



TO: The Participant

Request for Research Support for Participation in a Questionnaire and Interview
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Date:	5th September, 2009
Full Project Title:	Freedom and Conditionality; analysing psychological and yogic models of freedom
Principal Researcher:	Karen Lane
Student Researcher:	Jane Wiesner
Associate Researcher(s):	n/a

(This Plain Language Statement is 7 pages long. Please make sure you have all the pages. The accompanying questionnaire is 10 pages long.)

1. Your Consent

You are invited to take part in this research project.

This *Plain Language Statement* contains detailed information about the research project. Its purpose is to explain to you as openly and clearly as possible all the procedures involved in this project so that you can make a fully informed decision whether you are going to participate.

This is a two-phase project. The first phase is the completion of a 10 page questionnaire. The second phase is participation in a follow-up to the questionnaire by way of a personal interview. **Both phases of this project are completely voluntary.** A participant in the questionnaire phase is under no obligation to take part in the interview process.

Please read this *Plain Language Statement* carefully. Feel free to ask questions about any information in the document. You may also wish to discuss the project with a relative or friend or your local health worker. Please feel free to do this.

Phase One (Questionnaire)

As written consent is not required for an anonymous survey, by completing the questionnaire you are indicating that you understand the information and that you give your consent to participate in the research project.

Phase Two (Interview)

This phase is a follow-up study focused on the questionnaire already completed. Again, participation in the interview phase is completely voluntary.

Once you understand what the project is about and if you agree to take part in it, once the first phase is completed you will be asked to sign the Consent Form should you agree to be involved in the second phase. By signing the Consent Form, you indicate that you understand the information and that you give your consent to participate in the research project.

At the end of the interview process you will also be asked to sign another consent form to sign off on the transcript acknowledging that it gives an honest account of your answers.

You will be given a copy of the Plain Language Statement and Consent Form (if applicable) to keep as a record.

2. Purpose and Significance

My name is Jane Wiesner and I am a PhD student at Deakin University in Melbourne, working under the supervision of Dr Karen Lane, Faculty of Arts and Education, School of History, Heritage and Society. As part of my PhD research I have prepared a questionnaire. This study is directed at adults (18 and over) and aims is to gain information relating to emotional responses and their effect on an individual's well being. The goal of this research is to contribute to the body of knowledge dedicated to the quest for good health. Your participation will make a valuable contribution to studies into the quality of human life.

Should you decide to participate in the questionnaire phase of this project you will also have the option to also participate in the interview phase of this project. You are only able to participate in an interview process as a result of your participation in the questionnaire process. The interview process is designed to allow you to expand on your answers to the questions put forward in the questionnaire, and to help me clarify your answers.

3. The Project

My PhD thesis is based on research into human emotional life, in particular how this is interpreted by ancient yogic philosophy, and how this compares to various Western philosophies of mind.

In Classical Yoga (circa 150 CE) there is a concept known as *kleśas*. *Kleśas* are unhelpful cognitive-emotive activities – troublesome emotional reactions. *Kleśas* (usually translated as ‘causes-of-affliction’) describe what ancient yogis call the ‘sources of our troubles’. One could think of *kleśas* in terms of anxiety-based emotions that are unhelpful to an individual’s state of mind (hence, the reference to ‘affliction’). *Kleśas* are said to give rise to mistaken or erroneous views of things – they alter one’s perception of the world.

The *kleśas* consist of five types: **ignorance** (*avidyā*), **I-sense** or I-am-ness (*asmitā*), **attachment** (*rāga*), **hatred** (*dveṣa*) and ‘the will to live’ or **fear** (*abhiniveśa*). *Kleśas* could be described as emotional responses (resulting from particular patterns of thought) that cause us unnecessary emotional pain. *Kleśas* result in a cycle of unhelpful emotional reactions that tend to be repeated. In yogic philosophy *kleśas* are linked to human suffering (*duḥkha*) – they have a negative effect on an individual’s emotional health and wellbeing.

This study is designed to explore this concept of *kleśas* in order to understand their effect on human emotional life. I would be grateful if you would assist me by sharing your experiences and opinions.

4. Procedures

Phase-One (Questionnaire)

Participation in this project will require answering a 10 page questionnaire. Completion of this questionnaire should take approximately 30 minutes.

You may be approached to participate in this survey via email or flyer, or alternatively you may have been offered a questionnaire at a local health facility. If you are sending your questionnaire back in the post via a reply paid number no identifying personal information should be provided on the questionnaire unless you have decided to volunteer to participate in the interview phase.

Should you decide to fill in the personal information in order to volunteer to take place in the interview phase you can be assured that your privacy will be protected. In order to protect your privacy a code will be attached to your questionnaire that only the interviewer (and the PhD Supervisor) will have access to. The personal information will be detached from your questionnaire and kept separately (also marked by a code). The questionnaire will only contain a connecting code and no personal information. In other words, your questionnaire will be deidentified.

This process of deidentification will be applied to both postal and email replies. If you reply via email, once your email has been printed your email will be deleted.

Phase-Two (Interview)

Participation in this project will involve a personal interview. This will be conducted at a time and place that suits you. Any information conveyed during the interview process, and subsequently published, will make absolutely **no** reference to your identity. In other words, your name will **not** appear anywhere on the published material. The interview will take approximately 45-60 (please refer to the previous section regarding the deidentification process for questionnaires).

5. Possible Benefits

There are no specific benefits to the individuals involved in this project. Any benefits associated with this research are found in its contribution to the body of knowledge dedicated to the quest for well being. Your participation will make a valuable contribution to studies into the quality of human life.

6. Possible Risks

No physical or emotional risks are anticipated, however the questionnaire does include questions relating to your emotional responses. If you find it uncomfortable to answer any of the questions, please disregard that question. You are free to refrain from answering any of the questions and to cease answering the questionnaire altogether if at any time it causes you emotional discomfort.

See following sample questions from questionnaire:

Do you feel that your emotional life clouds your judgement (influences the way you see the world)?

- Yes
- No
- Sometimes

Do you feel your more 'troublesome' emotions are sometimes seeded in the past; i.e. that the emotions you experience in the present often relate to thoughts about past events?

- Yes
- No
- Other - please elaborate:.....

See following sample questions from interview:

You said on question 4 ..., could you please explain what you meant by this?

or

On question 10 you have written ..., could you please expand on this for me?

Additional Support for Participants

If you are experiencing depression and feel you would like some additional support please note the following free services for counselling:

Lifeline	www.lifeline.org.au	Phone 131114
Beyond Blue	www.beyondblue.org.au	Phone 1300 22 4636

7. Participation is Voluntary

Participation in any research project is voluntary. If you do not wish to take part you are not obliged to.

Phase-One (Questionnaire)

Your consent is indicated by your participation.

Phase-Two (Interview)

Your written consent will be required before this information is collected and the transcript will be given to you for final editing and signing off. Access to data is restricted to my Supervisor and to me.

8. Ethical Guidelines

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research* (2007) produced by the National Health and Medical Research Council of Australia. This statement has been developed to protect the interests of people who agree to participate in human research studies. By completing the questionnaire you are consenting to take part in this research. The Human Research Ethics Committee of Deakin University has approved the ethics aspects of this research project.

PhaseTwo (Interview) Only

By signing the consent form attached to this Plain Language Statement you are agreeing to participate in the interview phase of this research. The Human Research Ethics Committee of Deakin University has approved the ethics aspects of this research project. If you have any concerns about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact: The Secretary, Deakin University Human Research Ethics Sub-Committee, Faculty of Business and Law, Deakin University, Geelong, Victoria, 3217. Telephone: 03 52271093, email: kflem@deakin.edu.au. Please note, you are free to withdraw from this study at any time.

9. Complaints

If you have any concerns about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact: The Manager, Office Research of Integrity, Deakin University, 221 Burwood Highway, Burwood, Victoria, 3125.
Telephone: 9251 7129, Facsimile: 9244 6581 email: research-ethics@deakin.edu.au

10. Privacy, Confidentiality and Disclosure of Information

Phase-One (Questionnaire)

The questionnaire is anonymous and no individual identifying information (e.g. names or contact details) is requested. Personal contact information supplied by participants interested in participating in the interview phase of this project will be coded and stored separately from the questionnaire. Access to data is restricted to my Supervisor and to me. Emails will not be revealed and all material will be deidentified. Once printed emails will be deleted. After final publication coded data is securely stored for six years, and then destroyed, as prescribed by University regulations.

Phase-Two (Interview)

The information gathered at this interview is anonymous and no individual identifying information (e.g. names or contact details) will be identified with your answers. Personal details gathered from the interview phase will be coded and kept separately from the transcripts - these will be deidentified after transcription and only deidentified material will be used in publications or other reports, including the thesis itself.

Your written consent will be required before this information is collected and the transcript will be given to you for final editing and signing off. Access to data is restricted to my Supervisor and to me.

11. The Results of this Research

The results of the survey will be published and will be available on Deakin University's website. If you are not able to access the website and would like to obtain the results please contact myself (jlwie@deakin.edu.au) or Dr Karen Lane (karen.lane@deakin.edu.au) and we will arrange a hard copy for you.

12. Further Information

Again, I am hoping to conduct interviews with some of the participants. At the end of the questionnaire you will be asked if you are interested in participating in this interview process, which is designed to clarify your answers to the questionnaire. Again, your participation will be completely voluntary and a consent form will be provided to you for your approval and signature prior to the interview. As with the questionnaire, the interview results will remain strictly anonymous and no individual identifying information will be published.

I really appreciate you taking the time to participate in this study, whether it is just via the questionnaire or both the questionnaire and interview process. Thank you.

Thank you again for your participation.

Kind regards,



Jane Wiesner

The researchers responsible for this project are Karen Lane and Jane Wiesner. Please see details below:

Student Name and Reply Paid Postal Address:

Jane Wiesner, Reply Paid 166, Black Rock Victoria Australia 3193

Contact Number:

0418 379 949

Project Title:

Freedom and Conditionality: analysing psychological and yogic models of freedom

Supervisor's Name and Qualifications:

Dr Karen Lane (PhD, Senior Lecturer) Faculty of Arts and Education, School of History, Heritage and Society

Supervisor's Location and Contact Details:

Deakin University, Faculty of Arts and Education, School of History, Heritage and Society, Burwood Highway, Burwood, 3125.