

Participant Consent Form

Project Title: Effectiveness of binaural beats in Chinese instrumental music in promoting psychological and physical well-being among older adults 华乐音乐与双音拍促进老年人心理与身体健康的效力

SIT-IRB Application No.: RECAS-0003

Please tick accordingly:

I voluntarily agree to take part in this Research. 我自愿参加这个研究。

I have been given a copy of the Participant Information Sheet for this Research (attached as Appendix 1). The investigators had given me a full explanation on the nature, purpose, location and likely duration of the Research, what I will be expected to do, as well as how my personal data, health information and/or biological materials will be used. I have been given the opportunity to ask questions on all aspects of this Research and have understood the advice and information given. 我有收到研究参与者资料表格 (Appendix 1)。研究家已经向我解释研究的性质, 目的, 地点与时段, 我在研究里的人物, 以及我的个人资料, 健康资料或/和生物材料会怎样被使用。我也有被给予问任何关于研究的问题, 并且理解所有资料与信息。

I understand that I am free to withdraw my consent to participate in this Research at any time without justifying my decision and without prejudice and consequence whatsoever. I also understand that my withdrawal of consent does not affect the research information obtained before my consent is withdrawn and such information may be retained and used for this Research 我理解我能随时在没有任何偏见/牵连, 并且无需解释的情况下, 收回我给予研究的同意。我也理解我在收回同意时并不为影响到已被获取的研究资料。这些资料也有可能被保留, 并且在研究中被使用。

I give consent to the use of my personal data for the purpose of this Research. I understand that all personal data relating to this Research is held and processed in the strictest confidence, and in accordance with the relevant data protection laws in Singapore. 我同意我的个人资料在这个研究目的的范围里面被使用。我理解在研究里的所有个人资料都会以最严格的信任与新加坡个人数据保护法被保管与处理。

I agree to be contacted for matters relating to this Research. 我同意为这个研究的事项被联络

I allow the subsequent use of my personal data, health information and/or biological materials for future research activities whether or not related to this Research, upon the completion of this Research. 我同意我的个人资料, 健康资料或/和生物材料在这个研究结束后, 被用在这个研究以外的研究活动。

I agree to the photo-taking/ audio-recording/ video-recording of my participation in the Research. I understand and agree that although my name will be not associated with the photographs/ audio-recording/ video-recordings used in publication/presentation, I may still be identified.

This Research has been explained to me in **English/Mandarin** Which I understand , by **Alyssa Tay Xin Yi / Agnes Ng Yee Fan / Lim Wen Hui / Yap Bin Xue**.

Name and Signature (Participant)

Date

Name and Signature (Consent Taker /
Translator)

Date

Name and Signature (Witness)

Date

For further information on the above research study or to provide feedback, please contact: (Name, Contact No, Email)

Dr. Peter Tay at 65921461 or Peter.Tay@singaporetech.edu.sg

Appendix 1 – Participant Information Sheet

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| Project Title: | Effectiveness of binaural beats in Chinese instrumental music in promoting psychological and physical well-being among older adult. 华乐音乐与双音拍促进新加坡老年人心理与身体健康的效力：双盲随机对照试验 (“Research”) |
| SIT-IRB Application No.: | RECAS-003 |
| Principal Investigator’s (“PI”) Name and Contact Details: | Dr. Peter Kay Chai Tay Singapore Institute of Technology SIT@Dover, 10 Dover Drive Singapore 138683 Peter.Tay@singaporetech.edu.sg DID +65 6592 1461 |

Instructions to Participant

Please read this Participant Information Sheet carefully and ask any question that you may have about this Research. Your participation is entirely voluntary. Your decision to participate (or not) will not affect any current or future status or relationship with the Singapore Institute of Technology (“SIT”).

请仔细阅读这个参与者资料表，并且询问关于这个研究的任何问题。你的参与是完全自愿的。你参与或不参与的决定不会影响你目前或未来与新加坡理工学院（“SIT”）的关系。

What is the investigational nature of this Research?

This study is a randomized controlled trial which entails participants being randomly allocated to one of two groups, each listening to a different soundtrack. Participants will answer questionnaires before and after listening to the soundtrack.

这项研究的性质蕴含参与者被随机分配到两组之间的一个，每一组会听不一样的音乐片段。参与者会在听音乐片段之前和之后回答问卷。

What is the purpose of this Research?

本研究的目的是什么？

The purpose of this Research is to investigate the effects of Chinese instrumental music on the psychological and physical well-being of older adults.

这项研究的目的是调查华乐音乐对年长人士的心理与身体健康的效力。

Why have I been invited to take part in this Research?

我为什么被邀请参加？

You have been invited to participate in this study because you meet our inclusion criteria of being (1) 60 years old and above with (2) chronic pain for more than 3 months. You also do not meet our exclusion criteria which are having: (1) cognitive impairment ($AMT \leq 6$), (2) profound hearing loss, (3) official diagnosis of mental disorders, (4) acute injuries in the past 3 months, and (5) unable to understand/converse in English, Mandarin and/or Chinese dialects.

您因为符合我们的纳入标准：(1) 60 岁或以上和 (2) 有超过 3 个月的慢性疼痛，而被邀请参与这项研究。您也没有达到我们的排除标准：(1) 认知障碍 ($AMT \leq 6$)，(2) 严重听力损失，(3) 精神疾病的专业诊断，(4) 急性受伤（如：最近骨折），(5) 无法理解和使用英文/华文/中文方言沟通。

How many participants will be involved in this Research?

多少个参与者会参与这项研究？

Around 100 participants will be involved in this research.

大概 100 个人会参与这项研究。

What will I be expected to perform if I agree to participate in this Research?

我在本研究需要做什么？

If you agree to be in this Research, you will be requested to attend a one-off session that will last around 1.5 to 2 hours. The session will involve the following:

- (1) You will be randomly assigned to listen to one of two soundtracks.
- (2) You will be requested to answer an online questionnaire on the computer provided before listening to the audio file.
- (3) You will be listening to the soundtrack through headphones attached to the computer provided while seated. The soundtrack will last for approximately 30 minutes, and you will be requested to refrain from doing anything else (e.g., Talking to others) during these 30 minutes.
- (4) You will be requested to answer an online questionnaire on the computer provided after listening to the soundtrack.

There are no follow-up sessions.

如果您同意参与这项研究，您会被要求参与一个 1.5 到 2 小时的会面。会面会包括：

- (1) 您会被随机分配到两组之间的一个，听一个音乐片段。
- (2) 您会在听音乐片段之前被要求在研究家提供的电脑上回答一个网上问卷。
- (3) 您会通过连接至电脑的耳机听音乐片段。音乐片段会播放大概 30 分钟。你会被要求在这个 30 分钟里避免做任何其他的事情（如：与其他人谈天）。
- (4) 您会在听音乐片段之后被要求在研究家提供的电脑上回答一个网上问卷。

这项研究将不会有跟进会面。

What are the foreseeable risks/discomforts/inconveniences arising from this Research? 参加本研究可能会有哪些风险或不适？

You may experience discomfort from wearing the headphones.

您可能会因为穿戴耳机而有轻微头痛。

What are the expected benefits from participating in this Research? 参与本研究可能会有哪些益处？

Expected benefits may include short-term reduction in anxiety, stress, and pain. You may also experience a short-term increase in positive mood.

预期收益可能包括短暂降低您的焦虑，压力与疼痛。您也可能会感觉到短暂的情绪进步。

What are the compensation and treatment available if I suffer from an injury due to my participation in this Research?

如果我因参与这项研究而受伤怎么办？

During your participation in this Research, please follow the directions of the PI in charge of this Research at all times. If you feel any discomfort, please notify the PI immediately [at Peter.Tay@singaporetech.edu.sg](mailto:Peter.Tay@singaporetech.edu.sg). In the event of injury arising from participation in this Research, compensation and treatment will be considered on a case-by-case basis.

For more information regarding this Research and the rights of research participants, please contact SIT-IRB Secretariat by email: irb@singaporetech.edu.sg. By signing this Participant Consent Form, you will not waive any legal rights or release the researchers from liability for negligence.

在参与这项研究时，请遵循 PI 的指示。若感到任何不适，请立即通知 PI。在参与研究时受伤的情况下，赔偿与治疗会逐案决定。

若想理解更多关于这项研究或研究参与者的权利，请使用电邮联络 SIT-IRB 秘书（irb@singaporetech.edu.sg）。当您签这张参与者同意书时，您不会放弃任何的法律权利或免除研究家的任何疏忽。

Will I incur any expense as a consequence of my participation in this Research?

我需要支付什么费用吗？

You are not expected to incur any expenses by participating in this research.

您预计不会因为参与这项研究而受到任何的经济亏损。

Will I receive any payment for my participation in this Research?

我参与这项研究是否会得到报酬？

You will be reimbursed with \$20 NTUC FairPrice vouchers after completing all stated procedures on another day.

若您完成全部项目，您将会在晚些时候被补偿\$20的FairPrice礼券。

Will the PI collect my personal data, health information or biological materials for this Research and how will the PI keep my personal data, health information or biological materials confidential?

本研究将如何保护我的个人信息？

Note: In accordance with SIT's Research Data Management Policy, ALL research data shall be held for 10 years after publication or after the completion of the project, whichever is later. 根据SIT研究数据管理政策，所有研究数据应在出版后或项目完成后保留10年，以较晚者为准。

(1) Personal Data:

[1. PI should state whether personal data will be collected, and if so, what personal data will be collected and the processes in place to protect such personal data]

- (a) SIT may collect your name and contact details to contact you for the purpose of this Research.
 - (b) The PI will only disclose your personal data to members of his/her research team on a need-to-know basis if necessary.
 - (c) All personal data will be coded (i.e., Only identified with a code number) at the earliest possible stage of the Research.
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- (a) SIT可能会收集您的姓名与联络资料，为研究目的联络你。
 - (b) PI只会在必要情况下跟研究组透露您的个人资料。
 - (c) 全部的个人数据会在最早的时候被编码。

(2) Health information:

SIT will be collecting your health information, including whether you have any chronic conditions or pain for this Research.

SIT将会在这个研究里收集您的健康资料，包括您有没有慢性疾病和疼痛。

(3) Biological materials:

SIT will not be collecting your biological materials for this Research.

SIT将不会在这项研究里收集您的生物材料。

(4) Whether your personal data, health information and/or biological materials will be disclosed in a publication or presentation?

We will not include any of your personal data or biological materials in any publication or presentation.

您的个人数据与生物材料将不会在这项研究的出版里出现。

(5) Records of this Research:

The records of this Research will be kept strictly confidential. Any physical records will be kept in a locked file and all electronic information will be coded and secured through storage in an encrypted cloud storage platform.

这项研究的资料会被严厉保管。任何实体记录会被收在一个上锁的抽屉。任何电子资料会被编码并且储存在加密云储存平台。

Will my personal data, health information and/or biological materials (as applicable) collected for this Research be used for future biomedical research?

Your personal data will not be used for future biomedical research if you did not consent.

您的个人资料不会在未来的生物研究被利用。

Under what circumstances will I be contacted for further consent?

You will be contacted for further consent if changes to the proposed research changes how your data is stored.

若研究的项目有任何改变，您会被联络。

Will I be re-identified in the case of an incidental finding?

This Research does not provide for re-identification in case of an incidental finding.

在有意外发现的情况下，这项研究并不会提供重新识别参与者的机会。

Can I withdraw my consent to participate in this Research?

我可以改变我的决定，撤回使用或分享我的信息的许可吗？

You may withdraw your consent to participate in this Research at any time. Please contact Dr. Peter Tay at Peter.Tay@singaporetech.edu.sg or 6592 1461 if you wish to withdraw your consent.

However, please note that your withdrawal of consent does not affect the research information obtained before your consent is withdrawn and such information may be retained and used for this Research.

您可以随时收回您给予这项研究的同意。若您想要退出，请联络 Dr. Peter Tay (Peter.Tay@singaporetech.edu.sg, 6592 1461)。

然而，请注意当您收回同意时，这并不为影响到已被获取的研究资料。这些资料也有可能被保留，并且在研究中被使用。

If I wish to obtain further information on this Research or provide feedback in relation to this Research, who should I contact?

如果我有任何问题或对受试者的权利有任何疑问，我应该联系谁？

You may contact Dr. Peter Tay at Peter.Tay@singaporetech.edu.sg or 6592 1461.

若您有任何疑问或者是反馈，请联络 Dr. Peter Tay (Peter.Tay@singaporetech.edu.sg, 6592 1461)

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