



Music Whilst Studying

HOW TO PARTICIPATE

This document contains detailed instructions on how to participate in the research study and using the MuPsych app.

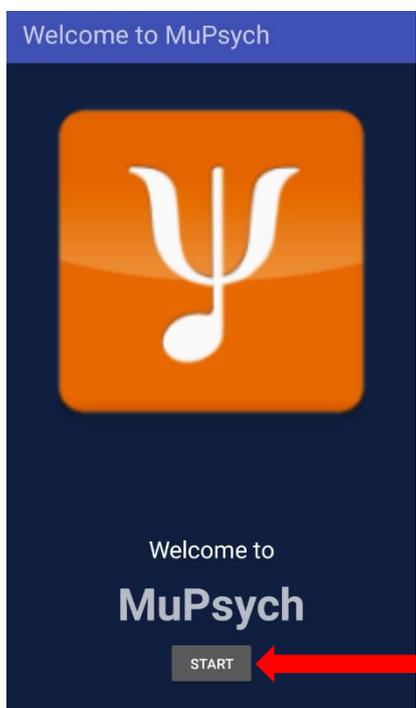
If you have any questions regarding the research or would like further information, please contact Miss Yi-Ting Cheah (y.cheah2@liverpool.ac.uk)

Please note that you may take part if you meet all these requirements:

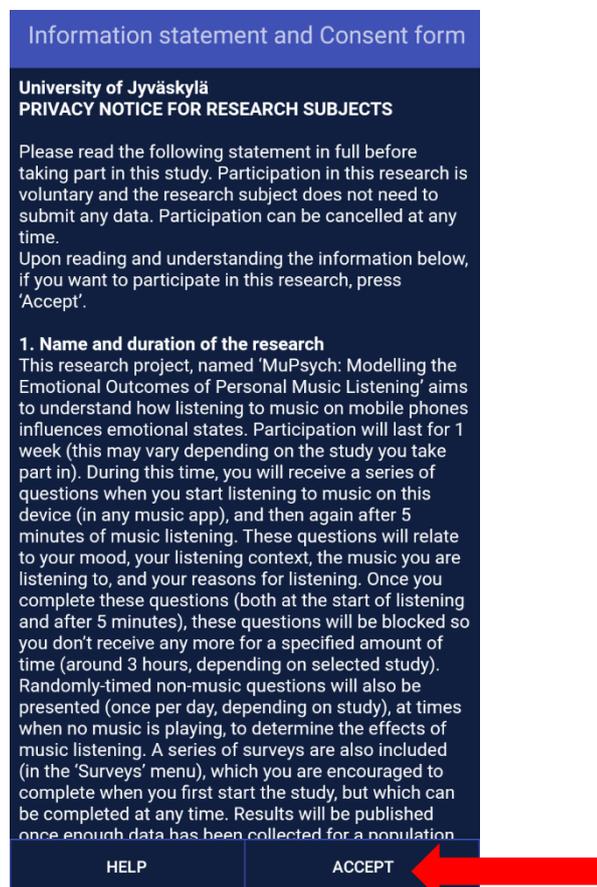
- 1. A student (full- / part-time)*
- 2. 18+ years old*
- 3. Using an Android smartphone (data will be collected through an Android mobile app)*

What happens after I downloaded the app?

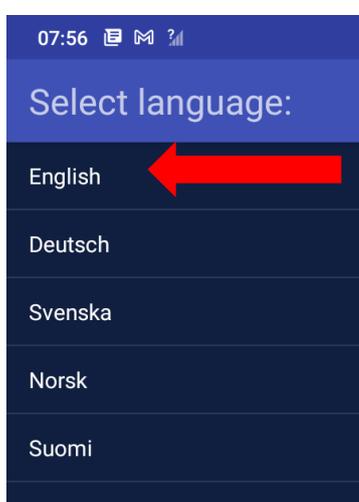
1) Select “START”.



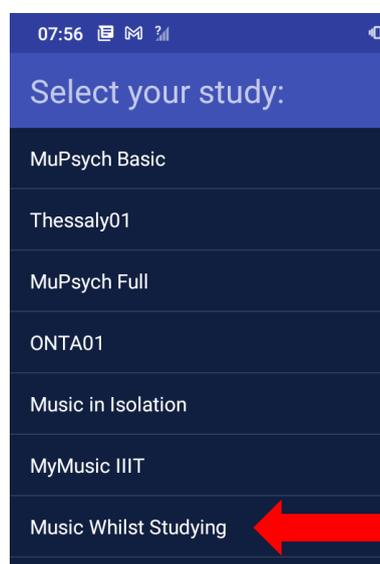
2) Read the information statement and consent to participate by selecting “Accept”.



3) Select the language – *English*.



4) Select the study – *Music Whilst Studying*



- 5) Read the information statement and consent to participate by selecting “I AGREE”.

Information statement for Music Whilst Studying

Title of Research: Music Whilst Studying
You are being invited to participate in a study. Before you decide whether to participate, 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 feel free to ask us if you would like more information or if there is anything that you do not understand. Please also feel free to discuss this with your friends or relatives if you wish. We would like to stress that you do not have to accept this invitation and should only agree to take part if you want to.

What is the purpose of the research? Students commonly listen to music whilst studying. However, the extent to which background music is beneficial for studying is unclear as the effect might differ among individuals, the types of study tasks, as well as the types of music being listened to. Therefore, we aim to conduct a study to explore students' music listening habits when they are studying, and students' perception of how background music affects them and their study outcomes.

Why have I been chosen to take part? We are looking for students (full-time or part-time) who are at least 18 years of age, use an Android smartphone (the study will be conducted using a mobile app that only works on Android phones), and use music streaming platforms (e.g., Spotify, Google Play, SoundCloud, etc.) for music listening.

Do I have to take part? Your participation is voluntary and you are free to withdraw your participation at any time, without explanation, and without incurring a disadvantage.

What will happen if I take part? First, you will be asked to download a mobile app to your smartphone. Once you install the app, we will ask you to respond to a few questionnaires that include questions about your musical background, music preferences, personality, and study habits (this should take around 20-30 minutes).

BACK HELP I AGREE

- 6) Select the music player you'll be using.

Your main music player:

Spotify (Free)

Spotify (Premium)

Apple Music

Google Play

Pandora

Amazon

Deezer

SoundCloud

Tidal

Other / Local files

- 7) Allow the app to run in the background by selecting “OK”.

1. Check the 'Help' menu, to make sure your phone will show music questions

2. ...

3. The application displays a notification to work in the background, you can turn off its display in the application settings or by long pressing it.

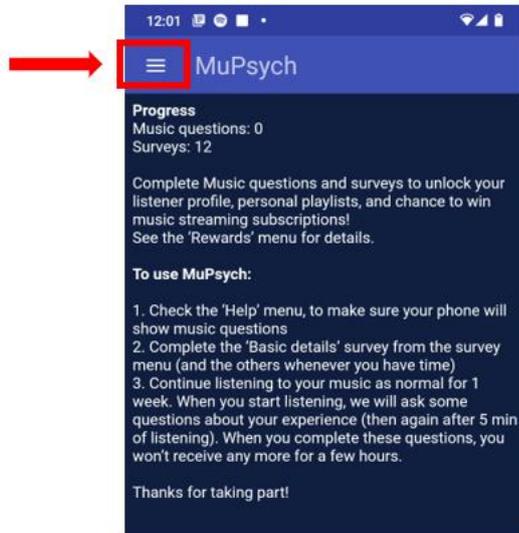
APP SETTINGS OK

Thanks for taking part!

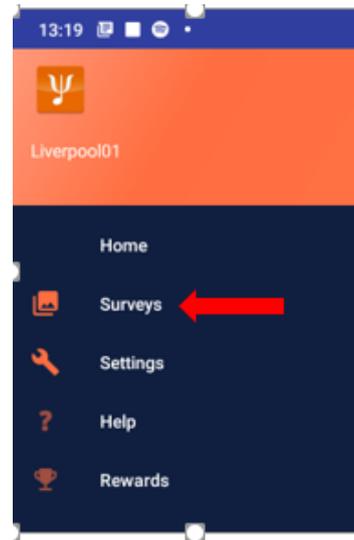
- 8) Go on with your everyday routine as usual and answer the questionnaires in the app when prompted. ***Make sure that you play music from your smartphone during the 4-week research period.***

How do I record my participant ID?

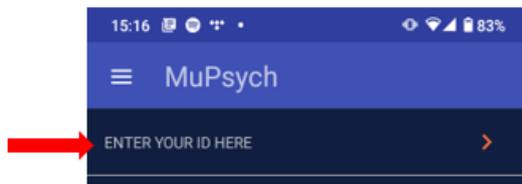
1) Tap on the Menu bar icon.



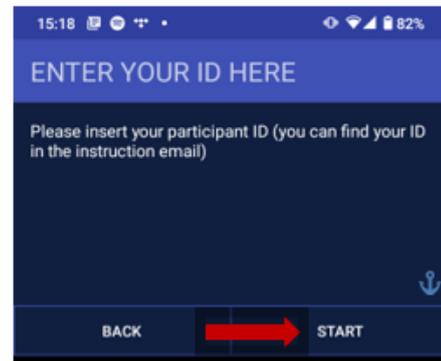
2) Select “Surveys”.



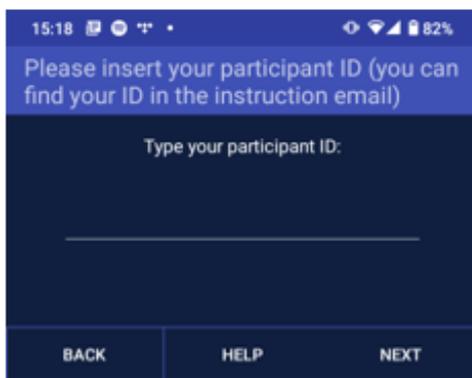
3) Select below.



4) Select “Start”.

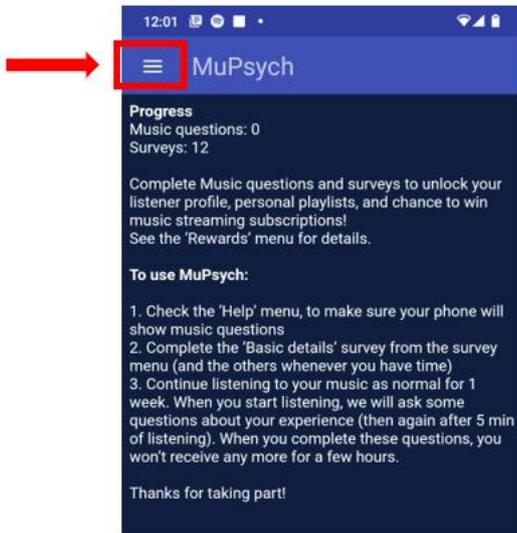


5) Insert accordingly.

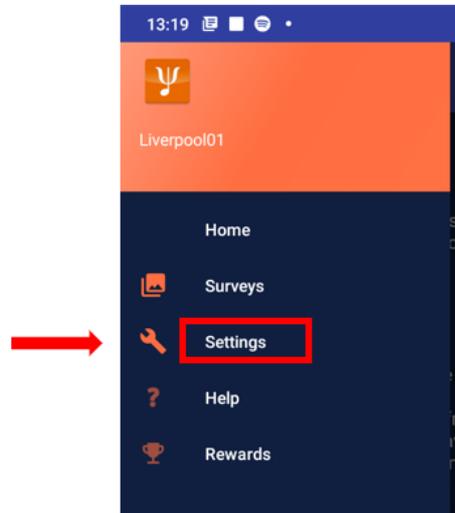


How do I change the music player I'm using?

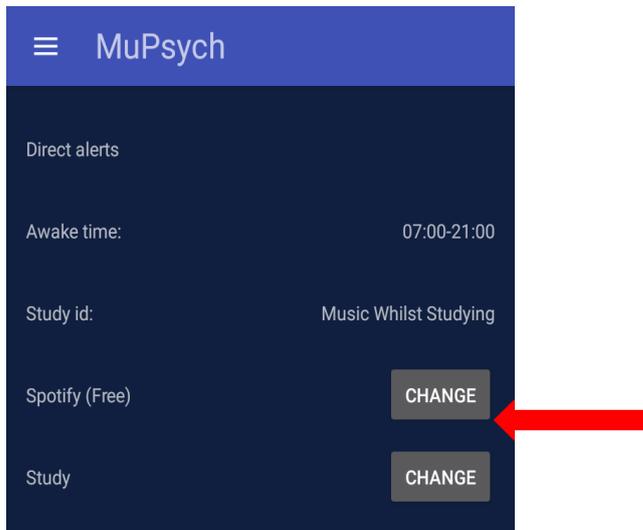
1) Tap on the menu icon at the top left corner of the home page.



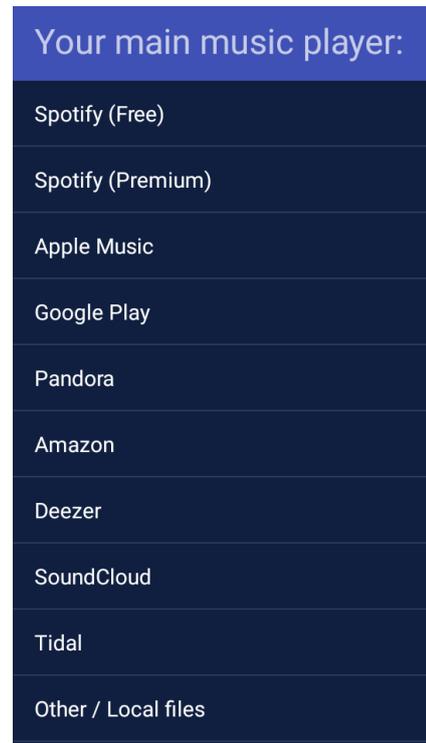
2) Select "Settings".



3) Select "Change".



4) Select your new music player.



Which music player can I use?

Spotify, Deezer, Pandora, SoundCloud, Amazon Music, and Tidal works (remember to select the music player you'll be using when setting up the app). If your music player is not listed in the app, simply select "Other / Local files".

However, note that Apple Music and YouTube Music might not work on the app. If you are not receiving any questionnaire prompts when you play music, you might need to consider using a different music player (Tip: Spotify is the safest choice).

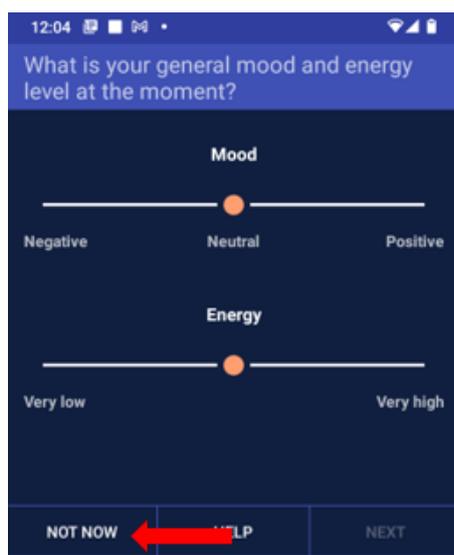
Make sure to listen to music from your smartphone along the 4-week period of the study.

Will I receive prompts every single time I play music on my phone?

No. There will be a 2-hour gap between each prompt (2 hours counting from when you complete the follow-up questionnaire).

What should I do when I'm busy and cannot respond to the prompt?

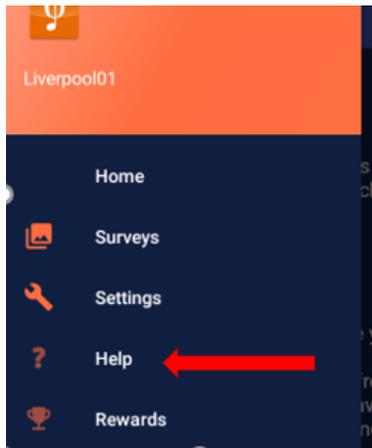
You may either (1) ignore the prompt altogether by not responding on the notification; or (2) tap on the notification, and select the "Not now" option at the bottom left corner of the page.



The app is not working properly. What should I do?

Under the Menu bar, tap on “Help”, and you’ll see troubleshooting instructions that are catered to different types of Android models. Read and follow the instructions that apply to your phone.

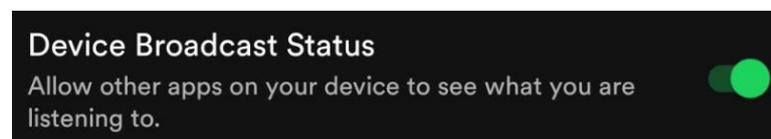
If that still does not solve your issues, please contact the research team through the email address provided above with description (as detailed as possible) of the issues you’re facing.



Why am I not receiving any questionnaire prompts when I play music?

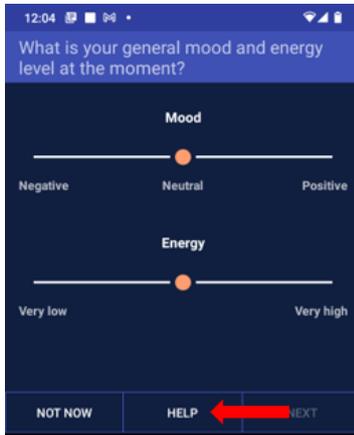
This might happen if you’re using Spotify.

Make sure that the “Device Broadcast Status” on your Spotify app is activated. To do so, open Spotify and tap on the ‘Home’ button  (bottom-left of your screen), tap on Settings (the cog icon  at the top-right corner of the ‘Home’ screen), scroll down until you see ‘Device Broadcast Status’ and activate it.



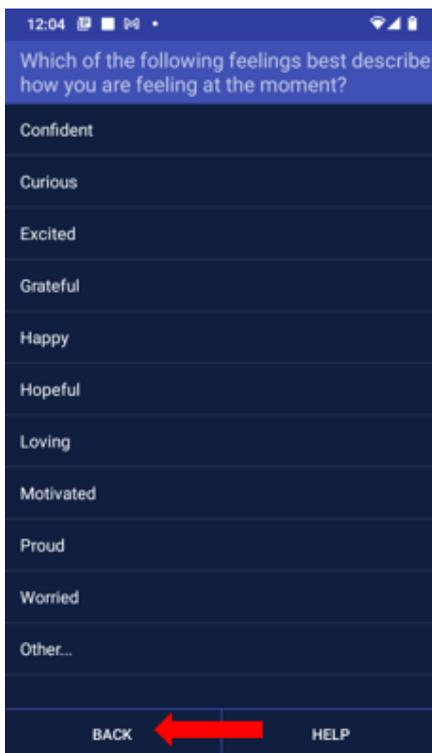
Where can I seek clarification if I do not understand the questions asked?

Under each question, there's a "HELP" button you can tap on to see further explanations.



Can I change my answers in the questionnaire?

Yes, provided you have not exited that particular questionnaire session. Simply tap on the "Back" button at the bottom of the page to go back to an earlier question.



Can I participate if I'm an iPhone user?

No. Unfortunately, the app only supports Android. If your phone runs on iOS, you cannot participate.