

120-PERSON PILOT

Presenting Mindfulness for Tinnitus

Participant information and consent

Terms of participation, privacy information, clinical disclaimers, and fillable consent form.



Please read this document before deciding whether to take part.

Taking part is voluntary. The course is educational and supportive; it is not a cure for tinnitus, a medical assessment, or a substitute for care from your GP, audiologist, or other qualified professional.

Welcome and study at a glance

Thank you for your interest in the **Presenting Mindfulness for Tinnitus pilot study**. We are inviting up to 120 adults who live with tinnitus to complete a structured online course and tell us, honestly, what changes they notice and how the course could be improved.

The course explores how mindfulness may influence attention, stress, sleep, mood, bodily tension, tinnitus-related distress, and the way the brain and body respond to sound. It does not assume that tinnitus is 'all in the mind', and it does not promise to remove or reduce the sound itself.

Key facts

FREE ACCESS

The current £29.99 course, workbook, and planned upgrades, free for life.

20 CHAPTERS

About 20 hours of core learning, completed at your pace.

DAILY PRACTICE

Short home practice, typically 10-15 minutes on most days.

Why are we doing this pilot?

- To examine whether participants report changes in tinnitus-related distress and its effects on everyday life.
- To understand which chapters, explanations, exercises, and audio practices feel most useful or least useful.
- To identify accessibility, pacing, and usability improvements before wider release.
- To create an anonymised evidence base that may support reports, presentations, publication, and future ethically approved research.

Important distinction

This is an educational pilot evaluation, not an NHS study, clinical trial, diagnosis, or treatment. Any later formal research or publication will use only the information described in this pack and permitted by your consent, with any further governance or ethics approval required at that time.

What taking part involves

1

Before you begin

Read this pack, ask any questions, complete the consent form and baseline questionnaire, and receive your free access instructions.

2

During the course

Work through 20 online chapters. The suggested pace is one chapter a week over 20 weeks, but you may move faster or take longer. Allow about one hour for each chapter, plus 10-15 minutes of home practice on most days.

3

Progress tracking

Complete brief 0-10 ratings during the programme and a midpoint check after Chapter 10. These help you notice changes and give the pilot consistent outcome information.

4

At completion

Finish the end questionnaire and feedback form. Honest positive, negative, or mixed feedback is equally valuable and has no effect on your certificate or thank-you reward.

5

Afterwards

You may be invited to complete an optional follow-up questionnaire. You can also choose whether you wish to receive a summary of the overall findings.

What information will we ask for?

- Contact and eligibility details, including your name, date of birth, email address, and country.
- Tinnitus-related ratings and questionnaire answers about distress, sleep, mood, anxiety, concentration, coping, and quality of life.
- Course engagement information, such as chapters completed and the approximate amount of home practice undertaken.
- Your feedback on content, pacing, accessibility, exercises, audio, and the online experience.

Your workbook

Your reflective workbook is for your own learning. Workbook entries will not form part of the research dataset unless a question clearly asks you to submit a response or you choose to share an extract separately.

Benefits, possible discomfort, and safety

Possible benefits

You may gain a clearer understanding of tinnitus, a practical mindfulness toolkit, and a steadier way of responding to difficult moments. Some people may notice improvements in distress, sleep, concentration, mood, or coping. **No personal benefit can be guaranteed**, and this pilot is being conducted precisely because we need to learn more.

Possible inconvenience or discomfort

- The time commitment may feel demanding, particularly during busy or difficult periods.
- Turning attention towards sound, thoughts, emotions, or bodily sensations may temporarily feel uncomfortable or make tinnitus seem more noticeable.
- Questions about sleep, distress, anxiety, or mood may feel personal. You may pause an exercise, skip a non-essential reflection, or stop participating.
- This is self-study rather than live clinical monitoring. Messages and questionnaires are not monitored continuously or as an emergency service.

If a practice feels unhelpful

Stop the exercise, orient yourself to the room, and return to an ordinary activity. Seek advice from your GP, audiologist, therapist, or another qualified professional if symptoms or distress persist or worsen.

When to seek medical help

- See a GP if tinnitus is regular or constant, worsening, or affecting sleep, concentration, anxiety, or mood.
- Ask for an urgent GP appointment if tinnitus beats in time with your pulse.
- Go to A&E; or call 999 if tinnitus follows a head injury, or occurs with sudden hearing loss, facial weakness, or a spinning sensation (vertigo).
- If you or someone else is in immediate danger, call 999. For confidential emotional support in the UK, call Samaritans free on 116 123.

Source: NHS tinnitus guidance, <https://www.nhs.uk/conditions/tinnitus/> (accessed 11 September 2026).

How your information will be used

The data controller is **The Brain Gym and Research Ltd**, trading as Mental Health Matrix, Company No. 16829829, Ty Carreg, 37 Windsor Road, Six Bells, Abertillery, Blaenau Gwent, NP13 2QF, UK. Contact: gareth@mentalhealthmatrix.com.

Data, purpose, and consent

We will use your identity and contact details to administer participation, provide access, communicate with you, issue certificates and rewards, and manage consent. Questionnaire and feedback responses may contain health information, which UK data protection law treats as special category data. The proposed basis for this pilot is your consent under UK GDPR Article 6(1)(a) and your explicit consent for health data under Article 9(2)(a). Participation consent and optional future-use permissions are recorded separately below.

Confidentiality and anonymisation

- Identifying information will be kept separately from research responses and linked by a participant code wherever practicable.
- Access will be limited to authorised members of the MHM pilot or research team and contracted service providers that must keep information secure.
- Reports, presentations, and publications will use grouped or anonymised information. We will not name you without separate, specific permission.
- Anonymous quotations may be used only if you tick the separate optional consent box. Details that could reasonably identify you will be removed.
- We will not sell your identifiable health information or use research answers to make automated decisions about you.

Storage, retention, and your choices

- Electronic information will be stored using access controls. Any international transfer by a service provider must use safeguards recognised under UK data protection law.
- Contact details and the participant-code link will normally be deleted within 12 months of the pilot closing. Consent records may be retained separately for up to six years for accountability. Fully anonymised research data may be retained for future analysis because it no longer identifies an individual.
- You may withdraw from the pilot without giving a reason. We will stop collecting new information and, where possible, remove identifiable or coded data not yet anonymised. Once information has been irreversibly anonymised and combined into analysis, it cannot be traced back and removed.
- Withdrawing will not affect access already granted or any reward already earned. The completion reward is issued only after the stated completion steps have been met.
- You may ask to access or correct your personal information, withdraw consent, or raise a concern. You may also complain to the Information Commissioner's Office at <https://ico.org.uk/make-a-complaint/>.

Terms, certificates, and thank-you reward

Free course access

- There is no fee to take part and no cash payment. Access is for the registered participant and login details must not be shared.
- Lifetime access means access for as long as the course remains available on the MHM platform. If it is discontinued, MHM will try to provide reasonable notice or an alternative where practicable.
- The current text-based and on-screen course has a normal RRP of £29.99. Pilot participants receive it free, together with the planned audio upgrade, with an expected RRP of £49.99, and the later full audio-visual course upgrade, with a likely RRP of £79.99, when each becomes available and at no additional charge.
- Upgrade release dates, final features, and RRP's are indicative and may change during development. The participant's entitlement to the released upgrades at no extra cost will remain.
- Course text, audio, images, exercises, and workbooks remain protected intellectual property. They may be used personally but not copied, republished, sold, uploaded, taught, or distributed without written permission.
- MHM may suspend access for misuse, security breaches, abusive behaviour, or material breach of these terms. Research withdrawal alone is not misuse.

Completion certificate

After completing every chapter, you may choose either a personal certificate of completion or a professional CPD certificate showing the estimated 20 learning hours. A CPD certificate records learning; it does not confer a qualification, licence, clinical competence, or permission to practise. You remain responsible for checking whether your employer, regulator, or membership body accepts it.

One-course thank-you code

- The code is issued after all 20 chapters, the final questionnaire, and the feedback form are completed. Feedback does not have to be favourable.
- It may be used once for one self-study course available on MentalHealthMatrix.com at the time of redemption, either by you or as a gift to one family member or friend.
- The code is valid for 12 months from issue, has no cash value, cannot be resold, and cannot be combined with another promotional code.
- It does not apply to therapy, subscriptions, live cohorts or events, physical products, or programmes requiring separate admission unless MHM confirms otherwise in writing.
- If a chosen course becomes unavailable before redemption, MHM will offer another eligible self-study course of your choice.

Questions, withdrawal, or complaints

Email gareth@mentalhealthmatrix.com. We will aim to acknowledge concerns within two working days. Privacy policy: <https://www.mentalhealthmatrix.com/privacy>. Research ethics policy: <https://www.mentalhealthmatrix.com/research-ethics>.

Participant details

Please type directly into the fields. Required items are marked with an asterisk. Postal address is optional unless you ask us to correspond by post.

Full legal name *

Preferred name

Date of birth (DD/MM/YYYY) *

Email address *

Telephone

Postal address (optional)

Town or city

County or region

Postcode

Country *

Contact and access preferences

☐ Email

☐ Telephone

☐ Post

Accessibility, communication, or reasonable-adjustment needs (optional)

Participant ID (MHM use only)

Data minimisation: your exact date of birth will be used to confirm adult eligibility. Research reporting should use age bands rather than your full date of birth.

Consent declaration

Please tick every required statement you agree with. Optional permissions are your choice and will not affect participation, course access, your certificate, or your reward.

- ☐ **REQUIRED:** I confirm that I am aged 18 or over and able to decide for myself whether to take part.
- ☐ **REQUIRED:** I have read and understood this participant information pack, have had the opportunity to ask questions, and know whom to contact.
- ☐ **REQUIRED:** I understand that taking part is voluntary and that I may stop or withdraw without giving a reason and without losing access already granted.
- ☐ **REQUIRED:** I agree to complete the course, progress measures, final questionnaire, and feedback process as described, while understanding that I may pause or stop for wellbeing reasons.
- ☐ **REQUIRED:** I understand that the course and pilot are educational, are not medical care or emergency support, and do not promise to cure tinnitus or silence the sound.
- ☐ **REQUIRED:** I consent to MHM collecting and using my identity, contact details, participation records, questionnaire answers, and feedback for administration and this pilot.
- ☐ **REQUIRED:** I give explicit consent to the collection and use of health-related information about tinnitus, distress, sleep, mood, anxiety, concentration, coping, and quality of life for this pilot.
- ☐ **REQUIRED:** I agree that anonymised or grouped findings may be analysed and used in reports, presentations, publications, and research arising directly from this pilot.
- ☐ **REQUIRED:** I understand that information can no longer be withdrawn once it has been irreversibly anonymised and combined into analysis.
- ☐ **REQUIRED:** I accept the course-access, intellectual-property, certificate, reward, and conduct terms in this pack.

- ☐ **OPTIONAL:** I agree that short, anonymised quotations from my feedback may be used in research reports, presentations, or publications.
- ☐ **OPTIONAL:** I agree that my anonymised data may be reused in future research about tinnitus, mindfulness, or related wellbeing support, subject to appropriate governance.
- ☐ **OPTIONAL:** I agree that MHM may contact me about a follow-up questionnaire or future related research. I may opt out at any time.
- ☐ **OPTIONAL:** I would like to receive a plain-English summary of the overall pilot findings when available.

Electronic signature

Typing your full name below confirms your intention to authenticate this consent and will be treated as your electronic signature. Please save the completed PDF and return it by email.

Typed full-name signature *

Date (DD/MM/YYYY) *