

## Advertisement

### Research Study Title: Evaluation of Self-Initiated Humour Protocol

**Learn to laugh in almost all contexts and develop a sense of humour!**

#### **What is SIHP?**

Self-Initiated Humour Protocol, or SIHP, is a rule-based framework that empowers you to detect humour in nearly all contexts in life and therefore be amused. It enables you to see the funny side of things in practically all situations and thereby laugh in a non-hostile manner, increasing your positive emotions and mood, reducing your negative emotions and enhancing your memory and cognitive abilities for solving problems. We've previously conducted two successful pilot studies which have explored the delivery of SIHP aided by a chatbot and VR platform, from which we've seen very promising [results](#) with significant improvements in participants for a range of effects, such as wellbeing, self-compassion, emotional self-regulation, problem-solving capabilities and use of non-hostile humour.

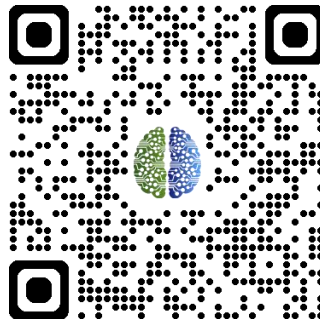
#### **What is this study?**

This study aims to evaluate the efficacy of SIHP alongside an improved chatbot and digital virtual environment, and is based on eight 25-45 minutes-long weekly sessions and requires daily practice of the protocols for at least 20 minutes. In the first two weeks, you will practise the core exercises by using a digital virtual environment to interact with your childhood avatar created from your childhood photo. In the subsequent six weeks, you will use a chatbot which guides you in practicing the SIHP.

#### **Am I eligible to take part?**

You are **eligible** to take part if you are aged 18-70 without any psychiatric illness, any history of organic brain disease (i.e. Dementia, MS or Parkinson's disease), or substance abuse, and have not recently started undertaking any other psychological interventions.

If you are interested, please read the attached Participant Information sheet to find out more about the study. Then, if you would like to take part in the study please contact us: [ahd@imperial.ac.uk](mailto:ahd@imperial.ac.uk)



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