



INFORMED CONSENT FORM

STUDY: Sweat, Grit, and Emotions: Understanding the Tug-of-War Between Mental Health Benefits and Drawbacks in Ultra-Endurance Sports

There are **two sections** in this form.

Section 1 contains statements of understanding and asks you to tick each if you understand. Please ask any questions you may have when reading each of the statements.

Section 2 asks for your informed consent. Please select either 'yes' or 'no' to indicate your choice.

Thank you for participating.

The end of this form is for the researchers to complete.

1. General Understanding	Tick
I confirm that I have read and understood the Information Leaflet for the above study. The information has been fully explained to me and I have been able to ask questions, all of which have been answered to my satisfaction.	
I understand that taking part in this study is entirely voluntary. I understand that not taking part will have no negative impact on me.	
I understand that I can leave this study at any time without giving a reason. I understand that I can withdraw my data at any point before 1 November 2024.	
I understand that I will not be paid for taking part in this study or receive any benefits from any products developed as a result of this research study.	
I know how to contact the research team if I need to.	
By ticking each box above and choosing my options below and signing this document I agree to participate in the study as described in the Participant Information Leaflet.	
2. Consent	
I agree to take part in this research study, having been fully informed of the risks and benefits in the participant information leaflet provided to me.	Yes No
I agree to the use of information about me (personal data) including answers I give during the interview being used by the research team for this research study as described in the	Yes No



participant information leaflet.	
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Participant Name (Block Capitals)

Participant Signature

Date

Witness Name (Block Capitals)

Witness Signature

Date

To be completed by the Principal Investigator or nominee.

I, the undersigned, have taken the time to fully explain to the above participant the nature and purpose of this study in a way that they could understand.

I have explained the risks and possible benefits involved. I have invited them to ask questions on any aspect of the study that concerned them.

I have given a copy of the participant information leaflet and consent form to the participant with contact details of the study team.

Researcher name

Title and qualifications
