



Consent Form – General (Extended) – NICM Health Research Institute

Project Title: A randomised feasibility study assessing the effect of an active virtual reality gaming intervention on physical activity and mood in young men without Major Depressive Disorder.

This study has been approved by the Human Research Ethics Committee at Western Sydney University. The ethics reference number is: H14118

I hereby consent to participate in the above-named research project.

I acknowledge that:

- I have read the participant information sheet (or where appropriate, have had it read to me) and have been given the opportunity to discuss the information and my involvement in the project with the researcher/s
- The procedures required for the project and the time involved have been explained to me, and any questions I have about the project have been answered to my satisfaction.

I consent to:

- Participating in surveys and outcome assessments in digital survey form*
- Participating in active virtual reality gaming on the Oculus Quest 2 device linked to a personal Facebook account*
- Tracking gaming sessions with the VR Exercise app and a heart rate monitor*

I consent for my data and information provided to be used in this project and other related projects for an extended period of time.

I understand that my involvement is confidential and that the information gained during the study may be published and stored for other research use but no information about me will be used in any way that reveals my identity.

I understand that my participation in this study will have no effect on my relationship with the researcher/s, and any organisations involved, now or in the future. I understand that I will be unable to withdraw my data and information from this project. [As a feasibility trial, discontinued participation provides important information on engagement and adherence.]

I would like to be provided with a summary of results from this study via email once analysed and published.

Signed:

Name:

Date:



What if I have a complaint?

If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through Research Engagement, Development and Innovation (REDI) on Tel +61 2 4736 0229 or email humanethics@westernsydney.edu.au.

Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.