

## Ysgol Seicoleg

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## Mindful Running Research – Participant Information Sheet

Ethics Approval Number: 2023-17285

***PLEASE KEEP A SIGNED COPY OF THE CONSENT FORM AND THIS INFORMATION SHEET FOR YOUR RECORDS***

Title of project: **Mindful running – experiences, benefits, and challenges**

Research Team:

**Mr Richard Gray**, Masters Student, Centre for Mindfulness Research and Practice, Bangor University

**Ms Katie Norton**, Postgraduate Mindfulness Tutor, Centre for Mindfulness Research and Practice, Bangor University

You are invited to take part in a research study. Before you decide whether to participate, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and, if you wish, discuss it with friends and relatives. Email me if anything is unclear or if you would like more information on [rcg18jqc@bangor.ac.uk](mailto:rcg18jqc@bangor.ac.uk). Take time to decide whether you wish to participate.

*Thank you for reading this information sheet.*

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### 1. What is the purpose of the study?

This study aims to understand mindful running. What is the experience of running mindfully for people who practice it and what are the perceived benefits, if any?

How do mindful runners execute a mindful run? How do they describe the experience of running mindfully? Are there any benefits e.g., enjoyment, reduced pain etc and/or the running performance (speed, pace, consistency etc)? What are the challenges e.g. motivation, focus of attention, running performance?

### 2. Why am I being invited to participate?

The study will target mindfulness practitioners who are also regular runners and who have attempted running mindfully.

For the purposes of this study, “mindfulness practitioners” are defined as people who have attended an eight-week mindfulness course such as MBSR/MBCT or similar, who continue to meditate regularly.

For the purposes of the study, “runners” are defined as as people who jog or run more than two kilometres a week on average for recreation, fitness, or general well-being.

If you fit the study’s definition of mindfulness practitioner and runner, you will be invited to participate via an online questionnaire and then possibly a follow-up interview.

### 3. What will I have to do and when?

Participation is through an online interview via Zoom.

Prior to the interview, you will be asked to complete an online informed consent form.

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If selected for interview, you will be contacted by email to arrange a suitable time. The interview will last between 30 and 60 minutes. During the interview you will be asked questions about your recent experiences when running mindfully.

Potential participants who are available will be selected and contacted on a first come first serve basis.

#### **4. What are the benefits and risks of this study?**

Recreational running has been shown to have many benefits as a form of aerobic exercise – both physical and mental. Mindfulness practice has also been researched and shown to have benefits towards mental health and general well-being. Combining mindfulness with running is reported to have its own benefits in terms of health and performance but has very little research to date. The growing popularity of running and mindfulness and their reported health benefits have led to a growing amount of ‘grey literature’ (popular books, magazine articles and blogs) on the subject of “mindful running” (Havey, 2017; Pullen, 2017, 2018; Shapiro, 2009; Stone, 2023). Although a scientific basis for the concept of mindful running is claimed in such literature, the scientific research into mindful running is very limited so far.

Participants are not being asked to run or meditate as part of the study, only to report on their experiences of combining mindfulness and running. Therefore, the risks of participation are minimal, and it is not expected that any harm will come to participants from running mindfully.

Being interviewed can be stressful for some people. If at any point in the interview you feel distressed, for whatever reason, you are encouraged to pause and inform the interviewer – the interviewer will pause and if necessary, you can stop the interview if you wish.

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### 5. Will the information I provide be safe and secure?

The details you provide during your online informed consent form will be securely stored in the Bangor University Microsoft cloud storage (OneDrive) and will only be accessible by the research team.

Your online interview will be recorded on Zoom and your answers will be transcribed with all identifying information removed from the transcripts. The transcripts and the recording will be stored in OneDrive and will only be accessible by the research team. Ideally, no physical copies of the data will be retained, and all analysis will use electronic copies of the data stored in the cloud. In the event that a physical copy of the data is made (e.g. a printout), the physical copies will be stored in a locked cupboard and shredded at the end of the project.

The online interview recording, and the informed consent responses will be deleted once the research project completes by the end September 2023.

### 6. Do I have to complete the study once I have started?

You are free to withdraw from the study at any time without any consequences. You simply need to request your withdrawal and all record of your participation data will be deleted.

### 7. What will happen to the results of the research?

All participants will be emailed a copy of the research findings when the project ends if they have completed the online informed consent and provided a valid email address for this purpose.

### 8. Who do I contact about the study?

If you have further questions or concerns about the study, please contact the lead researcher, Richard Gray via email – [rcg18jqc@bangor.ac.uk](mailto:rcg18jqc@bangor.ac.uk)

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### 9. Who has reviewed the study?

This study has received ethical approval from the school of Human and Behavioural Sciences board at Bangor University (Ethics Approval Number: 2023-17285)

### 10. Is there a complaints procedure?

This study has been reviewed by the Research Ethics Committee, Bangor University. There is no foreseeable risk of harm to you as the researcher/participant. However, in the event of complaints arising from this research, please address them to Dr Huw Roberts, College Manager of the College of Human Sciences, Bangor University, Bangor Gwynedd LL57 2AS or e-mail [huw.roberts@bangor.ac.uk](mailto:huw.roberts@bangor.ac.uk).