



## EEG – LAB: INFORMATION FOR THE PARTICIPANT

### WHAT IS EEG?

Electroencephalography (EEG) records the electrical activity of the brain. Brain cells generate small electrical impulses to communicate with each other. Electrodes (small metal discs) attached to the scalp transfer this electrical current from the brain to the computer which converts the brain waves into a graph of wavy lines (electroencephalogram).

### HOW DO I PREPARE FOR AN EEG EXPERIMENT?

Please wash your hair the night/morning before the EEG, and do not put any products (such as sprays or gels) in your hair on the day of the test.

### GENERAL PROCEDURES OF AN EXPERIMENT

On first contact with the Lab you will be informed about the experiment and the methods used. You will be introduced to the equipment and shown around the test booth and the monitoring room and can decide afterwards if you are still interested in participating.

Before taking part in an experiment, you will be asked to read and sign the *consent form* providing information about the experiment and the participants' rights to ask questions, to opt out at any time and that your identity will be kept confidential (see below).

Before the net with the electrodes can be placed the head circumference is measured to choose the right size of the net. The net (see photo) consists of 64 electrodes. The electrodes are placed in little caps that need to be filled with electrolyte gel to improve the conductivity between the skin and the electrode. Before the caps are filled with gel the skin under each electrode is cleaned and degreased with a cotton bud dipped in alcohol. This removes fat of the skin which would impede the measurement. (Hair does not need to be shaved or cut.)

After the placement of the electrode-net, participants move to the booth where the experiment takes place. You will receive more detailed instructions by the experimenter about the particular task in the experiment. Especially in long experiments (more than 1 h) you will be encouraged to take breaks in which refreshments (tea, coffee, water, snacks) might be provided.

On completion of the experiment, participants return to the monitoring room where the electrode-net is removed. You will receive a full debriefing of the experiment and the payment. You can use the hair washing

facilities close by to the lab to wash the gel out of your hair. Clean towels, shampoo, conditioner and a hair dryer are provided.

The electrode-nets are disinfected in alcohol after every experimental session.

## **RISKS**

The EEG involves recording (not stimulation) of brain activity and is a risk-free method. The technique of EEG is no harmful nor does it cause any pain. Hair does not need to be cut or shaved.

## **ANONYMITY AND CONFIDENTIALITY**

You will be assigned a unique participant code that will always be used to identify any data you provide. Your name or other personal details will not be associated with your data. As a consequence, all of your data will be completely anonymous and will be treated as confidential. Individual participants' data will be analysed only by the researcher and the supervisors of the project.

## **ETHICAL APPROVAL OF A STUDY**

The studies conducted in our lab have received full ethical approval from the QMUL Ethics Committee. The approval number of the specific study will be displayed on the *information sheet* of the study. You will receive it before participating in the experiment.

## **WITHDRAWAL FROM PROJECT**

You are under no obligation to take part. If you do decide that you do not wish to take any further part then please inform the researcher as soon as possible, and they will facilitate your withdrawal. You also have the right to request your data to be destroyed after completing the experiment by contacting the researcher and providing them your unique participant code.

## **TO FIND OUT MORE VISIT**

<http://eeglab.sbcs.qmul.ac.uk/>

