

## Participant Information Sheet



### Study Title

## Sleep disturbances amongst Performing Artists

### Invitation

We would like to invite you to take part in our research study.

Before you decide, we would like you to understand why the research is being done and what it would involve for you. Completion of the online questionnaire should take 5-10 minutes. Feel free to discuss this with your colleagues who have also been invited to take part.

### What is the purpose of the study?

**The purpose of this research study is to explore the prevalence of sleep disturbance amongst the Performing Arts Community.** The project also aims to identify patterns related to specific performance genres such as dancing and singing. Information from this project will be used to inform the development of performers' education and training curriculums. Data could potentially be used to develop advice on rest and recovery times for various performer groups with the aim of helping them to reach their performance potential.

This research study is conducted as part of the requirements for a Master of Science (MSc.) degree in Performing Arts Medicine at the University College London (UCL).

If you are interested in this subject below is a reference to an interesting article on the subject of rest.

Manchester R.A. (2012)

The Role of Rest. *Medical Problems of Performing Artists*. Vol.: 27; Issue 3; pp 121-122.

If you would like to receive advice on any of the issues raised in the questionnaire you should contact your GP or the British Association for Performing Arts Medicine [enquiries@bapam.org.uk](mailto:enquiries@bapam.org.uk).

### Why have I been invited?

You have been invited to take part in the study because you are a member of the Performing Arts Community.

### Do I have to take part?

No, the choice to join the study is entirely yours. An invitation email will be sent to you which will include a short introduction to the research study, the Participant Information Sheet and the link to get to the online questionnaire. Participation in this questionnaire will imply that you give your consent for us to use the data and therefore no additional consent form will be provided.

You can withdraw up to the point that the questionnaire is submitted. The questionnaire is anonymous, once the data has been entered onto a spreadsheet, individual responses can not be identified.

### What will happen to me if I take part?

**As the questionnaire is anonymous participants can not be identified, participation will not affect your performing activity or access to health care.** Taking part in this research project involves filling in our anonymous questionnaire. The survey link will be closed by the end of May 2015. You can complete and submit the questionnaire at any time before the end of May.

### What do I have to do?

You will be asked to answer questions regards your performance, lifestyle and sleep habits.

All data requested from you is included on the questionnaire; after completion you have no further obligations to this project.

### What are the possible disadvantages and risks of taking part?

No disadvantages are foreseen. Time to complete the questionnaire is approximately 10 minutes.

**What are the possible benefits of taking part?**

You will be contributing to research which may inform future educational strategies and guidelines on performing standards for the Performing Artist Community.

The research study aims to evaluate and discuss sleep disturbance and insomnia amongst the Performing Artist. Whilst potential correlations of sleep disturbances in particular performer genres are aimed to be outlined, additionally effects on mental and physical health and performance are aimed to be explored.

**Will my taking part in the study remain confidential?**

All information disclosed in the questionnaire will be kept strictly confidential. Whether you decide to take part, or not, will not affect your standing as a Performing Artist. The questionnaire does not ask for any personal identifying data so participation is anonymous. The only parties with access to the material will be the UCL research team and BAPAM colleagues. No identifying information will be collected. All data will be handled and stored following data protection legislation.

**What will happen to the results from the study?**

Results will be published in the BAPAM newsletter and journal and lectures. Your identity is not requested for this research project and will therefore not be published in any report or publication of this project. If you would like to receive feedback and the outcome of the research study please get in touch with the researchers.

**Who is organising the research?**

Karolin Krell is the researcher of this research study; she is conducting the research study as part of her postgraduate education. Ian MacDonald of the UCL lecturer team is principal researcher of this research project. Contact details are given below should you have any questions or want further information.

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