

Informed Consent Form

Study Title:

Effects of instrumental lo-fi background music versus silence on cognitive interference during the stroop task in university students

Principal Investigator:

Prof. Efthymios Papatzikis

Institution:

Canadian University Dubai

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Prof. Efthymios Papatzikis

NCT Number:

Pending

Date:

30/April /2026

REQUEST FOR YOUR PARTICIPATION IN RESEARCH

TITLE OF THE STUDY

Effects of Instrumental Lo-fi Background Music on Cognitive Interference During the Stroop Task in University Students

NAME OF THE RESEARCHER

Shahad Yousif – Undergraduate Psychology Student, Canadian University Dubai

Farah Mosalami – Undergraduate Psychology Student, Canadian University Dubai

Faculty Supervisor:

Dr. Efthymios Papatzikis
Canadian University Dubai

PURPOSE

This study examines whether instrumental lo-fi background music affects attention and cognitive performance during a Stroop task. The Stroop task is a short cognitive task that measures how people process information and manage interference when identifying colours and words. The purpose of comparing music versus silence will be explained to you after completing the study.

The purpose of this research is to better understand whether listening to background music influences cognitive performance in university students.

PROCEDURES

If you agree to participate in this study:

- You will complete a short demographic questionnaire before starting the task
- You will complete a paper-based Stroop task consisting of three short sections (Word Reading, colour Naming, and colour–Word Interference).

- Each section will last 45 seconds.
- The total session will take approximately 15–20 minutes.
- You will be randomly assigned (by chance) to one of two conditions: completing the task while listening to instrumental lo-fi music through headphones at a standardized moderate volume (approximately 50–60%) or completing the task in silence while wearing the same headphones.
- The study will take place individually in the Psychology Laboratory at Canadian University Dubai.
- Participants with Color blindness or those who do not meet the eligibility criteria will not be able to participate in the study.
- Your responses will be recorded by the researcher on a scoring sheet.
- No audio or video recordings will be made.

POTENTIAL RISKS

This study involves minimal risk. You may experience mild fatigue or temporary frustration while performing the Stroop task due to the concentration required.

To minimize discomfort, the task is short and lasts only a few minutes. Participants may stop the task or withdraw from the study at any time without penalty.

POTENTIAL BENEFITS

There are no direct personal benefits to participants in this study. However, your participation may contribute to research on attention, cognitive performance, and the effects of background music among university students. The findings may help improve understanding of how study environments influence cognitive tasks.

COMPENSATION

Participants will not receive any financial compensation, course credit, or other incentives for participating in this study.

CONFIDENTIALITY

No identifying information will be collected from participants. Each participant will be assigned a numerical participant code, and no names or personal identifiers will be linked to the data.

All data will be stored in password-protected digital files accessible only to the researchers and the faculty supervisor. Paper scoring sheets will be stored securely by the researchers.

All data will be securely stored for a period of 5 years after study completion and then permanently deleted by the researchers; to remain confidential the collected information will be used for research purposes only. Results of the study will be reported in aggregate form, and no individual participant will be identifiable in any reports or publications.

PARTICIPANT RIGHTS

Your participation in this study is completely voluntary.

You may refuse to participate or withdraw from the study at any time without any negative consequences.

Participation or non-participation will not affect your grades or academic standing in any way.

You also have the right to skip any demographic question that you do not wish to answer without penalty.

This consent form is not a contract, and you will not waive any legal rights by choosing to participate or not participate.

QUESTIONS OR PROBLEMS

You are encouraged to ask questions at any time during the study.

For further information about the study, please contact:

Shahad Yousif – 20220001717@students.cud.ac.ae

Farah Mosalami – 20220001138@students.cud.ac.ae

If you feel you have been harmed in any way by your participation in this study, please contact:

Dr. Adam Fenech

Provost of Research, Canadian University Dubai

adam.fenech@cud.ac.ae

Participant Code: _____

Participant Signature: _____

Date: _____

