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Information for Study Participants

"Exercise for Stress Management: Investigating Key Influencing Factors"

Dear Participant,

Thank you for your interest in this scientific study. Before you can participate, we require your written consent. We kindly ask you to take a moment to read the following information about the study.

General Information About the Study

Physical activity and mental health are closely linked. Given the particular physical and psychological demands of modern life, we aim to better understand how exercise contributes to stress management. A systematic investigation of the factors influencing this relationship, such as motivation, vitality, and mindfulness, can provide valuable insights to optimize physical activity behavior. This knowledge will, in turn, be used to develop targeted interventions that utilize exercise as a means of reducing stress and promoting well-being. In this context, we have developed a questionnaire that focuses on key aspects of physical activity and stress management.

Procedure

We kindly ask you to complete an online questionnaire as part of the study. The questionnaire focuses on various factors related to stress and physical activity. You will be asked to assess how certain statements relate to your experiences with physical activity and stress. The completion time is approximately 30-40 minutes.

Exclusion Criteria

Unfortunately, we cannot include you in the survey if you are under 18 years old or if you are not regularly physically active (i.e., engaging in any sport at least once per week).

Rights

Your participation in the study is voluntary, and you can withdraw at any time without providing a reason by simply closing the browser. There will be no disadvantage to you as a result.

Responsibilities

As a participant, you are required to indicate whether you meet the above exclusion criteria. To ensure the smooth progression of the study, we rely on your cooperation. This means it is very important that you follow the intended procedure, read the instructions carefully, and respond to the best of your knowledge and belief.

Benefits

Participating in the study may have personal benefits for you, as it could help you become more aware of the factors that influence your stress and physical activity. The scientific findings from this study will contribute to optimizing stress management strategies through physical activity and expanding our understanding of the role exercise plays in stress experiences.

Risks and Discomfort

The procedures described in this study are not harmful to your health and adhere to international scientific standards. However, questions about stress may potentially cause discomfort or uncertainty.

You can complete the questionnaire at a location of your choice. We recommend a quiet place where you can fill out the questionnaire without disturbance. If any unforeseen or undesirable events occur, such as psychological discomfort during or after answering the questions, you can always contact the study team.

You can also withdraw from the study at any time without any consequences by simply closing your internet browser.

Confidentiality and Processing of Your Personal Data

All data collected in this study is fully anonymized and cannot be traced back to you. Since the study is completely anonymous, no personal identifiers such as your name, address, or date of birth will be recorded. Your data will be processed in a manner that maintains your confidentiality.

For this study, we will collect information about your age (in years), gender, the type of physical activity you engage in, and your performance level. Performance level is only used for scientific grouping purposes to analyze differences between various activity levels. Additionally, we will collect subjective assessments of psychological factors related to your experiences and behaviors, such as perceived stress, stress triggers, self-concordance, and perceived barriers to physical activity, which are also considered personal data.

Because the study is fully anonymous, we cannot provide individual feedback or a debriefing on your specific results. The study's findings will only be presented in aggregated form and used for scientific analyses.

By completing the online questionnaire, you agree to participate in the study. You can withdraw at any time by simply closing your web browser. Since no personal identifiers are collected, your participation will be immediately terminated upon withdrawal.

The anonymized data collected will be used exclusively for research purposes and may be included in scientific publications or shared with other researchers, as long as anonymity is maintained. If you have concerns about data protection or believe that your privacy rights have been violated, you may contact the Data Protection Officer at Paris-Lodron University of Salzburg (datenschutz@plus.ac.at) or the Austrian Data Protection Authority (dsb@dsb.gv.at). Further information on data protection can be found at <https://www.plus.ac.at/datenschutz>.

Compensation

After completing the survey, you will have the opportunity to participate in a prize draw. To enter, you must indicate at the end of the questionnaire that you are interested in the draw. You will then be redirected to a separate page that is not connected to the previous questionnaire. On this page, you can enter your email address for a chance to win. Since this page is separate, your survey responses cannot be linked to your participation in the draw, ensuring your anonymity. A total of 10 gift cards, each worth 25 EUR, will be raffled. Your email address will be deleted immediately after the winners are determined.

Contact Information

If you have any questions during or after the study, please contact:

- Study Lead: M.Sc. Maria Krymtsova, Department of Sport and Movement Science, Paris-Lodron University of Salzburg, Schlossallee 49, 5400 Hallein, +43(0)662-8044-4858, maria.krymtsova@plus.ac.at
- This study has been reviewed by the Ethics Committee of the University of Salzburg. Contact: Ethics Committee Office Mag. Clara Gröblacher, Kapitelgasse 4-6, A-5020 Salzburg, Tel: +43-662-8044 2391, clara.groeblicher@plus.ac.at

Informed Consent

1. *I have read the information and wish to participate in the survey.*
2. *I have saved or printed a copy of this information and consent form on my computer.*

Please proceed to the questionnaire in your browser now.