

## PgCert Academic Practice in Art, Design and Communication

### Action Research Project Ethical Enquiry Form

**Participant name:** Anna Nagele

**Cohort:** 3

**Tutor name:** Liz Bunting

#### 1. What is your research question?

As an educator and student myself I am aware that stress and exhaustion are present at different levels of intensity during different times of the year. This can be either through academic deadlines but also personal circumstances and has effects on the learning experience and engagement. I am interested to gather the students' perspective on how sleepiness (I refer here to sleepiness, as stress is one of the key contributing factors for bad sleep quality and it is subjectively measurable with standardised scales) has an effect on their experience in the classroom. I want to use the insights from this study to plan for future modules and challenge academic norms that might be conducive to stress.

How does the level of sleepiness in students affect their learning experience?

#### 2. Who will be providing you with information to help you answer your question, and how will you approach and/or select them?

Students at another institution (please specify institution): University of Applied Arts Vienna. I have informed the team for quality assurance of teaching of my undertaking and Mag. Margit Hartel has approved gathering of student feedback for my PGCert at UAL.

How will you approach and/or select from each category?

I will engage the students in a seminar I am leading for several weeks. They are self selected as they signed up to the seminar - I will inform the whole group about this study but leave it up to them to participate anonymously.

#### 3. What will you be asking participants to do?

- Consent to their participation in the study.
- Questions will be delivered by myself but answered anonymously by using a digital tool, Microsoft forms, and pen and paper.
- I will ask the participants to anonymously answer questions via a Microsoft form, including self-assessing their momentary level of sleepiness with the Stanford Sleepiness Scale (SSS) and their general level of daytime sleepiness using the Epworth Sleepiness Scale (ESS) (Shahid et.al., 2009), as well as other questions about sleepiness in relation to different times throughout the semester and what factors contribute to their sleepiness.
- Then I will ask students to collaboratively write fictional anecdotes following different prompts in the format of an Exquisit Corpse on sheets of paper. The prompts will be given starting from different levels of sleepiness from the KSS of a fictional student participating in the particular seminar. I opt for these fictional anecdotes to respect students anonymity.

**4. How will you get informed consent from these participants?**

I will draft a participant information text to be included at the start of the online questionnaire to cover information and consent to participate in both parts of the study, the questionnaire and the written activity - included that if students agree to fill in the form they participate in the study anonymously.

The study will be held in the middle of a seminar, just after a break. Students who do not wish to participate will be granted a longer break.

**5. What potential risks to the interests of participants do you foresee and what steps will you take to minimise those risks?** A participant's interests include their physical and psychological wellbeing; their commercial interests; and their rights of privacy and reputation.

I will ensure that the survey is anonymous. Students might still risk that their handwriting in the exquirit corpse text can be identified, therefore I opted for the fictions so that students do not have to write about their own experience but can make up a story.

**6. What potential risks to yourself as the practitioner do you foresee and what steps will you take to minimise those risks?**

Since this is a new class and new institution I teach this can add extra stress to the novel situation. I have already introduced the idea of this study to the students which has been well received and I am planning to hold this session in the last class before the Christmas holidays.

**7. Does your project involve children or vulnerable adults e.g. a person with a learning disability?**

Delete as appropriate: NO

**8. How will you store the information you gather from participants?**

- I will separate personal identifiers from the results by developing an online questionnaire which can be answered anonymously.
- I will store the information from the questionnaire after downloading it from the online tool used, on my password protected institutional laptop.
- I will scan the sheets of paper and transcribe them for further analysis. Both originals, scans and transcripts will be stored on my password protected institutional laptop securely until the PGCert is completed and graded.
- I will store the information until the PGCert is completed and has been graded. Then I will delete it both from the account of the tool used as well as my computer. I will only retain the analysed data in presentation form.

**I confirm my responsibility to deliver the project in accordance with the Code of Practice on Research Ethics of the University of the Arts London (the University). In signing this form I am also confirming that:**

- a) The form is accurate to the best of my knowledge and belief.
- b) I understand and accept that the ethical propriety of this project may be monitored by the relevant College Research body and/or the University's Research Ethics Sub-Committee.

Signed: A. Nageli Date: 12.12.2023

**I support this project and have reviewed it with the participant:**

Signed: \_\_\_\_\_ Date: \_\_\_\_12.12.2023\_\_\_\_\_