

**Title of project:** A mixed methods study exploring perfectionism and flourishing in secondary school students

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjay-HM8avgAhVE7eAKHUkrD8IQjRx6BAgBEAU&url=https%3A%2F%2Fpixabay.com%2Fen%2Fphotos%2Ffont%2F&psig=AOvVaw2HGftAtSf1uT3Jq2ApDCUX&ust=1549706711663585)**Debriefing Statement** *(written and verbal – the researcher will read the statement to the participant and the participant will also be provided with a copy to take home)* (Version 2, 17/5/19)

**ERGO ID:** 48076

Thank you very much for taking part in this study. The aim of this part of the research was to explore the views and experiences of students demonstrating traits of a helpful form of perfectionism and flourishing (i.e. high well-being) regarding school and achievement. The information that you provided will help researchers to understand your views and experiences of school and achievement and what helps you to feel good. This may help school staff and other professionals to support students whose perfectionism is posing a challenge to their well-being.

Once again, the results of this study will not include your real name or any other information which could identify you. If you haven’t already chosen a fake name, you can choose one now or I can choose one for you if you prefer. If you would like to withdraw your interview from the study, you can do so by emailing me at [L.M.Holmes@soton.ac.uk](mailto:L.M.Holmes@soton.ac.uk) within five working days. In this case, your data will be removed and your email (along with your email address) will then be deleted.

Once the study is completed, you can receive a summary of the findings to take home if you wish. I will ask [name of school contact] to let you know when it is available. I won’t be finished the study until next year though so don’t worry if you don’t hear anything for a while.

It is important that you feel comfortable after this interview. If after taking part, you feel upset, worried or uncomfortable about anything, please speak with [named school staff member]. Remember that you can also speak with another adult that you trust at school or a parent/carer at home. You can also access help using the support services listed below:

Childline: <https://www.childline.org.uk/> or 0800 1111

The Mix: <https://www.themix.org.uk/> or 0808 808 4994

Do you have any other questions about the research? If you think of any further questions please contact me, Lauren Holmes*,* at [L.M.Holmes@soton.ac.uk](mailto:L.M.Holmes@soton.ac.uk) . You can also contact my supervisor, Dr Brettany Hartwell, at b.hartwell@soton.ac.uk.

Thank you again for your participation in this research.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_

Lauren Holmes

If you have questions about your rights as a participant in this research, or if you feel that you have been placed at risk, you may contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, rgoinfo@soton.ac.uk)