality:

Limits due to the nature of group activities, such as a focus group where the project team cannot guarantee confidentiality:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Limits due to context: individual participants could be identified because of the nature or size of the sample:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Limits due to context: individual participants could be identified because of their relationship with the project team:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Limits due to selection: procedures for recruiting or selecting participants may compromise the confidentiality of participants, such as those referred to the project by a person outside the project team:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Other confidentiality limits: **N/A**

Risks and Benefits

Explain the psychological, emotional, physical, social or legal harms that participants may experience during or after their participation: **Nothing above minimal risk of any kind.**

Describe how the above risks will be managed. If appropriate, identify any resources to which they can be referred: **N/A**

Describe the likely benefits of the research that may justify the above risk(s): **There are no tangible benefits for the participant.**

Part 3: Community Engagement

Aboriginal Peoples and Community Engagement

Aboriginal communities, peoples, language, culture or history is the primary focus of this project: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Aboriginal people will comprise a sizable proportion of the larger community that is the subject of research even if no Aboriginal-specific conclusions will be made: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Not Applicable
There is an intention to draw Aboriginal-specific conclusions from this project: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
This project will involve community-based participatory research: *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
There will be a research agreement between the researcher and community:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Aboriginal Engagement and Community-Based Participatory Research

If 'yes' was answered to any of the above questions, complete the following:

Outline the process to be followed for consulting with the appropriate community: **N/A**

Describe the organizational structure and community processes required to obtain approval within the specific community(ies): **N/A**

Describe any customs and codes of research practice that apply to the particular community(ies) affected by the project: **N/A**

Describe how the research plan will consider mutual benefit to the participating community(ies), support capacity building through enhancement of the skills of community personnel and the recognition of the role of elders and other knowledge holders: **N/A**

Describe how the community representatives will have the opportunity to participate in the interpretation of the data and the review of research findings before the completion of any reports or publications: **N/A**

Describe how the final project results will be shared with the participating community(ies): **N/A**

PART 4: RECRUITMENT AND CONSENT

Participant Recruitment

Indicate the expected number of participants and provide a brief rationale for the number: *** At least 25 participants are expected to complete the survey due to the requirements of the third-year level course. 25 participants is adequate to learn data collection and analysis methods.**

Describe the criteria for including participants: *** Adults over the age of 18 will be eligible to participate in the research, as long as they have access to the psychology participant pool.**

Describe the criteria for excluding participants: *** No participants will be excluded from participation, however, data will only be analyzed for those who complete all of the measures, and those who attended high school, due to the nature of the research question.**

Provide a detailed description of the method of recruitment, such as how and whom will identify and contact prospective participants: *** Participants will be recruited through the Psychology Participant Pool. These students receive 1 bonus mark per half hour of research participation. The ad will be posted on a secure web page. Participants sign up to participate after reading a description of the study and then selecting a convenient time to complete it.**

If the project involves vulnerable, distinct, or cultural groups, or if the project is above minimal risk, describe the research team's experience or training in working with the population: **N/A**

Explain any relationship between the researchers and the participants, including any safeguards to prevent possible undue influence, coercion or inducement: *** No relationship**

Provide the details of any compensation or reimbursements offered to the participants: **Students who complete studies using the psychology participant pool are eligible to obtain class credit of up to 1 credit per half hour.**

Consent Process

Describe the consent process:

Participants will be informed about the purpose and procedures of the study. They will be given a consent form that they will be asked to read and sign. A copy will be found in appendices? Contact information will be provided should the participant have any

questions. There is a debriefing form on the online survey that participants will complete after participation is complete. The form is included in appendices
Participants will be able to access a copy of the final report by contacting the student researcher. If email correspondence is used, email addresses will be deleted after correspondence is finished to maintain confidentiality.

Specify who will explain the consent form and consent participants: * **The student researcher, via online consent form. Hitting the submit or continue button is implied consent.**

Explain where and under what circumstances consent will be obtained from participants: * **Consent will be given or not given prior to the start of the survey, after reading the consent form. A box is to be checked indicating whether the participant either agrees or disagrees with the terms of consent.**

Describe any situation where the renewal of consent might be appropriate and how it may be obtained: * **N/A**

If deception of any kind will be used, justify its use, describe the protocol for debriefing and re-consenting participants upon completion: * **No deception**

If any of the participants are not competent to consent, describe the process by which their capacity or competency will be assessed, identify who will consent on his/her behalf (including any permission or information letter to be provided to the person or persons providing alternate consent), as well as the assent process for participants: **N/A**

Describe how and when participants will be informed about their right to withdraw, including the procedures to be followed for participants who wish to withdraw at any point during the project: * **The consent form clearly indicates the participants have the right to withdraw from the study at any time and for whatever reason without penalty. After reading the consent form, clicking the continue button is implied consent. If a participant decides to withdraw, data collection will be stopped immediately and data will be destroyed beyond recovery. Participants will be taken to the debriefing and given an opportunity for questions, and will still receive compensation. Once participants submit their data, data can no longer be withdrawn, as no name can be attached to it.**

PART 5: SECURITY AND STORAGE

Data Security and Storage

Identify the research personnel responsible for data collection: * **Student researcher**

Specify who will have access to raw data, which may include information that would identify participants: * **Student researcher and faculty supervisor**

Describe the data storage plans, including the arrangements for preventing the loss of data: * **The five year storage requirement do not necessarily apply to course-based student research. Data are often destroyed at the end of the course in April 2019.**

Confirm whether the Principal Investigator will be responsible for data storage: * Yes No

If no, specify the reasons and indicate who will be responsible for data storage:

Specify how long data will be retained: * Choose an item. **Five years minimum, as per University guidelines.**

If other, specify duration and provide justification:

Explain how the collected data is intended to be published, presented, or reported: * **The aggregate data will be used for the basis of a research paper, presentation, and conference poster assignment for the course. It may also be published in an academic journal or presented at a professional conference.**

Describe the final disposition of research materials: * **Destroyed beyond recovery.**

State whether data will be transferred to a third party: *

Yes No

Organization(s) where data will be transferred: **N/A**

Indicate how data will be transferred to the third party: Choose an item.

If other, please specify:

PART 6: DECLARATION OF PRINCIPAL INVESTIGATOR

By submitting this application form, the Principal Investigator (PI) attests to the following:

- the information provided in this application is complete and correct.
- the PI accepts responsibility for the ethical conduct of this project and for the protection of the rights and welfare of the human participants who are directly or indirectly involved in this project.
- the PI will comply with all policies and guidelines of the University and affiliated institutions where this project will be conducted, as well as with all applicable federal and provincial laws regarding the protection of human participants in research.
- the PI will ensure that project personnel are qualified, appropriately trained and will adhere to the provisions of the Research Ethics Board-approved application.
- that adequate resources to protect participants (i.e., personnel, funding, time, equipment and space) are in place before implementing the research project, and that the research will stop if adequate resources become unavailable.
- any changes to the project, including the proposed method, consent process or recruitment procedures, will be reported to the Research Ethics Board for consideration in advance of implementation.
- will ensure that a status report will be submitted to the Research Ethics Board for consideration within one month of the current expiry date each year the project remains open, and upon project completion.
- if personal health information is requested, the PI assures that it is the minimum necessary to meet the research objective and will not be reused or disclosed to any parties other than those described in the Research Ethics Board-approved application, except as required by law.
- if a contract or grant related to this project is being reviewed by the University or Health Region, the PI understands a copy of the application, may be forwarded to the person responsible for the review of the contract or grant.

DOCUMENT(S)

Please provide a list of documents that are being submitted along with this application: e.g. Consent forms, questionnaires, interview questions, data collection sheets, recruitment materials etc.

Letter of Invitation

Consent form

Demographics measure

Physical activity questionnaire

Praise measure

Debriefing form

Appendix A

Letter of Invitation

You are invited to participate in a research study entitled: Praise and Continuation of Physical Activity.

I am looking for volunteers to take part in a study on physical activity in adulthood. As a participant in this study you would be asked to complete an anonymous online questionnaire on current physical activity level and the most frequent type of praise you received in physical education classes in high school. You would also fill out a demographics measure to assess general age and year of study of participants etc. Your participation would involve 15 minutes of your time, and in appreciation of your time you would receive one bonus credit in class.

Participants who did not attend high school or did not attend physical education classes will still be able to complete the survey, but their data will be discarded prior to analysis.

For more information about this study please contact: Gerald Farthing, department of Psychology, at Grf082@mail.usask.ca or 306-966-8925.

This study has been reviewed by, and received approval through Psy REC, University of Saskatchewan.

Appendix B

Demographic Information

How old are you? (Textbox)

I identify as... (male/female/other)

What is your year of study? (1/2/3/4/5+)

Did you attend high school? (Yes/no)

Did you attend gym class during your time at high school? (Yes/no)

How many years did you take gym as a class? (1/2/3/4/5/6)

How much did you enjoy gym class? (1-Not very much to 5-very much)

How competent did you feel in gym class? (1-Not very much to 5-very much)

How much do you enjoy physical activity now? (1-Not very much to 5-very much)

How competent do you feel while engaging in physical activity now? (1-Not very much to 5-very much)

Appendix C

International Physical Activity Questionnaire

1. During the last seven days, on how many days did you do vigorous physical activities for at least ten minutes at a time (i.e. activities that take hard physical effort and make you breathe harder than normal such as digging, cycling, aerobic activities)
2. How much time did you spend doing vigorous physical activity on one of those days?
3. During the last seven days, on how many days did you do moderate physical activities for more than ten minutes at a time (i.e. activities that make you breath somewhat harder than normal such as doubles tennis or carrying light loads) do not include walking)
4. How much time did you spend doing moderate physical activity on one of those days?
5. During the last seven days, on how many days did you walk for at least ten minutes at a time?
6. How much time did you spend walking on those days?
7. During the last seven days, how much time did you usually spend sitting (i.e at a desk, talking with friends, reading, watching t.v) on a week day?

Appendix D

Praise in Physical Activity Settings Measure

In my high school gym class I was most often told that...

Success is a result of being naturally good at something (1-never to 5- always)

Success is a result of working really hard at something (1-never to 5- always)

If classmates were struggling with something, it just wasn't their sport (1-never to 5-
always)

If classmates were struggling with something, they could get better if they practiced (1-
never to 5- always)

If classmates were good at something, it was because they had natural ability (1-never
to 5- always)

If classmates were good at something, it was because they worked hard at it (1-never to
5- always)

Doing better than classmates was more important than becoming better yourself (1-
never to 5- always)

Doing better than last time was more important than doing better than others (1-never
to 5- always)

Winning games was more important than doing your best (1-never to 5- always)

Doing your best was more important than winning games (1-never to 5- always)

Appendix E

Consent Form

You are invited to participate in a research study entitled:

Praise and Continuation of Physical Activity

Researcher(s): Kelly Doud, undergraduate student in Health Studies, University of Saskatchewan, Kelly.doud@usask.ca

Supervisor: Gerald Farthing, St. Thomas Moore College, Grf082@mail.usask.ca, 306-966-8925

Purpose(s) and Objective(s) of the Research:

- The primary purpose of the research is to train the student researcher in the methods of developmental research. This research is being done in the context of a 3rd year psychology course with the University of Saskatchewan. The secondary purpose is to study a topic in social/emotional development.
- The goal of the study is to assess longitudinal effects of age and praise received in physical education on physical activity level in adulthood.

Procedures:

- Participants will be asked to look over the consent form before initiating participation in the study.
- Participants will complete questionnaires assessing current physical activity and praise in physical education classes during adolescence.
- After this, a debriefing form will explain the study in more depth and provide a chance to ask questions.

- The online survey will take approximately 15 minutes to complete, and course credit will be provided in the days following.
- Please feel free to ask any questions regarding the procedures and goals of the study or your role.

Potential Risks:

- There are no known or anticipated risks to you by participating in this research. If you do experience some discomfort or distress in responding to certain questions you may contact the University of Saskatchewan's student counseling services (306-966-4920) to speak about your experience. You do not have to answer any questions that you do not want to answer.

Potential Benefits:

- There are no benefits to you by participating in this research.

Compensation:

- You will be rewarded with one bonus mark for the completion of this study.

Confidentiality:

- If you volunteer to complete this survey, your information will be kept completely anonymous, and no personally identifying information will be linked to your data. All data will be reported in aggregate form.
- If you are in contact with the researchers, confidentiality will be maintained by deletion of the emails once all correspondence has ended.
- Storage of Data:

- Data will be stored securely in electronic form at the University of Saskatchewan for a minimum of five years after completion of the study. When data is no longer required, it will be destroyed beyond recovery.
- In the Sona Systems, data is coded by the manager using arbitrary numbers not associated with names or any other personally identifying information.
- It is also important for you to know that "Survey Monkey", a web-survey company that is located in the USA, is the host of this on-line research. This company is subject to U.S. laws; in particular, the US Patriot Act that allows authorities access to the records of internet service providers. Survey Monkey's servers record incoming IP addresses – including that of the computer that you use to access the survey. However, no connection is made between your data and your computer's IP address. If you choose to participate in the survey, you understand that your responses to the survey questions will be stored and accessed in the USA

Right to Withdraw:

- Your participation is voluntary and you can answer only those questions that you are comfortable with. You may withdraw from the research project for any reason, at any time without explanation or penalty of any sort. You will still receive compensation.
- Should you wish to withdraw, you will be given the option of not saving your data and any data you have provided will be destroyed beyond recovery. At that point you will be directed to a debriefing form.

- If you have clicked the final 'done' button, there is no way to attach your data to your name, and you will no longer be able to withdraw from the study.

Follow up:

- You may obtain a copy of the results of the study by contacting the researchers using the provided email and phone numbers.

Questions or Concerns:

- If at any time during the study you have questions concerning the study, please feel free to email or phone the researchers. You are also free to contact the researchers if you have questions at a later time.
- This research project has been approved on ethical grounds by the University of Saskatchewan Research Ethics Board on **DATE**. Any questions regarding your rights as a participant may be addressed to that committee through the Research Ethics Office ethics.office@usask.ca (306) 966-2975. Out of town participants may call toll free (888) 966-2975.

Consent

- Please print off a copy of this consent form for your records prior to proceeding to complete the survey. Your free and informed consent is implied by clicking on the 'next' button.

Appendix F

Debriefing Form

Thank you for participating in the study. The primary purpose of the research is to train the student researcher in the methods of developmental research. This research is being done in the context of a 3rd year psychology course with the University of Saskatchewan. The secondary purpose is to study a topic in social/emotional development. The first set of questions you completed are used to gather demographic information of the sample of students participating in the study, this will help to determine generalizability of the results. The next set of questions is used to assess the level of physical activity you engage in currently. Lastly, the type of praise typical to physical activity environments in your adolescence will be disclosed. The present study will help me to understand the link between praise, age, and physical activity.

Existing research has shown that praise can influence task persistence (Mueller & Dweck, 1998), motivational climate (Atkins, Johnson, Force, & Petrie, 2015; Le Bars, Gernigon, & Ninot, 2009), and enjoyment (Mueller & Dweck, 1998; Yli-Piipari, Barkoukis, Jaakkola, & Liukkonen, 2013). Motivational climate and enjoyment, in particular, are good predictors of continuation in sport and physical activity (Le Bars et al., 2013; Yli-Piipari et al., 2013). Two types of praise can be seen as influencing the level of physical activity one maintains in adulthood: person praise, or praising ability, and process praise, which is praise for effort (Kamins & Dweck, 1997; Mueller & Dweck, 1998). Longitudinal effects of these types of praise have not been studied, and results have not been found in the context of the effect of praise in physical

education during adolescence. The goal of the study is to assess longitudinal effects of age and praise received in physical education on physical activity level in adulthood.

Based on existing research it is hypothesized that a main effect of praise will be found, such that more process praise will be related to more physical activity. It is also hypothesized that a main effect of age will be found, such that the older you are, the less physical activity will be reported. Finally, it is hypothesized that an interaction effect will be found, such that process praise will be related to higher physical activity levels even in older participants and that person praise will be related to lower physical activity level, even in younger participants.

The combined results will be presented in a research paper, presentation, and conference poster as assignments for a third-year level course in research methods. Once again, your information will be kept completely anonymous, and no personally identifying information will be linked to your data. Should email contact be initiated, email addresses will be deleted afterwards to maintain confidentiality. All data will be reported in aggregate form. Thank you very much for your participation. If you have any questions about the study please feel free to email the researchers (Kelly.doud@usask.ca, Grf082@mail.usask.ca or 306-966-8925) now or at a later date. You may also contact the researchers for a copy of the results after the completion of the study. If you have experienced negative emotions in participating in this study you may contact Student Counselling Services (306-966-4920) to speak to someone about your experience.

Thank you again for your help in conducting this study!

Please print this page for your records.