

Participant Information Sheet

How does Perfectionism affect Stress, Well-being and Procrastination in employees of UK businesses?

What is the purpose of the study?

The purpose of the project is to determine how perfectionism affects personal well-being and procrastination in employees of UK businesses. It also seeks to investigate the role stress plays in these relationships.

Why have I been approached?

For the purposes of the study I need to recruit a large number of UK employees who are interested in helping to investigate how perfectionism can affect the well-being and procrastination of the UK working population. To take part you are required to be an employee of a UK business, working full-time, resident in the UK and over the age of 18.

Do I have to take part?

No. Participation is entirely voluntary. If you change your mind about taking part in the study you are allowed to withdraw at any point. You can withdraw by contacting me on my email address found at the bottom of this document and providing me with your participant information number. If you decide to withdraw all your data will be destroyed and will not be used in the study. There are no consequences to deciding that you no longer wish to participate in the study.

What do I have to do?

If you decide to take part you will be required to complete an online questionnaire that should take 10-15 minutes. At the end of the questionnaire you will be invited to enter your email address if you wish to receive a copy of the results of the study. Your name and email address will be stored securely and will in no way be used to identify you with your responses. Total confidentiality for your personal information is guaranteed at all time.

What are the possible disadvantages and risks of taking part?

The process of thinking about, and answering questions relating to, your own level of perfectionism can raise feelings of concern on how it might be affecting your own well-being and / or causing you to procrastinate. Debriefing information will be provided at the end of the questionnaire, which will include links to useful resources on understanding the causes of perfectionism and, more importantly, ways to limit its impact on your life.

What are the possible benefits of taking part?

The potential benefits of taking part are twofold. Firstly, it could give you the realisation that you feel stressed and that your well-being is being affected by you needing to strive for perfection in your personal or work life. Secondly, it could highlight that you are prone to procrastinate and that this may also be due to your tendency to look for perfection. These could both be detrimental to your health.

The results of the study will help to understand the affects of perfectionism; how it can cause stress and whether it results in problems with well-being and procrastination. As a thank you for participating and giving up your time, a summary report of the findings of the

study will be published and emailed to you. This PDF report will also include some useful advice and tools you can use to keep the negative affects of perfectionism on your well-being under control.

What if something goes wrong?

If you have concerns or experience any technical issues when completing the questionnaire online, please contact me on the email address below and I will resolve the issue for you. If any technical problems persist, I can email you a copy of the questionnaire to fill in manually. Should you have any complaints about how you have been treated, please contact the University Applied Research Committee Chair, Prof Olivier Sparagano, Associate Pro-Vice Chancellor, iras-sponsor@coventry.ac.uk

Can I withdraw from the study?

If you change your mind about taking part in the study you can withdraw at any point. Contact me using the email address below. If you decide to withdraw all your data will be destroyed and will not be used in the study.

Will my taking part in this study be kept confidential?

Yes. Only I will have access to the raw data. The results from the online questionnaire will be stored electronically in an encrypted format. Any questionnaires completed and sent by email will be stored in a secure, password-protected pen drive and kept in a locked location. Your online questionnaire responses will be allocated a unique participant number and you will only be identified by this number. I will only retain the raw data from the project until my final mark for my dissertation has been given. They will then be destroyed. When the data has been entered into a computer file, your scores will only be associated with your code number and access to the file will be password protected.

What will happen to the results of the research study?

The results will be written up and presented as part of my final year postgraduate dissertation. If the results are novel, it may also be presented at academic conferences and / or written up for publication in peer reviewed academic journals.

Who is organising and funding the research?

The research is organised by Peter Tyler, who is a postgraduate MSc Psychology student at the Coventry University Psychology Department. This project is not externally funded.

Who has reviewed the study?

The Psychology Department's Undergraduate Ethics Committee has reviewed and approved this study.

Contact for Further Information

Research Organiser:

Peter Tyler - tylerp3@uni.coventry.ac.uk

Dissertation Tutor:

Robert Werner-de-Sondberg - ac7495@coventry.ac.uk