

**[Sleep Quality and the Self]**

**Debriefing Statement**

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The aim of this research was to explore the relationship between subjective sleep quality and various concepts relating to the self and identity. We aim to answer the questions of how a multitude of concepts defining *the self* benefits or impairs sleep quality. Due to the limited data in this field, this research will build the foundations for future research to utilise and expand upon, thus strengthening our understanding of social psychology. This research will lead the way in investigating the relationships between sleep quality and a multitude of identity and self-related concepts Your data will help our understanding of these constructs and will provideinvaluable insight into these variables of social psychology.

Previous literature on the present topic has generally found the improved quality of sleep is linked to greater feelings of self-esteem, self-compassion, self-control, and self-continuity. However, not only is the amount of research limited, but that which has been done has used questionable methods to support their conclusions. Our research uses more direct, reliable, and valid measures of answering the research questions. Furthermore, we expect to replicate the findings of prior literature, with the addition of a number of new self-constructs not previously explored. Our study is improved by the use of a daily diary study and objective biometric data, which allows us to track day-by-day changes of *the self* effects quality of sleep. For example, we may see that you have better sleep quality following days that you are more self-compassionate or have greater self-control.

Once again results of this study will not include your name or any other identifying characteristics. The research did not use deception. You may have a copy of this summary if you wish, and you may enquire about the findings of this study upon completion. Should you require any of these or any further details, or if you have any further questions, please contact the principle investigator, James W. Butterworth, via: jb1c19@soton.ac.uk.

If you would like to read more on the subject, we recommend the following articles:

Kim, C., & Ko, H. (2018). The impact of self-compassion on mental health, sleep, quality of life and life satisfaction among older adults. *Geriatric Nursing, 39*(6), 623–628. [https://doi.org/10.1016/j.gerinurse.2018.06.005](https://doi.org/10.1016/j.gerinurse.2018.06.005%22%20/)

Welsh, D. T., Mai, K. M., Ellis, A. P. J., & Christian, M. S. (2018). Overcoming the effects of sleep deprivation on unethical behavior: An extension of integrated self-control theory. *Journal of Experimental Social Psychology, 76*, 142–154. [https://doi.org/10.1016/J.JESP.2018.01.007](https://doi.org/10.1016/J.JESP.2018.01.007%22%20/)

**Thank you for your participation in this research.**

*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 lead researcher (*[*jb1c19@soton.ac.uk*](mailto:jb1c19@soton.ac.uk)*) or University of Southampton Research Integrity and Governance Manager (023 8059 5058,* [*rgoinfo@soton.ac.uk*](mailto:rgoinfo@soton.ac.uk)*). If participating in this study raises any issues for you, we recommend that you contact one of the following resources: UK participants: find a counsellor at* [*www.bacp.org*](http://www.bacp.org) *Worldwide:* [*www.allaboutcounseling.com*](http://www.allaboutcounseling.com)*.*