Debriefing template

# Name and Contact Information of Researchers: *(Provide Carleton email address / phone number)*

 *Name, Carleton University, Department/School/Faculty of \*\*\**

 Tel.: \*\*

 Email: \*\*

 Supervisor and Contact Information: *(if any)*

# Project Title

 *Study Title*

# Project Sponsor and Funder (if any)

 *Study Sponsor*

# Carleton University Project Clearance

 Clearance #: \*\* *(this is the 6-digit # assigned to your study*) Date of Clearance: \*\*

**What are we trying to learn in this research?**

This research examines the relationship between personal factors, appraisals, and well-being. The questionnaires you completed assessed subjective well-being and mindfulness. We also asked you to provide information on the coping strategies you typically use, and how you tend to appraise yourself and different situations. We are interested in learning if positive self-appraisals and mindfulness are associated with the use of more effective coping strategies and general well-being. We are also interested in determining if reading and reflecting upon concepts related to mindfulness encourages people to view situations in a more positive way.

**Why is this important to scientists or the general public?**

Previous research has shown a relationship between people’s appraisals of different situations, and how they cope with those situations. Less is known, however, about the specific factors that lead people to appraise events in different ways. Understanding individual difference variables (e.g., mindfulness) and self-appraisals (e.g., self-esteem, mastery) that might be associated with more positive appraisals of events is important, since these appraisals may predict enhanced coping abilities. If mindfulness and positive self-appraisals are related to effective coping and well-being, it might be helpful to focus on promoting the development of these skills in order to reduce stress and improve well-being.

**What are our hypotheses and predictions?**

We predict that individuals’ self-appraisals (the way people evaluate themselves) will predict how they approach different situations, and will also predict how well they are able to cope with stressful situations. We also predict that mindfulness (e.g., the ability to live “in the moment”, and to observe situations in an objective, non-self-judgmental way) will be associated with more positive self-appraisals, coping and well-being.

**Where can I learn more?**

Provide some appropriate references or websites for your participants. For example, academic references for SONA participants. Resources that are easily available online are optimal.

Is there anything I can do if I found this experiment to be emotionally upsetting? Yes. If you feel any distress or anxiety after participating in this study, please feel free to contact the

Carleton University Health and Counseling Services at: 613-520-6674, or the Distress Centre of Ottawa and Region at 613-238-3311 (http://www.dcottawa.on.ca).

**What if I have questions later?**

If you have any remaining concerns, questions, or comments about the experiment, please feel free to contact xx (Principal Investigator), at: username@carleton.ca (613-520-2600, ext. xx), Dr. xx (Faculty Sponsor), at: username@carleton.ca (613-520-2600, ext. xx).

**Ethics Review:**

This project was reviewed and cleared by the Carleton University Research Ethics Board [A or B]. If you have any ethical concerns with the study, please contact Carleton University Research Ethics Board, preferably by email at ethics@carleton.ca or you can leave a message by phone at 613-520-2600 ext. 2517.

Thank you for participating in this research!