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Participant Information Sheet

Version Number and Date: V3. September 2026

Research Study Title: Thought style impact on stress perception and coping

My name is Elizabeth Broom and this research forms part of the MPhil-PhD at Wrexham University. You are being invited to participant in a research study on the thought style impact on stress perception and coping. Before you agree to do so, it is important that you understand the purpose and nature of the research and what your participation will involve. Please read the following information carefully and feel free to ask us if you would like more information or if there is anything you do not understand. Contact details are given at the end of this information sheet.

Purpose of the Study

The purpose of this study is to investigate thought style impact on stress perception and coping, with the aim of identifying whether different thought processing styles effects the impact of stress and coping.

Why have I been chosen to take part?

You are invited to take part as an adult member of the public, should you wish to participate

Inclusion criteria: You are eligible to participate if you are 18 years of age or older and have reading and writing of the English language as one of your commonly used languages.

Do I have to take part?

Participation is completely voluntary. It is up to you to decide whether to take part. If you do agree to take part, you will be asked to sign an online consent form for the online questionnaires. If after the questionnaires you would also like to participate in the interview, there will be an additional consent form. You may withdraw at any time during the online questionnaires by closing the browser, without giving a reason during the study and up to 2 weeks after your data has been collected, by emailing to request withdrawal. If you decide to also participate in the interview, you may also withdraw at any time during the interview or after, up to 2 weeks post interview requesting withdrawal. Please, note that you will not be able to withdraw your data after it has been anonymised, which is 2 weeks after your data has been collected.

What will taking part involve?

The study involves several short online questionnaires that use LIKERT scales e.g. 5 - Strongly agree. to 0 - Strongly Disagree. and an audio recorded interview. Interviews will be conducted either online using Microsoft teams or in person on Wrexham University Plas Coch campus.

You will be initially asked to do the online questionnaire, which are anticipated to take approximately 10-20 minutes. After you have completed the online questionnaires, you will be given the opportunity to take part in an interview, with the option to email me to arrange an interview time and day that suits your needs. The interview will be conducted by me, Liz Broom, using several semi-structured interview questions about your experiences of day-to-day life and work within a 30 – 45 minute window. The interviews will be audio recorded and saved with the unique non identifying number assigned when completing the psychometric scales.

What are the potential risks and benefits to taking part?

There are no physical risks anticipated from participation with this research. However, some questions that may relate to your stress experiences in life and work may cause minimal stress when reflecting on said experiences. Individuals experiencing psychological distress may not want to participate in this study.

All participants have the choice not to answer any questions they do not feel comfortable with and to withdraw their participation any time during the online questionnaires and interview and up to 2 weeks after their data collection. Should you wish to withdraw during the online questionnaires you can close your browser and this will prevent the data being saved. *Should you wish to withdraw at any time during the interview, you can ask to stop and withdraw without giving reason. You may also withdraw from the online questionnaire or interview up to 2 weeks after participation and request withdrawal* via email. At the end of the online questionnaires and after the interview you will be provided a debrief including mental health and wellbeing services specific to the university, local area and services accessible within the United Kingdom.

Will my participation be confidential?

All information about you collected during the study will be kept strictly confidential and stored securely in accordance with the Data Protection Act. The only people who will know about you are the researcher, and principle and secondary supervisor Dr. Natalie Roch and Dr. Shubha Sreenivas.

How will my data be used?

Wrexham University is the data controller under data protection legislation. This means that the University is responsible for how your personal data is used and for responding to any requests from you in relation to your personal data.

Where will my data be stored?	On Wrexham universities secure server, One drive
How long will my data be stored for?	Collected anonymised data (Raw data) will be stored for 10 years in line with Wrexham university policy and procedure for Post graduate students then destroyed. The anonymised data will be stored on an open access data repository, for example OSF. The

	anonymised data will also possibly be used in a publication of the findings in a peer reviewed journal.
Will my data be anonymised?	Yes - All participants when partaking in the initial strand involving online questionnaires will be assigned a random unique identifier. The same identifier will be used when obtaining and saving data in the second strand of data gathering in the form of audio recorded interviews. The audio recordings are deleted as soon as anonymised transcription of the recording has taken place
How will my data be used?	Your data is being gathered, anonymised and then analysed for a PhD thesis, and possible publication of findings
Who will have access to my data?	Myself Elizabeth Broom in addition to my primary supervisor Dr. Natalie Roche and secondary supervisor Dr. Shubha Sreenivas
Will my data be archived for use in other research projects in the future?	Yes – anonymised data will be for a PhD thesis and possible publication within an academic journal which will include publication of findings. Your data be stored in line with Wrexham university policies and procedures on a secure server for a minimum of 10 years. Should the anonymised data and findings be published, the anonymised data will be archived on a secure and encrypted database for open access data
How will my data be destroyed?	Your data post Wrexham and Chester University board assessments will be destroyed from the server.

What will happen if I want to stop taking part?

You can withdraw at any stage of the online questionnaire by closing the browser, any data collected up until that point will not be included in any analysis or future publication.

You can withdraw participation at any time without disadvantage or explanation. If you change your mind you can contact the researcher up to 2 weeks after your data has been collected. To do this please send an email within this timeframe to s19005509@mail.glyndwr.ac.uk with your reference number provided by the online questionnaire. You do not need to provide an explanation however please state in the email that it is a request to withdraw.

What if I am unhappy or if there is a problem?

If you are unhappy, or if there is a problem, please let us know by contacting Elizabeth Broom via email: s19005509@mail.glyndwr.ac.uk or Dr. Natalie Roch via Natalie.Roch@wrexham.ac.uk and we will do our best to help. If you remain unhappy or have a complaint which you feel you cannot come to us, please contact the Research Ethics Committee at rescadmin@glyndwr.ac.uk. When contacting the

Research Ethics Committee please provide details of the name or description of the study (so that it can be identified), the researcher(s) involved, and the details of the complaint you wish to make.

Contact for further information

If anything is not clear, or if you want more information, please do contact me:

Student Investigator: Liz Broom

Email: s19005509@mail.glyndwr.ac.uk

Principle Supervisor: Dr. Natalie Roch

Email: Natalie.Roch@wrexham.ac.uk