

School of Psychology
The University of Waikato
Private Bag 3105
Hamilton 3240,
New Zealand

Phone 64-7-856 2889
Facsimile 64-7-858 5132
www.waikato.ac.nz/psychology



THE UNIVERSITY OF
WAIKATO
Te Whare Wānanga o Waikato

17 January 2011

Rosanna Frankish
126 Waimakariri Road
Harewood
Christchurch 8051

Dear Rosanna

Ethics Approval Application – # 10/50

Title: The Effect of Delay and Expected Outcomes on Choices for Future Events

Thank you for your ethics application which has been fully considered and approved by the Psychology Research and Ethics Committee.

Please note that approval is for three years. If this project has not been completed within three years from the date of this letter, you must request reapproval.

If any modifications are required to your application, e.g., nature, content, location, procedures or personnel these will need to be submitted to the Convenor of the Committee.

I wish you success with your research.

Yours sincerely

Dr Robert Isler
Convenor
Psychology Research and Ethics Committee
School of Psychology
University of Waikato

Joy Fellows

From: Lewis Bizo
Sent: Wednesday, 20 April 2011 11:35 a.m.
To: Joy Fellows
Subject: FW: ethics application
Attachments: Letter to ethics committee.docx

Hi Joy,

not sure if I forwarded this to you already?
If not Rosie has my approval to make these minor amendments to your previously approved proposal.

Best, Lewis

From: Rosie Frankish [mailto:rosie_pjf@hotmail.com]
Sent: Fri 4/15/2011 3:12 p.m.
To: Lewis Bizo
Subject: ethics application

Hi Lewis,

I have attached the letter to the ethics committee.
Hope this isn't a problem but this Wednesday is going to be difficult with graduation festivities extending!
Could we please be in touch via email this week and then have our meeting next Wednesday as planned?

Thanks,
Rosie

School of Psychology Research and Ethics Committee
University of Waikato

To the convenor of the committee,

I am writing to ask for an amendment to the research titled 'Replication and Extension of Caffeine Withdrawal: Does it cause caffeine consumers to behave more impulsively?' (Approval Application – 29). As an extension of the study I would like to make the following changes:

1. After the participants have contacted the researcher expressing an interest in participating, the researcher phones participants with information regarding allocated time and place of completion, a list of caffeinated consumables, and the state (deprived or not of caffeine) in which they are expected to be for 24 hours prior to the sessions. A phone call is made prior to both experimental sessions.
2. The delay discounting task will be the computer based assessment used in the research titled 'The Effect of Delay and Expected Outcomes on Choices for future events' (Approval Application - #10/50).
3. At the beginning of session one the participants will complete a 12 question practice task.
4. Attached is the information sheet – complete with changes.

Thank you for considering the above amendments to my research.

Sincerely,

Rosanna Frankish

1114660

Information

My name is Rosanna Frankish; I am a student in the Masters of Applied Behaviour Analysis programme at the University of Waikato's Psychology department. I would like to invite you to participate in my research to examine the effects of caffeine on simple decision making tasks.

It has been claimed caffeine is the most commonly used drug in the world, it has physiological effects which effect attention and energy. The form caffeine is consumed in has grown substantially; with energy drinks, tea, some carbonated beverages and, of course, coffee, the choices for consuming caffeine are close to endless. This study intends to look at the effects of caffeine withdrawal on decision-making involving future events. It is thought that caffeine consumers will display more impulsive decision-making when they are in a state of withdrawal, compared to non-caffeine consumers and those not in a state of withdrawal.

You will be required to:

- Attend 2 lab sessions - one week apart
- One lab session will require you to consume caffeine as you usually would, while the other lab session will require you to abstain from any caffeine consumption for 24 hours prior to participating. A phone call will be made to confirm which state is required for which session.
- In lab 1 you will be asked to provide demographic details and answer a short questionnaire regarding caffeine consumption.
- Both lab sessions will include pen and paper delay discounting tasks, this requires you to choose between two options of hypothetical money. The choice made provides information regarding individual self control tendencies. The laboratory sessions are expected to take between 30 minutes and one hour.

May experience mild discomfort:

Large amounts and regular caffeine consumers may feel some mild discomfort abstaining from caffeine for at least 12 hours before one laboratory session, I will try to limit discomfort by having laboratory sessions in the morning. If you experience discomfort or distress at any stage of the research process, feel free to contact Healthline. This is a free service provided to New Zealanders who require health advice, it is a 24 hour service.

Contact Healthline on: 0800 611 116 or www.healthline.govt.nz

Data will remain anonymous and confidential:

Contact details and your name will only be required for scheduling experimental sessions, after completing the sessions your identifying details will be destroyed. Demographic details will remain anonymous and used for analytic purposes only. Voluntary and informed consent is required before participating in this study, consent forms and data will be kept securely at the University of Waikato for a period of three years at which point they will be destroyed. Any further use of the data will only be reported as group data.

Participation in this study is entirely voluntary:

You are not required to participate and are free to withdraw at any time without question or negative consequence. Participants are required to restrain from consuming psychiatric drugs, illegal drugs, nicotine or alcohol in the past 24hrs before participating.

If you have any enquires regarding your participation in the study feel free to contact the researcher or supervisor:

Researcher: Rosanna Frankish

Department of Psychology at the University of Waikato
rpjf2@students.waikato.ac.nz
Phone: 0275552554

Supervisor: Dr Lewis Bizo

School of Psychology at the University of Waikato
lbizo@waikato.ac.nz