

Participant Information Sheet

Title of Project:

How can shy people reduce social anxiety in interpersonal interactions and public situations?

University & Department:

University of the Arts London: Central Saint Martins
MA Applied Imagination

Name and Contact Details of the Researchers:

Yi Zhao
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Name and Contact Details of the Research Supervisor:

David Mills
Email: d.mills@csm.arts.ac.uk

1. Invitation to participate

I would like to invite you to participate in this postgraduate research project. Before you give your consent to participate, it's important that you understand the research aim and the level of participation required. Please read the following information and contact me with any questions or concerns.

2. What is the purpose of the research?

The purpose of my project is to explore the psychology of shy individuals and find effective ways to help them reduce their social anxiety in interpersonal interactions and public situations. My primary research focuses on how shy and socially anxious individuals improve through psychological therapy. My aim is to create interventions for them to test if they can be improved or cured by my methods.

3. Why have I been chosen?

You were selected because of your psychology degree or experience as a psychologist. I aim to interview individuals with expertise in solving mental health issues.

4. Do I have to take part?

Your participation in this project is completely up to you. If you do decide to take part, you will be sent a consent form to fill out and sign. Alternatively, you can indicate your consent verbally at the start of an interview recording. You can withdraw from this research at any time without giving a reason and without it affecting you in any way. If you decide to withdraw your consent within one week of the interview or group discussion in which you participated, your data will be deleted and not used.

5. What will happen to me if I take part?

Should you take part, I will conduct an interview lasting about 15 minutes. I will ask you about your personal experiences/views in relation to my project. It is entirely up to you whether or not you want to take part.

6. Will I be recorded and how will the recorded media be used?

Yes, I will record your interview and transcribe the recordings. The recordings and transcripts will be used for analysis for my postgraduate (MA) research project, including a presentation and individual essays; in no case will it be possible to identify you, either from any quotations or any other information presented. No other use will be made of them without your written permission, and no use will be made of them by anyone but myself.

7. What are the possible disadvantages and risks of taking part?

If you feel uncomfortable about any of the questions being asked, it is your right to refuse to discuss it. You can end your participation at any stage.

8. What are the possible benefits of taking part?

Whilst there are no immediate benefits for those people participating in the project, it is hoped that this work will explore suitable ways for shy people to improve their social anxiety.

9. What if something goes wrong?

If you have complaints about the interview process, please contact the supervisor of this research, David Mills. He can be contacted at d.mills@csm.arts.ac.uk. If you feel your complaint has not been handled to your satisfaction, you can contact Richard Reynolds, Course Leader of the MA in Applied Imagination, at r.reynolds@csm.arts.ac.uk.

10. Will my participation in this project be kept confidential?

All the information that I collect about you during this research will be kept strictly confidential. I am the only person who will have access to the transcribed information about you, which will be stored in a password-protected computer. It will not be possible to identify you from any essays.

Thank you for reading this information sheet and for considering taking part in this research study. Please keep it with you.

Participant Signature: 李宜锦

参与者信息说明书

项目标题：

害羞的人如何在个人交往和公共场合中减少社交焦虑？

大学及部门：

伦敦艺术大学：中央圣马丁学院

应用想象力硕士课程

研究者姓名及联系方式：

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研究监督老师姓名及联系方式：

David Mills

电子邮箱：d.mills@csm.arts.ac.uk

1. 参与邀请

我邀请您参与这个研究生研究项目。在您同意参与之前，了解研究目的和参与要求非常重要。请阅读以下信息，如有任何问题或疑虑，请随时与我联系。

2. 研究的目的是什么？

我项目的目的是探索害羞个体的心理学，并找到有效的方法帮助他们减少在个人交往和公共场合中的社交焦虑。我的主要研究关注于害羞和社交焦虑个体如何通过心理治疗得到改善。我的目标是创建干预措施，并测试这些方法是否能改善或治愈他们的社交焦虑。

3. 为什么我被选择了？

您被选择是因为您拥有心理学学位或作为心理学家的经验。我旨在采访在解决心理健康问题方面具有专业知识的个人。

4. 我必须参与吗？

您参与这个项目完全是自愿的。如果您决定参与，您将会收到一份同意书，需填写并签署。或者，您可以在采访开始时口头表示同意。您可以随时退出研究，无需提供理由，也不会对您产生任何影响。如果您决定在采访或小组讨论后一周内撤回同意，您的数据将被删除，不会被使用。

5. 如果我参与，会发生什么？

如果您参与，我将进行一场大约 15 分钟的采访。我会询问您与我的项目相关的个人经历和观点。您是否参与完全由您决定。

6. 我会被录音吗？录音材料会如何使用？

是的，我会录音并转录这些录音。录音和转录本将用于我的研究生（MA）研究项目的分析，包括演讲和个人论文；在任何情况下，都不会通过任何引用或其他信息识别出您。未经您的书面许可，不会将这些材料用于其他用途，也不会由除我以外的任何人使用。

7. 参与可能会有什么不利和风险？

如果您对任何问题感到不适，您有权拒绝讨论。您可以在任何阶段结束您的参与。

8. 参与可能会带来什么好处？

虽然参与者没有直接的好处，但希望这项工作能探索出适合害羞者改善社交焦虑的有效方法。

9. 如果发生问题怎么办？

如果您对采访过程有投诉，请联系本研究的监督老师 David Mills，电子邮箱：d.mills@csm.arts.ac.uk。如果您觉得您的投诉没有得到满意处理，可以联系应用想象力硕士课程的课程负责人 Richard Reynolds，电子邮箱：r.reynolds@csm.arts.ac.uk。

10. 我的参与会保密吗？

我在研究过程中收集的所有信息将严格保密。我是唯一能够访问您转录信息的人，这些信息将保存在密码保护的计算机中。任何论文中不会通过任何信息识别出您。

感谢您阅读此信息说明书并考虑参与此研究项目。请保留此信息说明书。

参与者签名： 李宜锦