

RESEARCH PARTICIPATION

THE EFFECT OF PATIENT CHOICE ON AN ONLINE PERFECTIONISM INTERVENTION

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What is the study about?

This study will evaluate the effect patient choice has on the effectiveness of an online intervention in improving perfectionism and related psychological outcomes. It will also investigate self-efficacy in relation to improved treatment outcomes.

Who can participate?

Anyone aged 17 years and older who is fluent in English, and believe they might currently struggle with perfectionism.

What will happen during the study?

You will be asked to complete online questionnaires relating to demographics, perfectionism, depression, anxiety, body image, and self-efficacy. From there you will be randomly assigned to either complete the online intervention modules in a fixed order, or to choose which modules you wish to complete. The online intervention contains eight modules which you will have four weeks to complete. These modules contain a mixture of text, images, and audio based on a cognitive behavioural treatment protocol for perfectionism. After the four weeks, both groups will be asked to complete the same questionnaires. In total, the study will take approximately 5 hours of your time over a 4-week period. In recognition of your time, you will be reimbursed participation credits (Flinders University First-Year Psychology Students) or a book titled *Overcoming Perfectionism* following the completion of the follow-up questionnaires.

The research will be conducted in three phases as follows:

1. **Initial questionnaires** (15 minutes) to be completed online
2. **Intervention modules and inter-module exercises** (30 minutes per module over 4 weeks) to be completed online
3. **Follow-up questionnaires** (15 minutes) to be completed online at the end of the 4-week period

How can I contact the researcher?

If you would like to participate or have any further questions about the project, please email the principal researcher on kay0083@flinders.edu.au, or you can access the Baseline Questionnaire (which also contains more information about the study) via the following link:

https://qualtrics.flinders.edu.au/jfe/form/SV_3faHWHXTSKECdRb

This research project has been approved by the Flinders University Social and Behavioural Ethics Committee (Project Number 7971). For more information regarding ethical approval of the project the Executive Officer of the Committee can be contacted by telephone on (08) 8201 3116, by fax on (08) 8201 2035 or by email at human.researchethics@flinders.edu.au.