**PARTICIPANT CONSENT FORM**

Central University Research Ethics Committee (CUREC) Approval Reference: R75514/RE001

**The ‘Taking it Further’ Programme**

**Purpose of Study:** To evaluate the effectiveness of the ‘Taking it Further’ (TiF) programme on outcomes of wellbeing and mental health in individuals that have completed a mindfulness-based cognitive therapy (MBCT) or mindfulness-based stress reduction (MBSR) programme.

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| --- | --- | --- |
|  |  | ***Please initial each box*** |
| 1 | I confirm that I have read and understand the information sheet, version 1.0 dated May 2021, for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily. |  |
| 2 | I understand that my participation is voluntary and that I am free to withdraw, without giving any reason, and without any adverse consequences or penalty. Requests should be made to withdraw by **January 1st 2022**, given that after this date, the data will be anonymised and we will be unable to link your data to you. |  |
| 3 | I understand that research data collected during the study may be looked at by authorised people outside the research team. I give permission for these individuals to access my data. |  |
| 4 | I understand that this project has been reviewed by, and received ethics clearance through, the University of Oxford Central University Research Ethics Committee. |  |
| 5 | I understand who will have access to personal data provided, how the data will be stored and what will happen to the data at the end of the project. |  |
| 6 | I understand how this research will be written up and published. |  |
| 7 | I understand how to raise a concern or make a complaint. |  |
| 8 | **Select one option:**  I agree to the use of anonymised quotes in research outputs  **OR** |  |
|  | I do not wish to be directly quoted |  |
| 9 | I agree to take part in the study[[1]](#footnote-1) |  |
| **Optional:** | I agree for research data collected in this study to be given to researchers, including those working outside of the UK to be used in other research studies. I understand that any data that leave the research group will be anonymised so that I cannot be identified. |  |

**dd / mm / yyyy**

**Name of Participant Date Signature**

dd / mm / yyyy

Name of person taking consent Date Signature

**Please do not complete this form as we will send you an electronic version.**

1. [↑](#footnote-ref-1)