Evaluating the Tomatis Method® in promoting effective self-regulation in university students

CONSENT TO BE A RESEARCH PARTICIPANT

I am Annelize Bonthuys, the team leader of a PhD study from the North-West University working on research to understand and explore the function of listening within a university context, and I would like to invite you to give consent and participate in this study. To follow is information about the study so that you can make an informed decision.

1. ETHICAL APPROVAL

This study has been approved by the ethical committee of the Faculty of Health Sciences of the North-West University in 2013. The approval number is NWU-00103-11-A1.

2. PURPOSE OF THE STUDY

The purpose of this study is to explore the applicability, value and impact of the Tomatis Method® as an instrument in promoting effective self-regulation in North West University (NWU) students through the improvement of listening skills. You are being asked to participate in this study because you are a first year student enrolled in any one of the three campuses of the NWU and your experience and feedback are very valuable to us.

3. PROCEDURE

If you agree to take part in this study you will be expected to do one/all of the following:

- Complete a battery of questionnaires, for approximately 2 hours at 3 different times.
- Individual interviews to share your thoughts and feelings, for 30 minutes at 3 different times, which will be voice recorded.
• Group discussions to share your thoughts and feelings, for 45min to 1 hour at 3 different times, which will be video recorded.
• Listening to modified music for 2 hours a day for 10 - 15 consecutive days at 2 different times (total of 25 days)
• Keeping reflective journals sharing your experience and provide feedback on the process, throughout the process of a total of 25 days

4. RISKS/DISCOMFORTS
The researcher, a registered psychologist, will be present at all times during the study for support if you experience any form of discomfort like irritability, or fatigue. There will be opportunities for discussion or questions during and after each stage of the study, if needed. All data will be handled as strictly confidential. No individual information will be used in any publication resulting from this study and only the team of researchers will work with the information that you share. All sensitive information will be protected by locking it up and storing it on a password protected computer.

5. BENEFITS
Benefits that you can expect from the study are enhanced listening capabilities, relaxation, improved attention and organized thought processes. All of which are likely to have a positive effect on your academic performance and overall wellbeing. These benefits will also be applicable to the larger community of students at the NWU and other tertiary institution in South Africa.

6. COSTS
There will be no cost to you as a result of your participation in this study.

7. PAYMENT
You will receive no payment for participation. Refreshments will be provided during the study.
8. QUESTIONS

You are welcome to ask any questions to a member of the research team before you decide to give consent. You are also welcome to contact Annelize Bonthuys, team leader, if you have any further questions concerning your consent at 084 510 0751 or email abonthuys@gmail.com / annelize.bonthuys@nwu.ac.za. You are also welcome to contact prof. Karel Botha at 018-299 1726.

9. FEEDBACK OF FINDINGS

The findings of the research will be shared with you if you are interested. You are welcome to contact us regarding the findings of the research.
PARTICIPATION IN THIS RESEARCH IS VOLUNTARY.
You are free to decline to be in this study, or to withdraw at any point even after you have signed the form to give consent without any consequences.

Should you be willing to participate you are requested to sign below:

• I ____________________________ hereby voluntarily consent to participate in the above mentioned study. I am not coerced in any way to participate and I understand that I can withdraw at any time should I feel uncomfortable during the study. I also understand that my name will not be disclosed to anybody who is not part of the study and that the information will be kept confidential and not linked to my name at any stage. I also understand what I might benefit from participation as well as what might be the possible risks and should I need further discussions someone will be available.

• I hereby also consent that the researcher may retrieve my full academic record from the NWU administration department.

____________________   ________________________________
Date      Signature of the participant

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Date      Signature of the person obtaining consent

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Allocated Research nr