



LIVERPOOL JOHN MOORES UNIVERSITY

Title of Project: *The impact of the explicit achievement motive on effort mobilisation in handgrip tasks.*

Name of Researcher and School/Faculty: Dr Michael Richter, School of Natural Sciences and Psychology

You are being invited to take part in a research study. Before you decide it is important that you understand why the research is being done and what it involves. Please take time to read the following information. Ask us if there is anything that is not clear or if you would like more information. Please take time to decide if you want to take part or not.

1. What is the purpose of the study?

This study aims at examining how achievement motive—the motivation to achieve excellence and accomplishment—and task difficulty affect the effort that individuals invest in a physical handgrip task.

2. Am I eligible to take part?

If you are an adult (at least 18 years old) and if you are able to exert force against an object by squeezing it with one of your hands, you are eligible to participate in this study. If you are under 18 or cannot exert force with your hands, you will unfortunately not be able to participate. Moreover, you need to be fluent in English. If you do not speak English fluently, you will not be able to participate.

3. Do I have to take part?

No, this study is completely voluntary. It is up to you to decide whether or not to take part. If you do you will be given this information sheet and asked to sign a consent form. You are still free to withdraw at any time during the study and without giving a reason. A decision to withdraw will not affect your rights or any future services you receive. However, please note that you will not be able to withdraw your data once that you have left the laboratory as your data will be anonymised and it will be impossible to identify your data.

4. What will happen to me if I take part?

You first will be asked to sign a consent form. You will then sit in front of a computer screen and learn how to use a handgrip dynamometer—a joystick-like object that measures the exerted grip force. After this habituation period, you will be asked to squeeze the dynamometer three times as hard as you can to assess your maximum handgrip strength. You will then perform 100 trials of a handgrip task. In each trial of the task, you will have the opportunity to squeeze the dynamometer and the computer will determine whether the force that you exerted exceeded a set force standard. The force standard will vary between trials, and can be 25 Newton, 75 Newton, 125 Newton or 175 Newton. At the beginning of each trial, you will be informed of the force standard of the trial. After having performed the hand grip task, you will be asked again to squeeze the dynamometer three times as hard as you can. Finally, you will be asked to indicate your age and gender, and to complete some items of the Personality

Research Form to assess the strength of your achievement, affiliation and power motives. The whole study will take not more than 30 minutes. The study will take place in room 2.14 of Tom Reilly Building on the LJMU Byrom Campus.

5. Are there any risks / benefits involved?

There are no risks involved. Taking part will allow you to gain insight into psychological research. Moreover, the results of this research may inform educational practice by providing information on how personality traits (the strength of the achievement motive, for instance) influence student engagement. For your participation, you will receive an Amazon voucher worth £5.

6. Will my taking part in the study be kept confidential?

The collected data will be anonymised (except for the consent form). The consent forms will be stored in electronic form in a password protected file on a password protected LJMU computer. It will not be possible to link the consent forms back to the other collected data. The consent form file will be destroyed five years after your participation.

This study has received ethical approval from LJMU's Research Ethics Committee (*reference number: 18/NSP/044; date of approval: 30/04/18*)

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If you any concerns regarding your involvement in this research, please discuss these with the researcher in the first instance. If you wish to make a complaint, please contact researchethics@ljmu.ac.uk and your communication will be re-directed to an independent person as appropriate.