**Participant Information Sheet and Assent Form for Survey**

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

**Researcher**: Lauren Holmes

**ERGO number:** 48076

Hello,

My name is Lauren and I am a psychology student at the University of Southampton. I am inviting you to participate in a research project that I am doing on perfectionism and well-being.

**What is the research about?**

Perfectionism is about setting and trying to achieve extremely high standards. Some people consider themselves to be perfectionists and others do not. There are also different types of perfectionism. Some perfectionists gain great satisfaction from setting high standards and striving to reach these. For these people, perfectionism may be helpful. Other perfectionists may never feel happy with their performance and experience frustration when they cannot reach their high standards. For these people, perfectionism may be less helpful.

This is a two-part study. The aim of this first part of the study is to explore whether there are differences in well-being between students displaying traits of different types of perfectionism and non-perfectionism.

**Why have I been asked to take part?**

You are being asked to take part because you are in Year 9 or 10 and my study is focussing on students in these years.

**What will happen?**

If you are happy to take part, you will be asked to fill in a survey lasting around 20 minutes. You will first be asked to give some basic information about yourself. You will then be asked to fill in two questionnaires, one about your attitudes towards yourself and your standards for performance and one about your well-being. I can help you with reading questions or explaining anything that you do not understand. Please try to be as honest as you can when answering questions as there are no right or wrong answers. If you agree to take part, I will also ask school staff to provide me with information about your school grades.

At the end of the survey, you will be asked to indicate whether you would like to enter a draw to win one of five £20 Amazon vouchers. You will also be asked to indicate whether you would be interested in participating in the second part of the study, which is an individual face-to-face interview with me. I will only be interviewing a small number of students whose scores are of particular interest to me so please do not worry if you do not hear from me.

**What if I change my mind?**

At any point during the survey, you can decide not to take part and to return to class by telling me or, if doing the survey online, closing the survey webpage before submitting it. In this case, you do not need to give a reason for why you are leaving, and your answers will not be included in the study. You can also withdraw your answers after submitting the survey by emailing me within five working days of taking part. I will provide you with my email address at the end of the study.

**Will anyone know my answers?**

Confidentiality cannot be guaranteed in a group data collection session like this one (as you can see which other students are participating), but you are asked to respect each other’s privacy and to not discuss the study with each other after you have taken part. However, if you agree to take part, I will take measures to keep your information safe. The answers that you provide (and information about your school grades) will be stored securely and treated confidentially, which means that that your information will not be shared with anyone outside of the research team. To reduce the chance that anyone could find out what answers you gave, you will be asked to enter a unique identification code and a school code on the survey instead of writing your name and school. The school will keep the list of your names and codes in a secure place in school so that I have a way of identifying participants for interviews, those who are at risk and those who have requested their information to be withdrawn. I will also use these so that Amazon vouchers and summaries of the findings of the research can be given out. After all these things have been done, the list of names and codes will be destroyed. The only scenario where I would not be able to keep your responses confidential is if your questionnaire scores caused me to really worry about your well-being. In this case, I would need to tell a member of school staff. Also, if I have any other reason to believe that you or others are at risk, I will need to tell a member of school staff so that you are safe.

I will be writing a report of my research after I have finished the study. This will not include any information which could identify you, including your name. You can receive a summary of the research findings if you wish.

Do you have any questions for me?

Would you like to take part in the study?



**Yes** **No**

**Please write your name here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please write the date here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**