PARTICIPANT INFORMATION SHEET

The role of cognitions, coping and social support in long-haul cabin crew

My name is Cristina Ruscitto, I am a Purser on WWLHR and also a Health Psychology PhD student at the University of Surrey in my spare time! My supervisor is Professor Jane Ogden and we would like to invite you to take part in a research project about the role of cognitions, coping, social support in long-haul Cabin Crew. Before you decide whether you would like to take part, it is important for you to understand why the research is being done and what it will involve for you. Please take the time to read the following information carefully. Talk to others about the study if you wish.

What is the purpose of the study?

The aim of this study is to investigate how long-haul cabin crew make sense of their jet lag and how this relates to jet lag levels pre- and post-flight. We are also looking at the influence of psychological factors such as your personality, coping style and social support on that relationship. In addition, you will be required to perform a Psychomotor Vigilance Task (PVT) by using an iPhone/iPad application. The PVT is a reaction time test. The task takes 3 minutes to complete and will be repeated on selected days during the study to monitor your attention and alertness. You can download the application from the iTunes App Store. I have an agreement with the founders of this app (www.proactivelife.org) that on selected days the cost of the app will be reduced from £ 1.99 to £ 1.30 (depending on the current exchange rate with the $ - from $ 2.99 to $1.99). This cost will refunded to you. Please note, I have a budget to refund up to 200 downloads.

‘Reduced Cost’ days:

Wed 19 June/Fri 21 June
Sun 23 June/ Tues 25 June

When answering questions about jet lag it may help to have a definition of jet lag and some of its symptoms as although related, they are different:

Jet Lag: When the body clock (e.g. sleep/wake; feeding/fasting) is out of sync with the light/dark cycle in a new environment as a result of flying across multiple time zones. As the body may not adjust quickly to this rapid change, some symptoms may be experienced.

Fatigue: Described as deterioration of performance, lack of energy or immune activation (e.g. adaptive response to infections). It is the signal from the body that you should stop what you are doing (physical, mental activity or being awake).
**Sleepiness:** The **drive for sleep.** It is a physiological need like hunger and thirst. It may be affected by several factors including increasing time since sleep, disturbed sleep or jet lag.

**Do I have to take part?**

No, you do not have to participate. There will be no adverse consequences in terms of employment status if you decide not to participate. You can withdraw at any time without giving a reason.

**What will happen to me if I take part?**

In order to take part please:

1. Read the Participant Information and Consent Forms carefully. You can download these on [www.surrey.ac.uk/psychology/people/ruscitto_cristina/](http://www.surrey.ac.uk/psychology/people/ruscitto_cristina/);
2. Sign The Participant Consent Form in front of a witness;
3. Return the Participant Consent Form to the researcher prior to the study (this could take place when collecting the Jet Lag Diary);
4. Meet or speak with the investigator for further information about the protocol of the study and collect the Jet Lag Diary (time and place will be agreed);
5. Return the completed Jet Lag Diary (time and place will be agreed) and send the Psychomotor Vigilance Task results as explained in the PVT Instruction Sheet.

There are 3 elements to this study (over the course of one trip only, including days off):

1. **An online survey** about your preferences for different times of day for different activities, your coping style, pre-work strategies, perceived jet lag and social support. This needs to be completed on **the day before your flight** after the last meal of the day. This will take up to 30 minutes. [http://surveys.fahs.surrey.ac.uk/Long_Haul_Cabin_Crew_2013](http://surveys.fahs.surrey.ac.uk/Long_Haul_Cabin_Crew_2013)
2. A **Jet lag Diary** (in paper form) which needs to be completed on:
   - **The day before your trip**
   - **The day you report for your long-haul trip,** you will only have to answer 7 questions about your sleep 30 minutes after rising (this will take approximately 1 minute).
   - **The day you land back home** and **during your days off.**

The Jet Lag Diary consists of items related to your fatigue, mood and performance, sleepiness and gastro-intestinal function to be completed after the last meal of the day (this will take a couple of minutes). It also includes questions about your sleep to be completed 30 minutes after rising (this will take approximately 1 minute). The diary will be completed in your own time except for the 7 sleep questions on the day you land which is likely to be about your onboard rest.

3. **The Psychomotor Vigilance Task** which assesses your attention and alertness in term of reaction times and accuracy of the task. This takes 3 minutes to complete and will need to be performed after your last meal of the day (after you have completed the Jet Lag Diary).
What will I have to do?

1. Contact me by email: c.ruscitto@surrey.ac.uk Please leave you contact details;

2. Read the Participant Information, Instruction and Consent Forms carefully. You can view/download these on www.surrey.ac.uk/psychology/people/ruscitto_cristina/;

3. Arrange a mutually convenient time to meet up for further information about the protocol of the study and to collect the Jet Lag Diary.

Participation Criteria

In order to take part it is important that:

- You have a long-haul flight with a time change of +/-4 hours (or more) difference from your home time;

- You have a long-haul flight with at least 3 days off after the trip (I am aware this requirement limits participation from Mixed Fleet Crew. Please note: I will be looking for participants for the next 3/4 months therefore please get in touch if you have a trip with 2 days off and a leave day or a trip that generates 3 days off, e.g. 6-day HND);

- You do not take melatonin*;

- You do not have underlying medical conditions that may disrupt your circadian rhythm: Depression, Seasonal Affective disorder, Chronic Fatigue Syndrome, Anorexia, Bulimia and Epilepsy.

* If you are taking any medications please talk to the investigators before deciding to take part as some medications may affect sleep performance

What are the possible disadvantages or risks of taking part?

It is highly unlikely you will experience psychological or emotional upset as a result of filling out this survey. Should this happen, please stop the study. If you still feel upset we recommend that you see your GP.

What are the possible benefits of taking part?

A greater awareness of how cognition and behaviour affect the way you feel after a long-haul flight and what you can do to improve your well-being. To this end, when the study stops you will be able to access a summary of the study. On completion on my PhD next year, my intention is also to publish some advice on how to cope with jet lag based on the results of my research.

Will my taking part in the study be kept confidential?

Yes. All of the information you give will be anonymised so that those reading reports from the research will not know who has contributed to it. Data will be stored securely in accordance with the Data Protection Act 1998. For example, data will be stored in a locked cabinet for 10 years. Number codes instead of participant names are used on data. Data will be stored separately from consent forms. We will not use the sample for any other purpose without your full consent and you can withdraw from the study at any time without prejudice.
Are there any costs involved?

The cost of the PVT app (sleep-2-peak) will be refunded to you after you have downloaded it from the App Store. Please send the receipt from iTunes to my email address. I have a budget to refund up to 200 downloads. No others costs involved.

Who has reviewed the project?

The study has been reviewed and received a favourable opinion from the University of Surrey Ethics Committee. British Airways have agreed for this study to take place. As a courtesy, I have also informed the Union about my research.

Is there a time limit to participation?

I am looking for 200 volunteers and I expect to carry out the research project for the next 3 to 4 months, possibly longer.

Contact details of researcher and supervisor in case of concerns or complaints:

c.ruscitto@surrey.ac.uk  mob: 07773 166814 - j.ogden@surrey.ac.uk  Work phone: 01483 68 6929