

Participant Information Sheet

Research Title: The next wave of actor training: Facilitating peak performance

Researcher(s):

MPhil Candidate Tahlia Norrish, University of Queensland, t.norrish@uq.edu.au

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Dr Véronique Richard, University of Queensland, v.richard@uq.edu.au

Thank you for your interest in participating in this research project. Please read the following information about the project so that you can decide whether you would like to take part in this research. Please feel free to ask any questions you might have about your involvement in the project.

If you decide to participate in this research, please keep in mind that your participation is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to stop at any time.

What is this research about?

The purpose of this research is to investigate the applicability and efficacy of a sport psychology-derived mindfulness training in the context of a Western drama school.

What will I need to do?

Thursday morning mindfulness training sessions have been included in the weekly timetable for the first five weeks of Semester 1. All third years will attend these sessions as per any timetabled class. If you agree to participate in the research component, you may also be asked to partake in an interview (audio-recorded for transcription purposes only). Both the training sessions and interviews will be facilitated by the MPhil Candidate listed above.

As part of this training, you will be asked to complete the Mindful Attention Awareness Scale (MAAS-15) and Performance Classification Questionnaire (PCQ), but data will only be used from those who consent to participate in the research project. The MAAS-15 contains 15 questions and asks about your ability to focus and stay present in daily life. The PCQ contains 10 questions and explores your perception of your current level of performance. For those who consent, you may be contacted for an interview containing nine questions about your experience of the mindfulness training sessions themselves.

Aside from the optional interview — which will take place online — all the above will be based on campus.

What are the possible benefits of taking part?

Participants may be equipped with a new skill set and practice to better understand themselves and their creative and performative processes. We intend for these findings to provide valuable and novel data to the broader field of Western actor training, that may be used to inform future research and the development of curriculum.

What are the possible risks and disadvantages of taking part?

There are no known risks or disadvantages associated with this study. However, should you find any practices or questions invasive or offensive, you are free to refrain from participating in that specific component.

If any of the practices or questions raise concerns about your personal well-being, please refer to one of the following support services for expert intervention:

- Beyond Blue - Free, 24-hour service (1300 22 4636)
- Lifeline - Free, 24-hour service (13 11 14)

What will happen to the information about me?

All information collected about you will remain private and confidential. No Victorian College of the Arts (VCA) staff or admin will be permitted into the sessions or at data collection points.

All data collected for this research will be stored in a unique project folder on the University of Queensland's Research Data Manager (UQRDM) system in accordance with the University of Queensland's Data Management Policy. All hard copy data will be uploaded to the UQRDM before securely being disposed of. *Only* the researchers listed above will have access to the unique project folder and data (i.e., no identifiable personal data will be distributed to or accessible by the VCA).

It is anticipated that the results of this research project will be published and/or presented in a variety of forms. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your express permission.

What will happen if I decide to withdraw?

Your participation in this research is voluntary and you are free to withdraw from the research anytime without needing to provide any explanation. You will not receive any penalty or bias as a result of your withdrawal. Should you decide to withdraw, all the information collected from/about you will be destroyed and will not be used in the research.

Can I hear about the results of this research?

Yes. A one-page summary of findings will be distributed to all study participants and key personnel. Any additional information may be requested by contacting the lead researcher via email (t.norrish@uq.edu.au).

Who can I contact if I have any concerns about the project?

This study adheres to the Guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with the lead researcher via email (t.norrish@uq.edu.au), if you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinator on +617 3365 3924 / +617 3443 1656 or email humanethics@research.uq.edu.au

Ethics ID number: 2024/HE000131