**Cats and Dogs: Study Information Sheet **

**Who is doing the study?**

Professor Daniel Mills and Dr Sophie Hall are conducting a short, fun experiment in conjunction with a BBC program - Cats and Dogs.

**Who are we looking for?**

We are looking for 40 staff and/or students of any age or gender who view themselves as either a CAT person or a DOG person.

We ask you not to apply if you have any clinically confirmed diagnoses of: anxiety disorders, high/low blood pressure, or cardiovascular abnormalities.

**Where and when is the study taking place?**

We are looking for participants who can be available for approximately 15 minutes at any point on Wednesday 21st October 2015.

The study will be taking part in the Joseph Bank Laboratories (JBL) and Minster House.

**What will I have to do?**

Prior to taking part you will be required to complete a consent form, along with a short checklist of questions.

You will be asked to meet members of our team at a room in JBL. We will then take a measure of your blood-pressure and heart rate. This is a non-invasive procedure. We shall measure both blood-pressure and heart rate from a device on your wrist. We will then take you through to another room where you will be told about the short task you are going to do. At this point we shall take your blood-pressure and heart rate again. You will then move on to a room in Minster House whereby you will complete the short task (60 seconds). After completing the task we shall take a third and final measure of your blood-pressure and heart rate. You will then be free to leave.

**What should I do if I want to take part?**

If you want to take part please save is attachment to your computer.

Then complete the consent form below – save the document and email it as an attachment to Dr Sophie Hall [shall@lincoln.ac.uk](mailto:shall@lincoln.ac.uk).

You will be notified via email if you have been chosen to take part

**Cats and Dogs: Consent Form**

Please write Yes or No in the box provided.

|  |  |
| --- | --- |
| **Question** | **Yes/ No** |
| I have a clinically confirmed diagnosis of anxiety or stress related disorders |  |
| I have a clinically confirmed diagnosis relating to high/low blood pressure or cardiovascular abnormalities |  |
| I am a CAT lover |  |
| I am a DOG lover |  |
| I own a CAT |  |
| I own a DOG |  |
| I regularly conduct public speaking activities |  |
| I regularly read quietly |  |
| I regularly complete jigsaws |  |
| I regularly sing to others |  |
| I choose to spend my leisure time with animals |  |
| I regularly cook for people |  |
| I am happy to have my blood-pressure and heart rate taken |  |
| By taking part in this project I understand I may be filmed as part of the BBC program. |  |
| I understand that my results will not be made publically available – only members of the research team will know my blood-pressure and heart rate measurements. All data will be stored anonymously. |  |
| I understand that the team cannot provide me with medical feedback based on my results. |  |
| I am available on Wednesday 21st October and can make my way to JBL |  |

If you own a cat or a dog please write its breed and colour down here:

Type your response here….

My Name is (please type):

My Date of Birth is (please type):

Course enrolled on (if appropriate):

I would prefer to take part in a morning or afternoon session (please type):

**Thank you! Please return this form to** [**shall@lincoln.ac.uk**](mailto:shall@lincoln.ac.uk)