

2013

The effects of mental imagery on implementation intentions: specifically in regards to exercise goal achievement

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Trethewey, N. (2013) 'The effects of mental imagery on implementation intentions: specifically in regards to exercise goal achievement', *The Plymouth Student Scientist*, 6(1), p. 272-288.

<http://hdl.handle.net/10026.1/14019>

The Plymouth Student Scientist

University of Plymouth

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Appendix A

Brief

The present study aims to explore the effects of mental imagery on implication intentions in regards to exercise.

The study will require you to read a brief scenario then complete a short 5 minute online questionnaire regarding your exercise activities. You will need to complete a separate questionnaire each week for 5 weeks.

You have the right to withdraw at any time throughout the study to without penalty. All data will be kept confidential and only recognizable through your participation number, so should you wish to withdraw your data at any point it will be destroyed.

If you have any questions or concerns throughout the study, or should want to withdraw your data, you can contact the principal investigator at nathan.trethewey@plymouth.ac.uk. Or alternately you can contact the project supervisor at jon.may@plymouth.ac.uk.

Thank you for your participation in this study.

Appendix B

Debrief

Thank you for participating in this study

This study aims to explore the effects mental imagery can have on implication intentions, specifically in regards to exercise. The weekly questionnaires were designed to see if you performed your intended amount of exercise each week, and depending on what condition you were randomly assigned to, whether mental imagery or implication intentions affected this.

Your unique number relates to the data you have entered for the study. Should you wish to withdraw your data from this study, this number will be used to locate and destroy your data.

If you have any questions or concerns about the study, or should want to withdraw your data, you can contact the principal investigator at nathan.trethewey@students.plymouth.ac.uk. Or alternately you can contact the project supervisor at jon.may@plymouth.ac.uk.

Thank you for your participation in this study.