



PARTICIPANT INFORMATION SHEET

(Appendix A)

Study title:

Investigating the Roles of Self-Discrepancy and Perfectionism in Suicide Risk

Researcher:

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Supervisors:

Professor Rory O'Connor and Dr Jack Melson

Thank you so much for considering taking part in this research study. Before you decide whether you wish to take part, it is important to understand the nature of this research, why it is being done and what it will involve. Please take time to read the following information carefully. This information sheet will give you an overview of the purpose of the research, what your participation will involve and your right to withdraw at any time.

How long will it take? This online survey will take approximately 15-20 minutes to complete.

What is the purpose of the study?

This research aims to better understand the role of perfectionism and self-discrepancy among people who have had suicidal experiences. This research will help us to understand how self-discrepancies have been experienced in the context of perfectionism and suicide risk relationship. It may also contribute to future efforts to develop/enhance new models regarding suicide risk.

Why have I been invited to participate?

You responded to an advert about this research, and you are an adult living in the UK who has had suicidal experiences.

Do I have to take part?

No, it is up to you to decide whether to take part. If you do decide to take part you will be given this information sheet, a privacy notice, and a consent form to keep. If you decide to participate, you are also free to withdraw at any time and without giving a reason.

What will happen to me if I take part?

For this study, you will be required to complete an online survey, which will take between 15-20 minutes. You can complete this survey on any internet-enabled device in a place and time of your choosing. You will need to complete the survey in one sitting as answers cannot be saved as you go. So please start when you think you will have the time to complete it. At the end of the survey, there will be another *separate link* that leads you to a prize draw asking your contact information and name you wish to be known as (these will also be confidential), if you would like to join. If you want to join the draw, your responses and demographic

information will remain anonymous. The prize will be **£200 worth of Amazon** vouchers which will go to the winner.

What are the possible disadvantages and risks of taking part?

Some of the questions asked in this survey may be upsetting or triggering for you, especially if you are currently experiencing suicidal feelings. So, please note that even if you agree to take part, you have the right to withdraw at any stage (without giving a reason), and you do not have to answer any of the questions you do not wish to. In addition, we will provide you with a list of organisations (at the beginning and the end of this survey) who provide support if you are feeling down.

What are the possible benefits of taking part?

Although the study may not have any direct benefit for you, the information you will provide will help us to understand the nature of suicidal thoughts and behaviours better and may also contribute towards improved psychological models for people experiencing suicidal thoughts and behaviours.

Will my taking part in this study be kept confidential?

All information collected about you, or responses you provide, during the course of the research, will be kept strictly confidential. Your information will be anonymised and identified by an ID number so that you cannot be recognised.

The participant's data will be anonymised (will be coded with ID numbers, and email addresses will be collected via a separate link, therefore it will not be possible (even for the researcher) to match your answers with your personal information. Other researchers in the research team will only have access to the anonymised data. No identifying information (e.g., voice record, video record, name/surname) will be collected beyond simple demographic data, and you cannot be recognised from your responses.

All the anonymous data in electronic format will be stored in encrypted files on secure password-protected computers of the research team and the principal researcher's secure OneDrive account provided by the University of Glasgow. So, no one will be able to find out your information which could identify you.

What will happen to my data?

All study data will be held in accordance with the General Data Protection Regulation (2018). The information you will provide might be shared with people who check that the study is done properly and, if you agree, anonymously with other organisations or universities to carry out research to improve scientific understanding. Your data will form part of the study results that will be published in scientific journals, presentations, student dissertations/theses and on the internet for other researchers to use. We may keep anonymous data for 10 years in accordance with the University of Glasgow retention policy. If a participant withdraws from the study after commencing data collection, the relevant data collected up to that point will be retained and used for the remainder of the study.

What will happen to the results of the research study?

The anonymised results of the study will be used for the PhD research of the principal researcher and will be submitted for publication in peer-reviewed journals.

Who is organising and funding the research?

The study is being organised by Elvan Unlu (principal researcher-PR; postgraduate research student at the University of Glasgow) and supervised by Professor Rory O'Connor (University of Glasgow) and Dr Jack Melson (University of Glasgow). It is not being funded by any company, charity, organisation, or research council. The incentive mentioned above (£200 of an Amazon voucher) is funded by Professor O'Connor.

Who has reviewed the study?

This study has been reviewed by the College of Medical, Veterinary & Life Sciences Ethics Committee of the University of Glasgow.

Contact for Further Information

If you have any questions or require more information, please contact Elvan Unlu on e.unlu.1@research.gla.ac.uk.

Thank you for reading this Information Sheet.