



Plain Language Statement

“The relationship between migraine and sleep, stress, and cognition”

Undergraduate Researcher:

Hannah McDermott, BSc in Psychology DCU.

Email: hannah.mcdermott3@mail.dcu.ie

Principle Researcher:

Dr Brian Slattery, School of Psychology, DCU.

Email: brian.slattery@dcu.ie

Introduction

We would like to invite you to participate in an undergraduate final year project on migraine and its relationship with sleep, stress, and cognition. You are eligible to take part if you are over 18 years of age and you have experienced a migraine in the past month.

What will I have to do?

If you decide to take part, you will be asked to answer some questions regarding your experience of migraine, then you will be asked to complete three short questionnaires. There will be a questionnaire each on sleep, stress, and your perceived cognitive failures. The whole survey should take no longer than 20 minutes.

Confidentiality & Anonymity

All information will be kept strictly confidential. As the survey will be completed online, all answers will be completely anonymous also as no identifiable data will be requested. You will be given a participant ID number which will not be identifiable in any way. All data will be stored in a secure location for a maximum of 5 years. After this time, data will be electronically disposed of. As this is a learning activity as part of the BSc in Psychology, data will only be accessible by the research team and those assessing our work. As part of a final year project, results will be disseminated at both thesis and presentation level although all data will be anonymous. Results may also be submitted for publication in a peer-reviewed journal or at a student conference. Data may also be subject to legal limitations. All personal data being collected is compliant with GDPR legislation.

What are the risks?

This study should pose no greater risks to participants than those which may be experienced on a daily basis. However, if you should feel upset after participating in our study please feel free to contact the research supervisor Dr Brian Slattery, or DCU

counselling service (email: counselling@dcu.ie or phone: 017005165). You may also withdraw from the study at any stage while participating if you should feel distressed. You should also contact your GP if you become concerned about your experience of headache or migraine.

What are the benefits?

The main benefit of participating in this study is that you will gain insight into how research studies are conducted, also you may learn something about this area of research. You may obtain more information about the results of the study at the end of the academic year by contacting the researchers or Dr Brian Slattery.

Participation

All participation is voluntary, and should you feel upset or distressed you may withdraw from the study up to the point of submitting your data. Withdrawal after this point will not be possible as we will not be able to identify which submission is yours due to the anonymity of the study. However, if you wish to find out anything about the study, please contact the undergraduate researcher, Ms Hannah McDermott at Hannah.mcdermott3@mail.dcu.ie.

Additional information

This research study is being conducted as a learning activity as part of the final year project for BSc in Psychology. This study has been approved by the Psychology Ethics Committee (PEC) for ethical purposes. If you have any concerns about the manner in which this study was conducted, please contact Dr Brian Slattery, Dublin City University School of Psychology on 017008034 or by email brian.slattery@dcu.ie. Alternatively contact the Psychology Ethics Committee (PEC) at pec@dcu.ie.