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Melbourne School of Psychological Sciences



Project: Sleep in the Visual Snow Spectrum

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Description

We are investigating if there is a relationship between Visual Snow Syndrome (VSS) and sleep quality. We are also interested in whether VSS stays the same, or changes, across a month.

We are seeking people with VSS to participate in our study.

Requirements:

To participate in this study, you must:

- Have Visual Snow Syndrome (a medical diagnosis is not required: if you self-identify as having VSS, you are eligible to participate!)
- Be 18 years of age or older
- Be fluent in English
- Not work night shifts (because this will impact your sleep)
- And own an iPhone, Google Pixel or Samsung smart phone (because the study uses a smartphone app)

We also have some requirements related to international travel across time zones. If you have upcoming travel plans which will take you across more than one time zone (for example travelling from Australia to Europe), you may not be eligible to participate. Please contact us if you have any questions about this.

Time commitment:

If you choose to take part, you will complete a series of questionnaires which will take you between 30 minutes and an hour to finish.

You may then be invited to participate in a study using a smartphone app. If you choose to participate, you will be asked some short questions every day for 30 days. These questions will

take about 5 minutes to complete. You will not need to remember to complete them, as the app will send you a reminder.

You will not receive any reimbursement for your participation.

What you will do:

The study is in two stages. Stage one is a series of questionnaires you can complete today. Stage two is a smartphone-based study which lasts 30 days.

Stage one:

If you choose to participate, you will first complete some questionnaires. They will assess for perceptual experiences associated with VSS, including visual and auditory experiences (things you see and hear). They will also ask some questions about your general health, because conditions like migraine impact your perceptual experiences.

Next, you will complete some questionnaires about your mental health. These are optional, and you should only complete them if you feel comfortable doing so.

Finally, you will complete some questionnaires about your sleep, and your preferences for mornings or evenings.

If you would like to, you can then provide your email address so that we can contact you about the next stage of the study.

Stage two:

If you choose to participate in stage two, you will receive an email invitation within three months of completing stage one.

You will be invited to download a smartphone app called SEMA3, and to join our study. You will then receive notifications every day for 30 days, which will ask you to complete a short questionnaire. Each daily questionnaire will be the same: it will ask about last night's sleep, and how your Visual Snow Syndrome perceptual phenomena (e.g. your visual snow, your palinopsia) are today. You can also choose to tell us about your stress levels, etc, but this is optional.

More information:

For more information, please contact Amy: amyclairret@student.unimelb.edu.au