**Combined Participant Information Sheet and Consent Form for Anonymous Online Surveys for Adult Participants**

**Study Title: Self-Reflection and Attitudes**

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**Ethics/ERGO no: 99596**

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**What is the research about?**

We are a group of psychologists within the School of Psychology at University of Southampton in the United Kingdom inviting you to participate in a study that will ask you to reflect on some of your recent behaviours.

**What will happen to me if I take part?**

This study is interested in your attitudes toward various issues. We will ask you to reflect on some recent behaviours and then respond to a few questionnaires. It should take 10 minutes of your time. If you choose to participate, you will need to tick the box below to show your consent. As this survey is anonymous, the research team will not be able to know whether you have participated, or what answers you provided.

**Why have I been asked to participate?**

Adults (18 or older) who see the study advertised on Prolific can take part in the study. There will be approximately 200 participants in this study.

**What information will be collected?**

The researchers will collect data on your attitudes, as outlined above. The researchers will also collect demographic information (e.g., gender, age). Some of the questions contain textboxes where you will be asked to type in your own answers. Please note that in order for this survey to be anonymous, you should not include in your answers any information from which you, or other people, could be identified. Anonymous data will be stored on the researcher’s computers and may be uploaded to the Open Science Framework website for open access.

**What are the possible benefits of taking part?**

Your participation will be instrumental in helping scientists better understand people’s self-reflection attitudes. Upon completion of the study, we’ll provide you with some information about research related to this topic and why it is important to study.

Additionally, once you have completed the study, you will receive £1.33 for your participation.

**Are there any risks involved?**

There are no significant risks involved in this study. Your reactions to various aspects of this study may be negative or positive, but these will likely be temporary. You may leave any questions blank that you would prefer not to answer. If you do experience any distress, you can contact the following resources for support:

* Find a counsellor at [https://locator.apa.org](https://locator.apa.org/)
* Worldwide: [www.allaboutcounseling.com](http://www.allaboutcounseling.com/)
* Get general mental health support at: <https://www.nami.org/Home>
* <https://adaa.org/>
* ‘What's Up? A Mental Health App’ download from any app store
* NHS: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>
* MIND <https://www.mind.org.uk/>

**What will happen to the information collected?**

All information collected for this study will be stored securely on a password protected computer and backed up on a secure server. Anonymous data may be uploaded to the open science data repositories. In addition, all data will be pooled and only compiled into data summaries or summary reports. The information collected will be analyzed and written up to submit to academic journals and conferences. It is possible that some written responses will be quoted in such reports. As this study is anonymous, research findings made available in any reports or publications will not include information that can directly identify you.

**What happens if I change my mind?**

You have the right to change your mind and withdraw at any time without giving a reason. Because the data is anonymous, however, we are unable to delete your responses once you have submitted them.

**What happens if there is a problem?**

If you are unhappy about any aspect of this study and would like to make a formal complaint, you can contact the Head of Research Integrity and Governance, University of Southampton, on the following contact details: Email: [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk), phone: + 44 2380 595058.

Please quote the Ethics/ERGO number above. Please note that by making a complaint you might no longer be anonymous.

More information on your rights as a study participant is available via this link:

<https://www.southampton.ac.uk/about/governance/participant-information.page>

**Thank you for reading this information sheet and considering taking part in this research.**

Please tick (check) this box to indicate that you have read and understood information on this form,

are aged 18 or over and agree to take part in this survey.