



Participant Information Sheet

This study monitors and measures brainwaves while playing our COSMA software and other games to see mood improvement in healthy volunteers and other possible positive impacts leading to mental well-being.

We are inviting you to take part in a research study. Before you decide whether to participate or not, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and to decide if you would like to participate.

1. What is the purpose of this study?

The purpose of the study is to see a mood improvement and any positive psychological impact by using our software, COSMA. This includes gaming which is personalised with photos of an individual's friends & family. Other games are also studied to further develop our software. The COSMA software needs to be configured with personal photos to play the games. You can configure your account with your pictures as per the instruction from the COSMA manual.

2. Why have I been chosen?

You have been chosen because you are of

- a. Age – 60 and above.
- b. Gender – Both.
- c. Able to access digital platform.
- d. Able to read, write and use digital platforms like a tablet.
- e. Subject with the ability to understand informed consent to participate and has voluntarily provided written informed consent.
- f. Must have internet access at home.

3. Do I have to take part?

It is your decision to take part. You are free to withdraw at any time and without giving a reason.

4. What do I have to do to participate?

A consent form will be sent to you through the mail, followed by the call. You will have to sign the consent form and return it to us within 2 days to participate in the study.

5. What will happen if you are Selected to participate in the study?

You will receive a confirmation e-mail of your participation in the study, along with a website link and your account login details for the COSMA Software. You will have to open the web browser and log in to your account for configuring the games with digital pictures of your family & friends in the configuration mode as per the Manual Instructions.

A minimum of 8 pictures must be uploaded in each configuration module. The pictures can be of any size and any quality. Photos with faces of the individuals are preferred. Once you log in to the configuration mode, the software will guide you through instruction to do this.



You can call or write to you us if you have any difficulty. Note: All these pictures will be stored only on your personal computer and will not available in the cloud or server.

6. What will happen in the study?

Electroencephalography (EEG) is an electrophysiological monitoring method to record the electrical activity of the brain. It is typically non-invasive, with the electrodes placed on the scalp as shown in Figure 1.

1. Day 1 & 2 Visit

You are asked to visit the site on time mentioned in your confirmation email.

You will be informed about the study in detail and the games to be played.

Wireless EEG head cap is placed on your head as shown in figure 1.

A reference EEG will be recorded for 10 minutes without any activity involved. Then, you will play the COSMA Software and the EEG is recorded. The head cap is removed.

End of the visit.

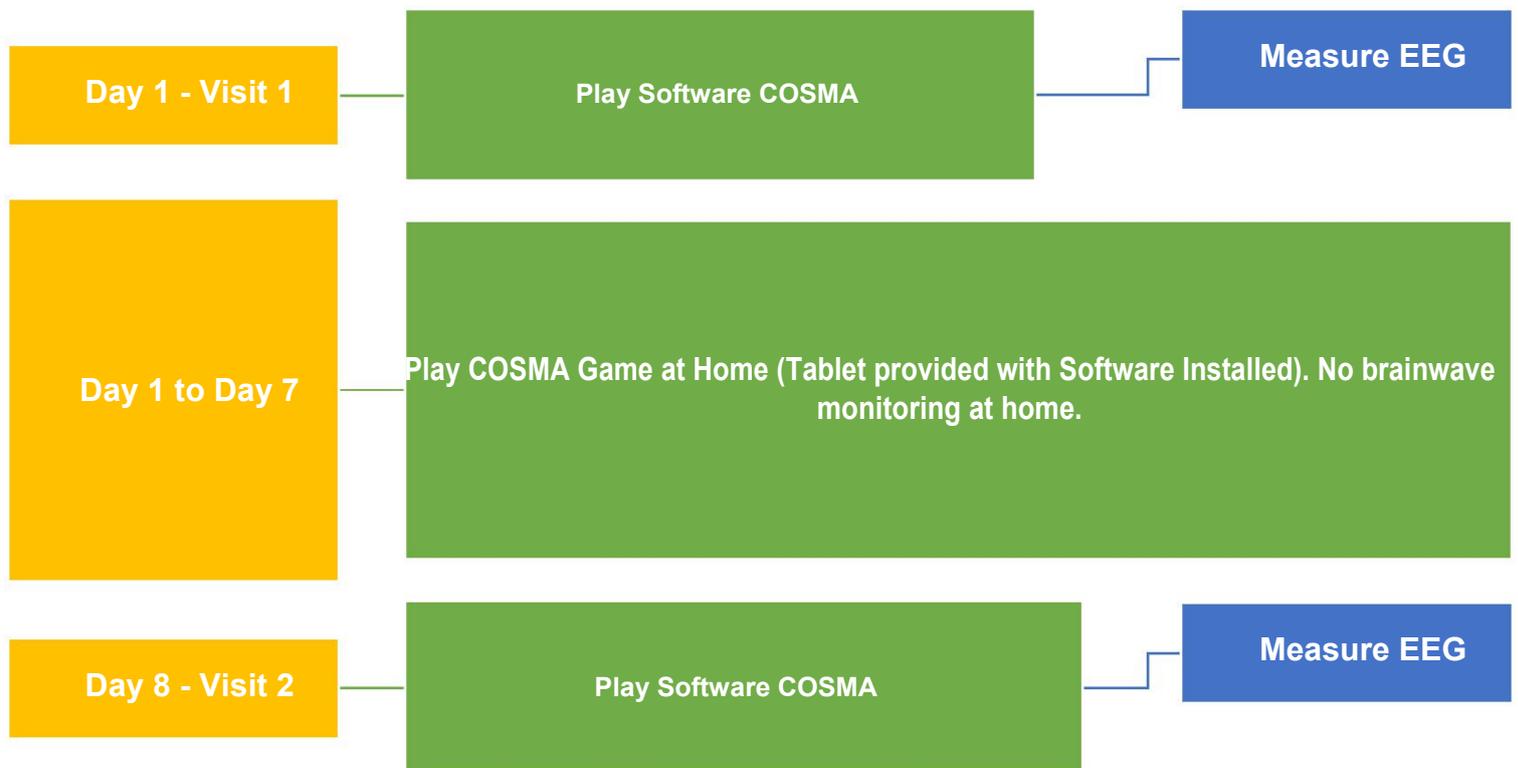
The participants are asked to play the COSMA software and fill-in the paper-based mood assessment questionnaire before and after playing COSMA every day at home daily for 7 days as they did exactly on day 1 visit. The software has a tracker session which will record how many times and what day they had played the games with a scoring system. The software Manual will help them to play the games if they find it difficult. No monitoring of Brainwaves will be done during the home study.

Then the experiment is repeated on Day 8.

On day 8, you must fill the COSMA Usability Questionnaire and you will be asked to delete your COSMA account from the tablet/PC on the site and we will confirm from you that No hard copy of your personal data stored in their login account has been stored by Cerebrum Matter/University of Leicester.



Figure 1: Wireless EEG device you will wear during the study



6. Where do you have to come?

| | |
|-------------|--|
| Visit 1 & 2 | 5, OAKWOOD Drive, ATIC Building, Loughborough, LE11 3QF |
|-------------|--|

7. Expenses and payments

You will be paid £30 for participating in the entire study in the form of cheque or cash as preferred by the participants. This will be paid on the last day of the study visit. No payment will be made if you



withdraw from the study at any stage or do not play the software at home, which we can monitor with the tracker section in the software.

8. What are the possible benefits of taking part?

You will be contributing to a research study that will help to understand the beliefs and usage of Digital Games in clinical practice and develop a suitable application for mental well-being.

9. What are the possible risks of taking part?

EEG is a safe and non-invasive technique, which does not involve ionising radiation. No possible risks are foreseen in this study. Some might feel uncomfortable with EEG headset cap which will be minimised by using less gel on your scalp.

Playing Cricket Simulator – Only softballs are used, and the speed of the ball is at 50mph relatively slow and safety suites (helmet and leg paddings) will be provided, if needed . And will be played in safety environment which is netted to avoid any possible accidents.

10. Will my taking part be kept confidential?

All participant information is stored on password-protected computer databases or in locked filing cabinets. You will be allocated a study number and staff not directly involved with you will know you only by this number. When the results of the study are reported, individuals who have taken part will not be identified in any way.

Individual results on overall mood improvement will be disclosed to the participants within 45 days of the study via email. If we find any abnormal EEG activities during the analysis, we will contact you immediately and suggest consulting your GP. The overall study report can be accessed through our website www.cerebrummatter.com, where the results will be published.

11. What if I change my mind about taking part?

If you decide to withdraw from the study, you can do it anytime during the study provided us with a written statement.

12. What if there is a problem?

Complaints If you wish to complain formally, you can do this by contacting the Chief Investigator via email eml12@leicester.ac.uk

13. Will my GP be informed of my involvement in the study?

No.

14. Will I know the results of the study?

Yes, we will email you the study objective report within 45 days from the study. We plan to publish the results on our website www.cerebrummatter.com and also on peer-reviewed Journal, so others can read about and learn from the results of the study.

15. Who is organising and funding the research?



The study is organised by Cerebrum Matter R&D company working on Brain Training Technology, which is funded by the Leicester Innovation Hub.

16. Further Information

If you require more information about this study, please call one of the telephone numbers provided to speak to a clinical member of the research team or, alternatively look at the study website www.cerebrummatter.com

Thank you for reading this. If you have any questions or would like any more information, please contact us through email (eml12@leicester.ac.uk)

Please keep this information sheet for your records. If you agree to enter the study, please sign the enclosed consent form and we will return a copy to you.