



Purpose of the Study. I am Nat Blanquier, an MSc Psychology (Conversion) student in the Department of Psychology, Maynooth University. As part of the requirements for my course, I am undertaking a research study under the supervision of Mac MacLachlan. The study aims to see if there is an association between self-esteem, quality of life and thought control regarding intrusive thoughts.

What will the study involve? The study will involve filling out three questionnaires which will include questions regarding how you see yourself and things that are important to you. This should take approximately 20 minutes.

Who has approved this study? This study has been reviewed and received ethical approval from the Research Committee at the Department of Psychology, Maynooth University.

Why have you been asked to take part? You have been asked because we as humans are found to have 60,000 thoughts per day. Some of these thoughts get 'stuck' and therefore cause us to question them over and over, what we call a cycle of intrusive thoughts.

Do you have to take part? No, you are under no obligation whatsoever to take part in this research. However, we hope that you will agree to take part and give us some of your time to complete three short questionnaires. It is entirely up to you to decide whether or not you would like to take part.

Will your participation in the study be kept confidential? Yes, all information that is collected about you during the course of the research will be kept confidential and is anonymised. No information will be distributed to any other unauthorised individual or third party.

What information will be collected? If you decide to participate you will be asked to provide some demographic information such as age, gender and if you live in Ireland. The information you provide following the questionnaires will also be collected.

What will happen to the information which you give? All the information you provide will be kept in such a way that it will not be possible to identify you. Your information will be used to produce a research thesis that is a key component of an MSc (Conversion) in psychology. At your request, the research findings can be made available to you upon publication. The data will be stored for 10 years on protected servers or PCs by Maynooth University before being fully destroyed.

What if there is a problem? You may contact my supervisor Prof. Mac MacLachlan (e-mail: Mac.MacLachlan@mu.ie) if you feel the research has not been carried out as described above.

Any further queries? If you need any further information, you can contact me via e-mail: nat.blanquiermckee.2020@mumail.ie. If you agree to take part in the study, please complete the consent form/questions.

Thank you for taking the time to read this