

Study on emotions in yoga

Dear participant,

We invite you to participate in the above-mentioned study of the Institute for Psychology of Development and Education. Your participation in this study is voluntary. You can refuse to participate at any time, without giving reasons, or withdraw during the course of the study. Refusal to participate or premature withdrawal from this study has no negative consequences for you.

This type of study is necessary in order to obtain reliable new scientific research results. However, an essential prerequisite for conducting studies is that you give your written consent to participate in this study. Please read the following text carefully and do not hesitate to ask questions.

Please only take part in the study,

- when you have fully understood the nature and procedure of the study,
- if you are willing to agree to participate and
- if you are aware of your rights as a participant in this study.

1. what is the purpose of the study?

We want to investigate how over- and underchallenge and importance in yoga practice affect certain emotions during yoga and how these emotions affect motivation for the next yoga session.

2 How does the study work?

Study participants download the ESMira app from the App Store and link it to the yoga study of the University of Vienna (detailed instructions at: <https://emot-yoga.univie.ac.at/app-4875>). At the beginning of participation, all participants fill out a short questionnaire about themselves. The app is then opened after each yoga session and a short questionnaire about the emotions experienced is filled out.

3. what are the benefits of participating in the study?

They support research at the University of Vienna in a new field of research. After publication of the results, you will find the study and an overview of the results on the website yoga.univie.ac.at.

4. are there any risks involved in carrying out the study and are any complaints or other side effects to be expected?

There are no risks during implementation.

5. does participation in the study have any other effects on your lifestyle and what obligations does it entail?

Apart from filling out the questionnaire after each yoga session, there are no effects.

7. when will the study be terminated prematurely?

If you take a longer break from yoga or stop practicing yoga in general.

8. how will the data collected in this study be used?

The data is uploaded anonymously to the university server and then statistically evaluated for scientific publications. At no time is it possible to draw conclusions about individual persons, neither for the readers of the publication nor for the research team.

9. are there any costs for the participants? Is there a reimbursement of costs or remuneration?

There are no costs for the participants, but a smartphone is required for participation, which needs an up-right internet connection at certain times.

10. opportunity to discuss further questions

Please contact the study management if you have any further questions in connection with the study. Questions concerning your rights as a participant in the study will of course be answered. If not all of your questions can be answered by the study management, you can also contact the project manager:

Project manager: Lukas Kraiger E-Mail: lukas.kraiger@univie.ac.at Tel: +43664-8176810