

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

**Debriefing Statement** *(written)* (Version 2, 17/5/19)

**ERGO ID:** 48076

Thank you very much for taking part in this study. The aim of this research was to explore whether there are differences in well-being between students displaying traits of different types of perfectionism and non-perfectionism. It is expected that individuals displaying traits of a more helpful form of perfectionism will have higher well-being than those displaying traits of a more unhelpful form of perfectionism. The information that you provided will help people to understand the relationship between well-being and perfectionism. This may help school staff and other professionals to support students whose perfectionism is posing a challenge to their well-being.

Once again, your information will be kept confidential (unless I feel that you or others are at risk) and reports of the results of this study will not include your real name or any other information which could identify you. If you would like to withdraw your survey responses 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.

If after taking part in this survey, 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

If you have indicated that you would like to take part in the prize draw for the Amazon vouchers, your unique identification code will be entered into a random draw. If your number is selected, the researcher will contact the school’s link person so that they can give you the voucher.

If you have indicated that you would be interested in taking part in a face-to-face interview and your survey responses are of particular interest to me, I may ask the school’s link person to provide your parents/carers with further information about this. If they agree to you taking part, you will be invited to an interview. In the end, it will be up to you to decide whether to take part or not.

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 taking part in this study.

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).