



Please read each question carefully, taking note of instructions and completing all parts. If a question is not applicable please indicate so. The superscripted numbers refer to sections of the [guidance notes](http://www.leeds.ac.uk/ethics), available at www.leeds.ac.uk/ethics. Where a question asks for information which you have previously provided in answer to another question, please just refer to your earlier answer rather than repeating information.

To help us process your application enter the following reference numbers, if known and if applicable:

Ethics reference number:	
Grant reference and/ or student number:	

PART A: Summary

A.1 Which Faculty Research Ethics Committee would you like to consider this application? ²

- Arts and PVAC (PVAR)
- Biological Sciences (BIOSCI)
- ESSL/ Environment/ LUBS (AREA)
- MaPS and Engineering (MEEC)
- Medicine and Health (Please specify a subcommittee):
 - Leeds Dental Institute (DREC)
 - Health Sciences/ LIGHT/ L IMM
 - School of Healthcare (SHREC)
 - Medical and Dental Educational Research (EdREC)
 - Institute of Psychological Sciences (IPSREC)

A.2 Title of the research ³

Understanding and Supporting Young Adults Through the Quarter-Life Crisis

A.3 Principal investigator's contact details ⁴

Name (<i>Title, first name, surname</i>)	Miss Raginie Duara
Position	Postgraduate student
Department/ School/ Institute	University of Leeds
Faculty	School of Psychology
Work address (<i>including postcode</i>)	School of Psychology, University of Leeds, LS2 9JT
Telephone number	07791 704 335/ x35750
University of Leeds email address	a.l.madill@leeds.ac.uk

A.4 Purpose of the research: 5 (Tick as appropriate)

Research

- Educational qualification: **Please specify: *PhD in Psychology***
- Educational Research & Evaluation 6
- Medical Audit or Health Service Evaluation 7
- Other

A.5 Select from the list below to describe your research: (You may select more than one)

- Research on or with human participants
- Research with has potential significant environmental impact.⁸ If yes, please give details:

- Research working with data of human participants
 - New data collected by questionnaires/interviews
 - New data collected by qualitative methods
 - New data collected from observing individuals or populations
 - Research working with aggregated or population data
 - Research using already published data or data in the public domain
- Research working with human tissue samples ⁹

A.6 Will the research involve any of the following: ¹⁰ (You may select more than one)

If your research involves any of the following an application must be made to the National Research Ethics Service (NRES) via IRAS www.myresearchproject.org.uk as NHS ethical approval will be required. There is no need to complete any more of this form. Contact governance-ethics@leeds.ac.uk for advice.

- Patients and users of the NHS (including NHS patients treated in the private sector) ¹¹
- Individuals identified as potential participants because of their status as relatives or carers of patients and users of the NHS
- Research involving adults in Scotland, Wales or England who lack the capacity to consent for themselves ¹²
- A prison or a young offender institution in England and Wales (and is health related) ¹⁴
- Clinical trial of a medicinal product or medical device ¹⁵
- Access to data, organs or other bodily material of past and present NHS patients ⁹
- Use of human tissue (including non-NHS sources) where the collection is not covered by a Human Tissue Authority licence ⁹
- Foetal material and IVF involving NHS patients
- The recently deceased under NHS care
- None of the above

If the University of Leeds is not the Lead Institution, or approval has been granted elsewhere (e.g. NHS) then you should contact the local Research Ethics Committee for guidance. The UoL Ethics Committee need to be assured that any relevant local ethical issues have been addressed.

A.7 Will the research involve NHS staff recruited as potential research participants (by virtue of their professional role) or NHS premises/ facilities?

Yes No

If yes, ethical approval must be sought from the University of Leeds. Please note that NHS R&D approval is needed in addition, and can be applied for concurrently: www.myresearchproject.org.uk. Contact governance-ethics@leeds.ac.uk for advice.

A.8 Will the participants be from any of the following groups? (Tick as appropriate)

- Children under 16 16
- Adults with learning disabilities 12
- Adults with other forms of mental incapacity or mental illness
- Adults in emergency situations
- Prisoners or young offenders 14
- Those who could be considered to have a particularly dependent relationship with the investigator, e.g. members of staff, students 17

x Other vulnerable groups

No participants from any of the above groups

Please justify the inclusion of the above groups, explaining why the research cannot be conducted on non vulnerable groups.

The topic of research 'the quarter life crisis' is by definition a relatively turbulent phase of life.

A Criminal Record Bureau (CRB) check will be needed for researchers working with children or vulnerable adults (see www.crb.gov.uk)

A.9 Give a short summary of the research 18

This section must be completed in **language comprehensible to the lay person**. Do not simply reproduce or refer to the protocol, although the protocol can also be submitted to provide any technical information that you think the ethics committee may require. This section should cover the main parts of the proposal.

This research will employ qualitative methods of enquiry. 20-26 young adults aged 22-30 years will be recruited using first purposeful sampling (that is, approaching the most relevant individuals) followed by theoretical sampling (that is, approaching relevant participants who may help close apparent gaps in the analysis). Participants will be asked to complete a standard personality questionnaire (Eysenck Personality Questionnaire). This will help reveal aspects of personality associated with coping during crisis, act as a form of triangulation with the qualitative analysis, and help describe and situate the sample. It will also help screen out particularly vulnerable individuals who will then be gently informed that they do not meet the criteria for inclusion in the interviewing stage of the research. Participants found to be suitable for the study will be invited to interview. It is expected that interviews will last about 60-90 minutes. Semi structured interviews will be employed for this purpose and the interviews will be audio and video recorded with participant permission. Participants will be invited to bring photos that are of importance to them to facilitate discussions relevant to their transition through a quarter life crisis appropriate to the objectives of the research. Time lining will be used in which the participants shall place their photographs according to the

relevant time and space in their life course, as represented by the time line drawn by them on a large piece of paper. A photocopy of the timeline with the photos shall be taken at the end of the interview with consent from the participant. This shall be used for the purpose of analysis in order to facilitate the process. For analysis of the interview transcripts, a thematic form of qualitative analysis will be used plus other relevant qualitative methods as appropriate.

A.10 What are the main ethical issues with the research and how will these be addressed? 19

Indicate any issues on which you would welcome advice from the ethics committee.

There are some ethical aspects that need to be dealt with before commencing the research. The study will be discussed one-to-one with each potential participant and the participant, if willing to take part, will be invited to complete a standard personality questionnaire (Eysenck Personality Questionnaire: EPQ). The researcher will use her skills of psychological assessment (she has a Masters Degree in Clinical Psychology and experience as a professional School Counsellor) to screen potential participants for those currently in crisis and/or who appear to be particularly psychologically vulnerable. Scoring of the EPQ will also act as a screen for particular vulnerability because it included subscales indirectly tapping vulnerability to distress (neuroticism). If a potential participant is found to be too vulnerable to take part, it will be discussed further with the supervisor and decision for recruitment will be accorded. All potential participants will be given an information sheet which will include a list of free sources of support and decisions not to include an individual further in the study will be communicated gently and appropriately without providing cause for alarm or sense of targeted exclusion (for example, indicating merely that, as indicated in the first meeting, a wide range of participants is sought). Participants accepted in the research will be signing an informed consent form that will include consent for audio- and video-recording the interview, anonymising quotes from the interview in reports of the research etc. Audio- and video-recordings will be stored on a secure, password protected drive on the University of Leeds server and separate from transcripts which will be held in anonymised form only. EPQ data will be anonymised also with participant pseudonyms allowing the matching of questionnaire data with transcripts. Since the participants will be asked to get photographs relevant to their crisis, they will be provided guidance related to dos and don'ts associated with the photo taking. A separate information sheet shall be provided regarding the photographs giving relevant information about the photographs and the process involved in it. Consent shall be taken from the participants in case any photographs are used in the thesis and if required, blur the face in the photographs before using it in reports of the research. The participants shall also be asked to take verbal consent from people, if any, involved in the photos that they bring. Participants shall be informed not to bring photos that have children under the age of 16 since consent cannot be appropriately obtained. Participants shall also be informed that the copyright of the photos shall remain with them and anonymity and confidentiality shall strictly be maintained. However, if there are any images that cause any serious concern, like images of dangerous, illegal, inappropriate or provocative behaviours, they shall be discussed with the supervision team. Participants can withdraw from the study at any time up to the point at which the thesis is submitted for examination or, if a publication, a report is accepted for publication. Participants will be given at least 24 hours prior to the initial screening meeting and prior to the interview meeting to consider taking part in the research and will be provided with full information and ways in which to contact the researcher to ask questions.

PART B: About the research team

B.1 To be completed by students only 20

Qualification working towards (eg Masters, PhD)	PhD Psychology
Supervisor's name (<i>Title, first name, surname</i>)	Professor Anna Madill and Dr Siobhan Hugh-Jones
Department/ School/ Institute	University of Leeds
Faculty	School of Psychology
Work address (<i>including postcode</i>)	School of Psychology, University of Leeds, LS2 9JT
Supervisor's telephone number	0113 343 5750
Supervisor's email address	a.l.madill@leeds.ac.uk

Module name and number (if applicable)	n/a
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Part C: The Research

C.1 What are the aims of the study? ²² (Must be in language comprehensible to a lay person.)

The aim of the research is to understand the experience of negotiating the quarter-life crisis. The objectives are to identify: (1) the different forms which the quarter-life crisis takes; (2) coping strategies young people use; (3) resources – both personal and social – that help support young people as they journey through this crisis; and (4) to develop an understanding of how to prevent severely traumatic quarter-life crises and to lessen its burden when young adults seek help. The overarching research question is: How do young adults negotiate the quarter life crisis? It also aims to throw some light on the influence of macro level factors (like cultural and society) on the experience of quarter-life crisis and individual pathways to adulthood.

C.2 Describe the design of the research. Qualitative methods as well as quantitative methods should be included. (Must be in language comprehensible to a lay person.)

It is important that the study can provide information about the aims that it intends to address. If a study cannot answer the questions / add to the knowledge base that it intends to, due to the way that it is designed, then wasting participants' time could be an ethical issue.

Information for the study will be collected using semi structured interviews supported by discussion associated with the photos brought by the participants and their highlights on important life events. A timeline will be used in order to aid the discussion along with the photographs, where the photos shall be placed in the timeline according to the relevant space and time in the life course as represented by the timeline. A standard personality questionnaire, the EPQ, will be used that would help reveal aspects of personality associated with coping during crisis, act as a form of triangulation in qualitative analysis and help describe and situate the sample. A purpose developed screening and background questionnaire will also be used. Interviews will be video-recorded with participant consent in order to maintain a record of when photos are placed on the time-line and when they are discussed and pointed to because this may not be clear from the audio-recording. Video is likely to be set-up behind the participant and focused on the time-line itself meaning also that the participant's face may never be visible. The transcripts will be analysed in detail using Interpretative Phenomenological Analysis: a thematic qualitative technique. The IPA analysis findings will be considered in relation to participant EPQ information. It is anticipated that other qualitative methods of analysis will also be used as appropriate to help understand and theorise the data and that these will be explored and applied as the research develops.

C.3 What will participants be asked to do in the study? ²³ (e.g. number of visits, time, travel required, interviews etc)

Having shown interest and having received information about the study, potential participants will be invited to an initial face-to-face meeting with the researcher. It will be clear that this meeting to discuss the study further, to assess the participant's suitability to continue into the interview stage, and that as part of this process the potential participant will be invited to complete a standard personality questionnaire and a purpose designed screening and background questionnaire. Potential participants will be informed as soon as possible of their suitability to continue to interview. If suitable and agreeable to continue, participants will be invited to select photos relevant to the aims of the study to bring to interview. Interviews will be audio and video recorded with consent and will last for about 60-90 minutes. Participants will be asked to describe the photos guided by semi structured questions relevant to the study. These photos shall be asked to be placed in the timeline as appropriate in time and space to the life course represented in it. It is likely that most interviews will take place in the Institute of Psychological Sciences but, subject to the safety of the researcher and appropriateness to the needs of the research (e.g. audio-recording clarity), meeting locations are open to negotiation.

C.4 Does the research involve an international collaborator or research conducted overseas: ²⁴ (Tick as appropriate)

Yes No

If yes, describe any ethical review procedures that you will need to comply with in that country:

n/a

Describe the measures you have taken to comply with these:

n/a

Include copies of any ethical approval letters/ certificates with your application.

C.5 Proposed study dates and duration

Research start date (DD/MM/YY): 15/09/13 Research end date (DD/MM/YY): Oct 2017

Fieldwork start date (DD/MM/YY): 15/09/13 Fieldwork end date (DD/MM/YY): Oct 2017

C.6. Where will the research be undertaken? (i.e. in the street, on UoL premises, in schools) 25

It is likely that most interviews will take place in the Institute of Psychological Sciences but, subject to the safety of the researcher and appropriateness to the needs of the research (e.g. audio-recording clarity), meeting locations are open to negotiation. It is appropriate that initial screening meetings could take place in an informal public setting, such as a café, since the purpose of this meeting is for researcher and potential participant to get to know each other a little and to build up rapport. If the potential participant is happy to complete the personality questionnaire at this point, a public setting should not distract this process. It is ideal for the research interviews to take place in a private, bookable room in the Institute of Psychological Sciences but location is flexible within reason: for example, it may be possible to use a room in the Union building or Staff Centre. If an interview is conducted off campus this must be agreed with the supervisors. The location must be considered low risk, the supervisors must be informed of the date, time, and place of interview and the researcher confirm by mobile phone with a supervisors the end of the interview and her safe return home. It will be usual for interviews to be conducted in daylight hours and a location will not be agreed to if any of the research team have any doubts about it. The researcher will understand that, having agreed to a location, she is not to attend the interview if, having approached the location she feels in any way hesitant or uncomfortable about it. This said, the research supervisors have supervised many research projects in which interviews have been conducted off-campus and all have been without incident. The team, however, is not complacent and take the researcher's safety as first priority.

With regard to the 4 interviews to be done in India, they have been approved through risk assessment. However, the supervisor shall be informed before and after the interview, keeping her updated about the date, time and place of the interviews. Apart from this, since this part of the study shall take place during the Christmas break while the researcher is in her hometown, her parents shall be held responsible for her safety.

RECRUITMENT & CONSENT PROCESSES

How participants are recruited is important to ensure that they are not induced or coerced into participation. The way participants are identified may have a bearing on whether the results can be generalised. Explain each point and give details for subgroups separately if appropriate.

C.7 How will potential participants in the study be:

(i) identified?

Inclusion criteria: (1) Age 22-30 years; and (2) self-define as having experienced difficulties 'finding their place in the world' (purposeful sampling); (3) British nationals; (4) as the research progresses, in order to add depth and/or breadth to the data collection participants will be sought who can potentially close gaps in the developing analysis (theoretical sampling). With regard to the last point, it was discussed and found to be useful to have 4 interviews done in Assam, India (during the December Christmas break) sharing the same demographic features as above (except for nationality). This was decided based on the understanding that data gathered from an individualistic society could vary from collectivist society. Considering a lot of literature search directs towards the understanding that cultural and other macro level factors influence individual pathways to adulthood, it was thought useful to do some interviews in a different culture and investigate how these pathways may be similar/dissimilar.

Potential participants will be recruited through flyers and posters. The researcher will discuss with potential participants their suitability for taking part. Exclusion criteria: (1) Extreme, present vulnerability as assessed by a combination of (a) scores on relevant EPQ subscale (neuroticism); (b) screening and background

questionnaire; and (c) researcher's professional expertise and experience assessing vulnerable adolescents and young adults.

(ii) approached?

In the first instance, participants will be approached through local universities including the University of Leeds (e.g., Leeds Metropolitan University, Trinity and All Saints, York St John). Appropriate permission will be obtained to place posters advertising the study on relevant notice boards in public spaces at local HEIs. The poster will direct potential participants to a University of Leeds website holding the information sheet, sample background questionnaire, and sample consent forms. The researcher's e-mail address will also be made available through which to ask questions and to arrange an initial meeting. An information package will be given to each potential participant during the initial screening meeting. If posters are not enough to secure interest in the study, the research will approach Union Societies and Postgraduate event and meetings to request a small amount of time to describe the study and/or to distribute information packs. Participants from the Indian sample shall be obtained through convenience sampling of the researcher's wide social networks while the approach for the two sessions of the study shall be the same.

(iii) recruited? 26

Participants will be recruited to the study who have attended an initial screening meeting with the researcher, completed the background and screening questionnaire and EPQ and who are willing to continue to the interview stage and who fulfil the criteria of the study (i.e., deemed sufficiently robust, meet the inclusion criteria, and who appear likely to offer material relevant to the aims of the study). Those taking part in the study will be invited to disseminate information about it to others who they know who might be relevant and interested to take part (snowballing). If we extend recruitment beyond local HEIs (e.g., recruitment through community contacts in order to incorporate a wider demographic of young adults) an ethics amendment will be submitted for approval.

C.8 Will you be excluding any groups of people, and if so what is the rationale for that? 27

Excluding certain groups of people, intentionally or unintentionally may be unethical in some circumstances. It may be wholly appropriate to exclude groups of people in other cases.

The topic of research invites individuals to discuss possibly traumatic and distressing life experiences. We therefore have a duty of care – both to the participants and to the researcher – that we avoid recruiting participant who are, currently, extremely fragile. Hence, exclusion criteria are: (1) Extreme, present vulnerability as assessed by a combination of (a) scores on relevant EPQ subscale (neuroticism); (b) screening and background questionnaire; and (c) researcher's professional expertise and experience assessing vulnerable adolescents and young adults. British nationals are sought because cultural background is very likely to influence transitional to adulthood so, having a relatively small sample, the study must focus on one broad culture and we are interested in this study on understanding the experiences of young British adults.

C.9 How many participants will be recruited and how was the number decided upon? 28

It is important to ensure that enough participants are recruited to be able to answer the aims of the research.

The proposed sample (20-26) is relatively small but appropriate and medium-large for a qualitative methods study with one researcher. It is entirely feasible to be able to recruit this modest number of relevant participants to the study and the supervisors have already supervised several successful doctoral research projects of this kind. The study is large enough to provide enough data to fulfil the research aims (validated by experience of data saturation points) but is not so ambitious as to risk over-running. Importantly, it is feasible to complete this research within the 3 years stipulated for doctoral research.

If you have a formal power calculation please replicate it here. n/a

Remember to include all advertising material (posters, emails etc) as part of your application

C.10 Will the research involve any element of deception? 29 If yes, please describe why this is necessary and whether participants will be informed at the end of the study.

No

C.11 Will informed consent be obtained from the research participants?30

Yes No

If yes, give details of how it will be done. Give details of any particular steps to provide information (in addition to a written information sheet) e.g. videos, interactive material. If you are not going to be obtaining informed consent you will need to justify this.

Posters advertising the study will provide details of a University of Leeds website providing details about the study and a means of contacting the researcher to ask questions and to arrange an initial meeting. All potential participants will be given an information package about the study at this meeting but will have already been informed that they will be invited to complete a purpose designed background questionnaire and standard personality questionnaire (EPQ) at the initial meeting. Participants can, of course, decline to complete questionnaires at this meeting. Prior consent will be taken from the participants with respect to the use and storing of the data provided by them in the questionnaires, while also maintaining anonymity. Participants meeting inclusion criteria will be invited to progress to the interview stage as soon as possible after the initial meeting and will be given at least 24 hours to consider this invitation. Those agreeing to progress to interview will be required to sign an informed consent form before the interview commences.

If participants are to be recruited from any of potentially vulnerable groups, give details of extra steps taken to assure their protection. Describe any arrangements to be made for obtaining consent from a legal representative.
n/a

Copies of any written consent form, written information and all other explanatory material should accompany this application. The information sheet should make explicit that participants can withdraw from the research at any time, if the research design permits.

Sample information sheets and consent forms are available from the University ethical review webpage at http://researchsupport.leeds.ac.uk/index.php/academic_staff/good_practice/ethical_review_process/university_ethical_review-1.

C.12 Describe whether participants will be able to withdraw from the study, and up to what point (eg if data is to be anonymised). If withdrawal is not possible, explain why not.

Participants can withdraw at any point up to and during the two meetings with the researcher without giving a reason. Participants do not have to answer any question or complete any questionnaire, again without having to give a reason. It is likely that, even if some lines of questioning are avoided by the participant, their interview will still be of value. This said, we do not anticipate that participants will have problems with the interview questions. Participants will be asked to choose a pseudonym which will be applied throughout the study data. They can also withdraw their data at any time up to the point that the thesis has been submitted or paper accepted for publication (in which cases it may be outside the control of the research team).

C.13 How long will the participant have to decide whether to take part in the research? 31

It may be appropriate to recruit participants on the spot for low risk research; however consideration is usually necessary for riskier projects.

Participants have at least 24 hours to consider the study before consenting to take part. The study will recruit participants up until the final analysis phase of the research begins. They will firstly be given a written information sheet about what is involved, which has an email to contact on if there are any further questions. An initial screening meeting will be arranged if they still decide to go through with their participation and the researcher will go through the written information package again with them. It will also be made clear that they can stop the interview at any time without giving reason and, again, at least 24 hours will be given after a participant has been invited to progress to interview to allow them to consider taking part.

C.14 What arrangements have been made for participants who might not adequately understand verbal explanations or written information given in English, or who have special communication needs?

32(e.g. translation, use of interpreters etc. It is important that groups of people are not excluded due to language barriers or disabilities, where assistance can be given.)

Unfortunately, due to having limited research support funding all interviews will be conducted in English.

C.15 Will individual or group interviews/ questionnaires discuss any topics or issues that might be sensitive, embarrassing or upsetting, or is it possible that criminal or other disclosures requiring action could take place during the study (e.g. during interviews/group discussions, or use of screening tests for drugs)? 33

Yes No

If Yes, give details of procedures in place to deal with these issues

In the interview some of the topics that will be discussed may be upsetting or sensitive as participants are disclosing information (i.e., traumatic transition to adulthood related to the quarter life crisis) which may involve relating distressing situations or unpleasant feelings. It is clear in the information sheet, and will reiterated verbally, that there is no obligation on the participant to engage with a particular line of interview questioning and no reason for wishing to omit the question need be given. The participant will be aware that they can leave the interview, or initial meeting with the researcher, at any time without giving a reason. If the researcher is told about any serious criminal activity the participants has been involved in, or if the researcher has reason to believe that the participant is a danger to themselves or others then the advice of the supervisors will be taken and it may be decided to inform relevant authorities. However, the interview does not actively seek such information and participants will be warned of this on the information sheet. Free relevant sources of support will be provided to all participants in the information sheet.

The [information sheet](#) should explain under what circumstances action may be taken

C.16 Will individual research participants receive any payments, fees, reimbursement of expenses or any other incentives or benefits for taking part in this research? 34

Yes

If Yes, please describe the amount, number and size of incentives and on what basis this was decided.

The final 5 participants in the study are to be recruited from non-university backgrounds in order to improve the diversity of the sample. Because these are proving to be hard-to-research participants they will be provided with a general shopping voucher worth 20 GBP on completion of the interview. This was decided based on the understanding that this would be a difficult sample to recruit.

RISKS OF THE STUDY

C.17 What are the potential benefits and/ or risks for research participants? 35

Each participant will have two meetings with the researcher: a screening meeting and a meeting to conduct an interview. There should not be any significant risks in taking part. Some of the topics that will be discussed may be upsetting or difficult, however interview questions do not have to be answered and free relevant sources of support will be supplied to all participants on the information sheet. This research has significant potential applicability. Firstly, findings will be interest to the UK Department for Education's Social, Emotional Aspects of Learning (SEAL) curriculum which promotes self-awareness, emotional regulation, motivation, empathy and social skills among young people in secondary schools. SEAL is relatively new and there remain urgent calls for evidence to underpin and develop its curricula. Secondly, study outcomes will have relevance to the UK's Child and Adolescent Mental Health Services and other mental health charities which offer support and services to young people with mental health difficulties (e.g., Mental Health Foundation). Although it is not the purpose of the interview, participants may find it a sympathetic and supportive meeting for them and validating of their struggles transitioning to adulthood.

C.18 Does the research involve any risks to the researchers themselves, or people not directly involved in the research? *Eg lone working* 36

xYes No

If yes, please describe:

It is likely that most interviews will take place in the Institute of Psychological Sciences but, subject to the safety of the researcher and appropriateness to the needs of the research (e.g. audio-recording clarity), meeting locations are open to negotiation. It is appropriate that initial screening meetings could take place in an informal public setting, such as a café, since the purpose of this meeting is for researcher and potential participant to get to know each other a little and to build up rapport. If the potential participant is happy to complete the personality questionnaire at this point, a public setting should not distract this process. It is ideal for the research interviews to take place in a private, bookable room in the Institute of Psychological Sciences but location is flexible within reason: for example, it may be possible to use a room in the Union building or Staff Centre. If an interview is conducted off campus this must be agreed with the supervisors. The location must be considered low risk, the supervisors must be informed of the date, time, and place of interview and the researcher confirm by mobile phone with a supervisors the end of the interview and her safe return home. It will be usual for interviews to be conducted in daylight hours and a location will not be agreed to if any of the research team have any doubts about it. The researcher will understand that, having agreed to a location, she is not to attend the interview if, having approached the location she feel in any way hesitant or uncomfortable about it. This said, the research supervisors have supervised many research projects in which interviews have been conducted off-campus and all have been without incident. The team, however, is not complacent and take the researcher's safety as first priority. The same protocols shall be followed for the 4 interviews to take place in Assam, India during the Christmas holidays. The supervisors shall be informed before and after the interview and parents of the researcher shall be held responsible for her safety.

Is a risk assessment necessary for this research?

Yes No If yes, please include a copy of your risk assessment form with your application.

Further information on fieldwork risk assessments is available at <http://www.leeds.ac.uk/safety/fieldwork/index.htm>.

DATA ISSUES

C.19 Will the research involve any of the following activities at any stage (including identification of potential research participants)? (Tick as appropriate)

- Examination of personal records by those who would not normally have access
- Access to research data on individuals by people from outside the research team
- Electronic transfer of data
- Sharing data with other organisations
- Exporting data outside the European Union
- Use of personal addresses, postcodes, faxes, e-mails or telephone numbers
- Publication of direct quotations from respondents
- Publication of data that might allow identification of individuals to be identified
- Use of audio/visual recording devices
- FLASH memory or other portable storage devices

Storage of personal data on or including any of the following:

- Manual files
- xHome or other personal computers
- Private company computers
- x Laptop computers

C.20. How will the research team ensure confidentiality and security of personal data? E.g. anonymisation procedures, secure storage and coding of data. 37 You may wish to refer to the [data protection and research webpage](#).

Audio and video-recordings will be kept on a secure University of Leeds shared drive designed for the confidential storage of research data. Any computer on which data is stored for analysed will be locked with a username and password. All stored participant data (except original audio- and video-recordings) will be anonymised and the different elements (transcripts, and two sets of questionnaire data) will be linked only through the use of participant identifiers in the form of a pseudonym. Care will be taken to so that individuals are highly unlikely to be identifiable in normal circumstance through this stored data. In particular, transcripts, photos and photocopy of the timeline which will be subject to detailed analysis will be carefully anonymised. Consent will be obtained from participants to use quotes from their interview as well as the photos in reports of the research on the understanding that their anonymity will be maintained. Verbal consent will also be obtained from people involved in the photos, if any, through the participant. Participants shall be informed not to get photos that have clear images of children under the age of 16, because appropriate consent cannot be obtained from them. The faces of people shall be blurred in case they are used for the thesis and consent will be obtained for the same from the participant. Anonymisation will occur at time that transcripts are checked against audio and video recordings for accuracy by the researcher. Video will be of the time-line and it is likely that participants' face does not appear. Care will be taken so that participants' identity is obscured should a video be used in presentations of the research or stills used in reports. A transcription company will be used that is known and trusted by the lead supervisor and which confirms the confidentiality of material and that all material is destroyed once transcription has been relayed to the research team. Signed consent forms will be given to the Chair of the Ethics Committee in the Institute of Psychological Sciences for safe and confidential storage. Supervisors may become aware of who is taking part in the research, but will keep this information confidential unless it is decided that the participant poses a threat to self or other (see above).

C.21 For how long will data from the study be stored? Please explain why this length of time has been chosen.38

__10__ years or period of data storage required by publisher of academic research
(i.e., reasonable audit time post-publication should questions arise about the analysis of the data – a period of 5 years post final publication of findings would be reasonable)

NB: [RCUK guidance](#) states that data should normally be preserved and accessible for ten years, but for some projects it may be 20 years or longer.

Students: It would be reasonable to retain data for at least 2 years after publication or three years after the end of data collection, whichever is longer

CONFLICTS OF INTEREST

C.22 Will any of the researchers or their institutions receive any other benefits or incentives for taking part in this research over and above normal salary or the costs of undertaking the research? 39

Yes No

If yes, indicate how much and on what basis this has been decided

C.23 Is there scope for any other conflict of interest? 40 For example will the research funder have control of publication of research findings?

Yes No ***If yes, please explain*** _____

C.24 Does the research involve external funding? (Tick as appropriate)

Yes No ***If yes, what is the source of this funding?*** _____

PART D: Declarations

Declaration by Chief Investigators

1. The information in this form is accurate to the best of my knowledge and belief and I take full responsibility for it.
2. I undertake to abide by the University's ethical and health & safety guidelines, and the ethical principles underlying good practice guidelines appropriate to my discipline.
3. If the research is approved I undertake to adhere to the study protocol, the terms of this application and any conditions set out by the Research Ethics Committee.
4. I undertake to seek an ethical opinion from the REC before implementing substantial amendments to the protocol.
5. I undertake to submit progress reports if required.
6. I am aware of my responsibility to be up to date and comply with the requirements of the law and relevant guidelines relating to security and confidentiality of patient or other personal data, including the need to register when necessary with the appropriate Data Protection Officer.
7. I understand that research records/ data may be subject to inspection for audit purposes if required in future.
8. I understand that personal data about me as a researcher in this application will be held by the relevant RECs and that this will be managed according to the principles established in the Data Protection Act.
9. I understand that the Ethics Committee may choose to audit this project at any point after approval.

Sharing information for training purposes

Optional – please tick as appropriate:

I would be content for members of other Research Ethics Committees to have access to the information in the application in confidence for training purposes. All personal identifiers and references to researchers, funders and research units would be removed.

Principal Investigator

Signature of Principal Investigator:Raginie Duara.....

(This needs to be an actual signature rather than just typed. Electronic signatures are acceptable)

Print name:Raginie Duara.....

Date: (dd/mm/yyyy):04/11/14.....

Supervisor of student research

I have read, edited and agree with the form above.

Supervisor's signature:Anna Madill.....

Print name:Anna Madill.....

Date: (dd/mm/yyyy)04/11/13.....

Information Sheet

Coping with the trials and tribulations of early adulthood

Researcher: Ms Raginie Duara

E-mail: psrd@leeds.ac.uk

Supervisors: Dr Anna Madill & Dr Siobhan Hugh-Jones

Address: Institute of Psychological Sciences, University of Leeds

E-mails: a.l.madill@leeds.ac.uk, s.hugh-jones@leeds.ac.uk

Hi my name is Raginie I am a postgraduate, doctoral student in the Institute of Psychological Sciences at the University of Leeds. I am also a trained and experienced school counsellor and passionate about supporting young people to reach their full potential. A central challenge of early adulthood (about 18-28 years) is 'finding one's place in the world'. This often involves, for example, looking for a life partner, settling on an appropriate occupation, and discovering 'who one is' (interests, skills, preferences etc.). For many reason some people find this phase of life more difficult than others. This study seeks to understand the experiences of young people who have overcome, or are currently coping successfully with, substantial challenges 'finding their place in the world'. If you feel you meet the criteria, I would like to invite you to take part in my study. If you might be interested in taking part, please read the following information which explains why the research is being carried out and what it involves. Thank you.

What is the purpose of the study?

I am doing this research for the qualification of PhD (doctorate) but aim to communicate my findings widely, for example through presentations and publications, and to inform educational and support services for young people. The purpose of the study is to understand how young people overcome substantial trials and tribulations in early adulthood.

Why have I been invited?

I am contacting you because I understand that you might fit the study inclusion criteria: (1) a British national (Assamese for the Indian sample); (2) aged 22-30 years; (3) self-define as having overcome, or are currently coping successfully with, substantial challenges 'finding your place in the world'; (4) not currently in contact with any mental health support service. I'm sorry, but if you are feeling very bothered by things at the moment, it would be ethically inappropriate for me to accept you into this study. A free source of support is offered at the end of this sheet.

Do I have to take part?

No – it is completely up to you to decide. If you are interested participating in the study, I will go through this information sheet with you again before to ensure you fully understand what the interview will involve. You can ask me any questions you have about the study before you decide – my e-mail address is at the top of this sheet. If you decide to take part, you will be given a consent form and asked to sign to show you agree to take part. However, even after you consent to your participation in the study you are free to withdraw from the interview at any time, do not have to engage with any particular line of questioning, and can withdraw from the study any time up to the point it is submitted for assessment.

What does the study involve?

If you fit the criteria and might be interested taking part in the study, I will invite you to have an initial, face-to-face meeting with me. This initial meeting will allow us to discuss the study further and allow me to get a better idea about your suitability to take part. I will ask you to complete two questionnaires: a short questionnaire about yourself and a standard, well-known personality questionnaire called the Eysenck Personality Questionnaire. If you are still interested in taking part, I will let you know as soon as possible after this meeting if you are suitable to continue to the interview stage. I am looking for a sample of people with a wide range of different backgrounds, experience, and personality, so please do not feel bad if you are not selected for interview! If you accept an invitation to take part in an audio- and video- recorded research interview. Please do not worry about the video-recording - it is unlikely that your face will be on the video! I will ask you to bring photos that are relevant to your crisis and how you cope/d with it, or in some way represent aspects of the challenges you have met. These photos could be pictures taken from the past or new ones that you take just for this research. This will help us focus on what is really meaningful to you and maybe help bring back important memories. You will be given a week or two to gather the photos and to e-mail them to me so that I can print them out before the interview. I will give you more detailed information about this in a separate sheet. I will ask you to place your photos on a timeline of events we will create and discuss in the interview. It is this time-line and our pointing to different photos that I will be video-recording in case I forget. At the end of the interview I will take a photocopy of your timeline and keep a copy of the photos, with your consent. I will also ask you to complete a consent form before the interview starts, which includes consent for audio- and video-recording. I expect the interview will last between 60-90 minutes – but will ask you to keep about 2 hours free so we don't have to rush - and hope it will feel like a conversation with a friend who is a very good listener. I will ask you to tell me about your period of crisis 'finding your place in the world', what helped and what hindered its resolution, and incorporate discussion of the photos you brought with you. You are not obliged to answer any of my questions and can leave the interview at any time without having to give a reason.

Where will the research be done?

Our initial meeting can take place in a public place, such as a café. My preference is that the interview will take place in a quiet, private room in the Institute of Psychological Sciences at the University of Leeds. However, we can discuss the possibility of conducting the interview elsewhere if the location is reasonably quiet and private and my supervisors approve it. We will agree mutually convenient times to meet.

What about anonymity and confidentiality?

In order to protect your identity, the interview transcripts, the photos, and the photocopy of your timeline will be anonymised. This means that all identifying details will be changed, e.g. names of places, people and details of very specific events. I will be asking you to take verbal consent from people who are identifiable in photos you want to use, and I will blur faces in the photograph I use in reports in order to anonymise them. However, you should avoid taking photos of children under age 16 for the purpose of this study since it is not possible to obtain appropriate consent from them. The copyright of the images will remain with you since they are photos that you have generated. The background questionnaire and Eysenck Personality Questionnaire data will not contain your name but

will be labelled with a numerical identifier allowing the matching of questionnaire data with transcripts. Audio and video recordings from the interview will be kept on a university computer and locked with a username and password. Moreover, the video-recording are unlikely to reveal your face as the video-recorder will be placed behind us in order to record our pointing to the photos. Consent forms will be stored safely in the Institute of Psychological Sciences and separately from the research data. My supervisors may become aware of the names of who is taking part but will keep this information confidential.

I must make you aware that there are some limits to confidentiality in research. If you reveal to me any criminal activity you have been involved in, or any intention to harm yourself or others, I will be obliged to contact my supervisors to discuss what to do, which could mean informing relevant authorities. However, I can reassure you that my interview does not actively seek such information.

Are there any risks in taking part?

I do not expect there to be any significant risks in taking part. Some of the topics we may discuss could be upsetting since we will be talking about some challenges you have experienced, but you can choose not to answer any particular line of inquiry and you are free to leave the interview at any time and without giving a reason. As well as the challenges you have faced, I am interested to hear about your successes and your strengths and will seek to close the interview on a positive note.

Are there any benefits in taking part?

We hope this research will help schools better prepare older teenagers for possible developmental challenges ahead and align with the SEAL (Social & Emotional Aspects of Learning) curriculum. Study outcomes will have relevance to the UK's Child and Adolescent Mental Health Services and other mental health charities which offer support and services to young people with mental health difficulties (e.g., Mental Health Foundation). On a personal level, I hope you will find it a sympathetic and supportive meeting.

Ethics

The ethical guidelines for this research have been set out by the British Psychological Society code of ethics. These guidelines include ethical principles such as making sure you know what will happen and are happy to take part, explaining that you can stop the interview at any time, and protecting your identity. If you have any complaints about my contacting you, or anything that happens during our meetings, please contact my supervisor, Professor Anna Madill, who will be happy to discuss what action to take.

I hope you have enough information about my study, but if you would like to ask any questions please just send me an email.

Thank you very much,
Raginie Duara

Free source of support:

Leeds Nightline 0113 380 1381; Mental Health Helpline (for India) 1860 266 2345

**Screening and demographics questionnaire
Coping with the trials and tribulations of early adulthood**

Name:

Gender:

Age:

Nationality:

Ethnicity:

Highest level of education:

Have you had to deal with substantial challenges 'finding your place in the world'?
YES NO

Are you currently in contact with any mental health support service?

YES NO

If yes, I'm sorry, but if you are feeling very bothered by things at the moment, it would be ethically inappropriate for me to accept you into this study.

Do you self-define as being mentally healthy at the moment?

YES NO

Have you ever experienced difficulty establishing what 'kind of person' you are?

YES NO

If yes, what age were you? _____

Have you ever felt 'stuck' in life?

YES NO

If yes, what age were you? _____

Have you ever felt anxious about choosing the next step in life?

YES NO

If yes, what age were you? _____

Have you ever craved for a change in direction of life?

YES NO

If yes, what age were you? _____

Have you ever felt lost in the multiplicity of options in life?

YES NO

If yes, what age were you? _____

Have you ever felt apprehensive after having made a major life decision?

YES NO

If yes, what age were you? _____

Thank you

Draft Interview Topic Guide
Understanding and Supporting Young Adults Through the Quarter-Life Crisis

Thank you for coming to this interview. I'd like to hear your story as far as possible in your own words. So that I can understand better, can I ask you to draw me a 'timeline' of the major events in your life, focusing particularly on your experiences of 'finding your place in the world' during your late teens and early adulthood?

You sent me and have brought some photos to help me understand your story. Can you show me where each fits on the timeline you have drawn?

Can you show me on your timeline where your difficulties finding your place in the world first started? OK – please tell me what happened?

Prompts:

What happened next?

Please tell me about how this object fits here?

In what ways did you feel 'stuck' at this point in your life?

What were your worries at this point?

What difficulties were you facing here?

What responsibilities did you have at this point in your life?

What were your relationships with other people like at this point in your life?

How did you cope with that?

Do you have any regrets about that?

Concluding questions:

What was most helpful to you during these difficult times?

What advice would you give to another young person facing similar challenges?

Is there anything you'd like to say that we haven't covered?

Consent Form

Study title: Coping with the trials and tribulations of early adulthood

The purpose of this form is to make sure that you are happy to take part in the research and that you know what is involved. Please confirm each statement by putting your initials in the associated box.

I have read the participant information sheet or had it explained to me	
I have read the instructions related to the photographs	
I have had the opportunity to ask questions and to discuss the study	
I have received satisfactory answers to my questions	
I have received enough information about the study	
I have not received or sought treatment for mental health problems	
I self-define as being mentally healthy	
I understand that I am free to withdraw from the study up to the point at which it is submitted for assessment or is accepted for publication	
I understand that I am free to end the research interview at any time and without having to give a reason	
I understand that I am free to choose not to answer a question without having to give a reason	
I agree to the interview being audio- and video-recorded	
I grant permission for extracts from the interview (transcript, audio-, and video) to be used in reports of the research on the understanding that my anonymity will be maintained (e.g., use of pseudonyms, editing out words, face blurred)	
I grant permission for the researcher to keep a copy of the photographs I used in this research and to include the photos in reports of the research on the understanding that they are anonymised (e.g., faces blurred)	
I confirm that I have received verbal consent for the use of photographs in this research from people who are identifiable in the photos on the understanding that their identity will be obscured if the photo is used in reports	
I give my permission for the researcher to store my questionnaire data and to use it in research outputs on the provision that my anonymity is maintained.	
I agree to take part in this study	

Participant signature
Date
Name of participant
Researcher signature
Date
Name of researcher: Raginie Duara

Thank you for agreeing to take part in this study.



UNIVERSITY OF LEEDS

Research Study Finding our place in this world



Raginie Duara psrd@leeds.ac.uk
Postgraduate Research Student
Institute of Psychological Sciences
University of Leeds

Supervisors:

Dr Anna Madill a.l.madill@leeds.ac.uk

Dr Siobhan Hugh-Jones s.hugh-jones@leeds.ac.uk

Ethics reference: 13-0136

Website: www.leeds.ac.uk

I feel so stuck in life.
Nothing I do seem to satisfy me.
Sometimes I don't even know what my needs and desires are.
I wish things were as simple as it was in school or college.
Oh! This is not how I thought life would be like...



**Are you, or have you ever been, in a similar situation?
If YES, then please consider being part of my study!**

I am looking for people to interview who:

- are between 22-30 years old
- self-define as having experienced difficulties 'finding your place in the world'
- British national
- Not currently seeking treatment for mental health problems

psrd@leeds.ac.uk

**INFORMATION
ABOUT BRINGING
PHOTOGRAPHS**

Why do I need to bring photos???

I'm inviting you to bring photos so that we can have a look at things that are/were significant to you in relation to your crisis and coping. We can discuss what images you've brought and why, during the interview.

What will happen to the photos after the interview???

I will ask your consent to keep a copy of the photographs and will store them securely. I will also ask your consent to use the photographs in research reports. I will blur the faces of people, if any, in the photos before using photos in the reports.

I'm confused. What should I click???

You can click anything you want while you try to keep it relevant to your crisis and the coping strategies that you use/d. If there are clear images of other people in your photos, you need to take verbal consent from them.



You can click anything related to the research as long as:

- It does not have close-ups of people from whom you can't get consent.
- It does not have photos of children under the age of 16
- It does not have images of something illegal.

How many photos should I bring???

You can bring as many as you want to represent your crisis and coping. However, I suggest that you bring around 5-20 photos.

How much time do I get to take the photos???

After our first meeting, you get one to two weeks to take the photos and to e-mail them to me so that I can print them out.

Can I use my own camera???

You can use your own camera or camera-phone as long as you can e-mail the photos to me.

Can I use photos taken from the past???

You can use any photos, recent or from past or click new photos. I will ask for your consent to keep a photocopy of any old photos you bring so that I can use them for my research.

*Raginie Duara
psrd@leeds.ac.uk
University of Leeds*



UNIVERSITY OF LEEDS

Confidentiality Statement for Transcribers

Ethics Committee, Institute of Psychological Sciences, University of Leeds

The British Psychological Society has published a set of guidelines on ethical principles for conducting research. One of these principles concerns maintaining the confidentiality of information obtained from participants during an investigation.

As a transcriber you have access to material obtained from research participants. In concordance with the BPS ethical guidelines, the Ethics Committee of the Institute of Psychological Sciences requires that you sign this Confidentiality Statement for every project in which you act as transcriber.

General

- I understand that the material I am transcribing is confidential
- The material transcribed will be discussed with no-one
- The identity of research participants will not be divulged

Transcription Procedure

- Transcription will be conducted in such a way that the confidentiality of the material is maintained
- I will ensure that audio-recordings cannot be overheard and that transcripts, or parts of transcripts, are not read by people without official right of access
- All materials relating to transcription will be returned to the researcher

Signed _____ Date _____

Print Name _____

Researcher Raginie Duara

Project Title Understanding and Supporting Young Adults Through the Quarter-Life Crisis



Research Study Finding our place in this world

Raginie Duara psrd@leeds.ac.uk
Postgraduate Research Student
Institute of Psychological Sciences
University of Leeds

Supervisors:

Prof Anna Madill a.l.madill@leeds.ac.uk

Dr Siobhan Hugh-Jones s.hugh-jones@leeds.ac.uk

Ethics reference: ...

Website: www.leeds.ac.uk

**I feel so stuck in life.
Nothing I do seem to satisfy me.
Sometimes I don't even know what my needs and desires are.
I wish things were as simple as it was in school or college.
Oh! This is not how I thought life would be like...**



**Are you, or have you ever been, in a similar situation?
If YES, then please consider being part of my study!**

I am looking for people to interview who:

- **are between 22-30 years old**
- **not attended university**
- **self-define as having experienced difficulties 'finding your place in the world'**
- **British national**
- **Not currently seeking treatment for mental health problems**

Reward for participation: £20 LoveToShop voucher

Contact email: psrd@leeds.ac.uk