

INFORMATION SHEET

Nature-based Outdoor Activities for Promoting Stress Resilience in Employees

You are invited to participate in the above project conducted by Dr Eun Yeong Choe, who is a research assistant professor at the School of Design in The Hong Kong Polytechnic University (PolyU). The project has been approved by the PolyU Institutional Review Board (PolyU IRB) (or its Delegate) (Reference Number: HSEARS20241216002).

Study Purpose and Potential Benefits

This project aims to assess the impact of a nature-based workplace intervention on stress resilience in full-time employees in Hong Kong.

Participant Eligibility

The participants will be recruited from among full-time employees (18-65 years) in Hong Kong. We excluded part-time employees, individuals employed for less than six months, those with symptoms of heart disease, and participants over 65 years of age.

Study Procedure

If you take part in the research project, you will be asked to complete a questionnaire and measure heart rate variability (HRV) and blood pressure (BP). The measurements will be taken **three times** at your company: at baseline, immediately after the second session, and one week after the third session. In order to evaluate changes in your emotional regulation and mental health, the questionnaire includes validated scales (i.e., PSS, DERS) to measure your perceived stress and emotional regulation. It is expected to take about 10 minutes. Moreover, HRV and BP will be measured using non-invasive devices to indicate your stress level and mental health (**Fig. 1**).



Fig 1. Non-invasive devices for measuring participant's HRV and BP

HRV will be evaluated using SA-3000P (MEDICORE, Korea). The participants sit silently in a room with their backs leaning against a chair and their arms flexed at an angle of 90 degrees. The sensor is positioned with a strap around the fingertip of the middle finger on one of the participants hands (optional side). BP will be also measured using a digital automatic BP monitor (PASESA AVE-2000, Japan) with an arm cuff placed on the non-dominant arm at heart level.

Potential Risk(s) or Discomfort(s) and their minimization(s)

Participating in the research is not anticipated to cause the participants any disadvantage or discomfort. All measurements will be conducted by trained researchers under the supervision of school teachers.

Confidentiality of Personal Data

The information you provide as part of the project is the research data. Any research data from which you can be identified is known as personal data. Personal data does not include data where the identity has been removed (anonymous data). We will minimize our use of personal data in the study as much as possible. The researcher and her team will have access to personal data and research data for the purposes of the study. Responsible members of PolyU may be given access for monitoring and/or audit of the research.

Data Retention

All information related to you will remain confidential. Data will be protected by passwords and other relevant security procedures. The information collected will be kept until 31/12/2026. The Hong Kong Polytechnic University takes reasonable precautions to prevent the loss, misappropriation, unauthorized access or destruction of the information you provide.

Participation and Withdrawal

Your participation in the study is completely voluntary. You have every right to withdraw from the study at any time without giving any reason.

Enquiries and Comments

If you have any questions, you may ask our helpers now or later, even after the study has started.

You may contact **Dr Eun Yeong CHOE** (tel. no.: 27664705/ email: eunyeong.choe@polyu.edu.hk) of PolyU under the following situations:

- a. if you have any other questions in relation to the study;
- b. if, under very rare conditions, you become injured as a result of your participation in the study; or
- c. if you want to get access to/or change your personal data before 30/06/2025.

In case of you feel any discomforts during the study, please report to the Principal Investigator/Chief Investigator immediately as soon as possible. Thank you for your interest in participating in this study.

In the event you have any concerns/complaints about the conduct of this research study, you may contact the Secretary of the PolyU Institutional Review Board in writing (institutional.review.board@polyu.edu.hk) or via phone at 2766 6379 stating clearly the responsible person and department of this study as well as the Reference Number.

Dr Eun Yeong Choe
Principal Investigator

CONSENT TO PARTICIPATE IN RESEARCH

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I _____ hereby consent to participate in the captioned research conducted by _____.

I understand that information obtained from this research may be used in future research and published. However, my right to privacy will be retained, i.e. my personal details will not be revealed.

The procedure as set out in the attached information sheet has been fully explained. I understand the benefit and risks involved. My participation in the project is voluntary.

I acknowledge that I have the right to question any part of the procedure and can withdraw at any time without penalty of any kind.

Name of participant _____

Signature of
participant _____

Name of researcher _____

Signature of
researcher _____

Date _____