

Participant Debriefing Form

Thank you for taking time to participate in this survey.

Please continue reading until the end of the page and click the arrow to complete this survey.

What was the purpose of this study?

The study that you have participated in aims to investigate how uncertainty in everyday life, and our responses to such uncertainty, are related to the experience of anxiety and to our interpersonal relationships. Different people react differently to the uncertainties they experience in their lives; some find it more difficult to manage these everyday uncertainties than others. This may contribute to anxiety and worries about what may happen. Relationships with other people can sometimes be a source of concern, but they can also help people manage their uncertainties and worries. This study aims to investigate in what way our attitudes and expectations regarding uncertainty and our romantic relationships may be related to anxiety symptoms, compulsive checking behaviours, the tendency to seek reassurance and other common interpersonal behaviours.

What are the expectations of study?

We hope that the information gained from this study can help contribute to knowledge about factors affecting how we cope with uncertainty, and the role it plays in the development and maintenance of anxiety. We also hope for findings that reveal how a need for reassurance may explain why uncertainty and anxiety can predict checking compulsions. This means our research could have important clinical implications; We may better understand how to support people who experience difficulties with uncertainty, anxiety, worry, or checking compulsions, and identify future research aims.

Do I still have the right to withdraw?

You have the right to withdraw within two weeks of the survey completion. To withdraw contact the researchers, whose details are listed below, via email. You will need to remember your 4-digit code you created at the start of the survey. You will not be asked for a reason for withdrawal of information, and are free to do so anytime, within the next two weeks, if you wish.

Confidentiality and anonymity will be protected at all times. No personally identifying information will be attached to your responses, and all data will be kept private in a secure folder only accessible to the student and research supervisor. The anonymised numerical data will be stored indefinitely on a password protected file and may be used in future research.

Issues raised by research

As mentioned at the beginning of the research, if for any reason you are concerned regarding the issues raised whilst completing this survey, it may be helpful to contact your local GP to discuss your concerns with them.

If you do not feel that you can keep you or someone else safe, call 999 or got to A&E now.

If you require urgent mental health support or advice, the following webpage will help you find an NHS urgent helpline: <https://www.nhs.uk/nhs-services/mental-health-services/get-urgent-help-for-mental-health/>

The Samaritans hotline offers a safe place for you to talk about anything that is bothering you. You can contact Samaritans on 116 123 at any time or visit the website for more details: <https://www.samaritans.org/>

Shout is a free and confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text 85258 to access support or visit the website for more details: <https://giveusashout.org>

If you would like more information about obsessive-compulsive disorder, then you may find these web pages helpful:

<https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd/overview/>

<https://ocdaction.org.uk>

<https://www.ocduk.org>

If you would like more information about anxiety, fear or panic, including how to get help, you may find this webpage helpful: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anxiety-fear-panic/>

Anxiety UK is a charity that offers advice and information about anxiety and coping with anxiety: <https://www.anxietyuk.org.uk>

If you think that you are struggling to cope with anxiety, worry and/or obsessions and compulsions, then you can make an appointment with your GP to discuss your concerns. If you live in England, you can also self-refer to an NHS psychological therapies service. This website will help you find your local service: <https://www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/>

If you live in other countries, here are some sources:

Obsessive Compulsive Disorder Ireland: <https://ocdireland.org>

USA: <https://iocdf.org>

Australia: <https://www.healthdirect.gov.au/obsessive-compulsive-disorder-ocd>

Canada: <https://www.anxietycanada.com>

Ireland: <https://www.mentalhealthireland.ie>

USA: <https://adaa.org/understanding-anxiety>

Australia: <https://www.healthdirect.gov.au/anxiety>

Canada: <https://cmha.ca/documents/anxiety-disorders>

Where can I learn about the study's findings and what if I have any further questions about the research?

If you have any questions, or wish to find out the study's findings, once the study is complete, you can do this by contacting the researchers via email at the following details:

Dorothy Cassidy – d.cassidy2@newcastle.ac.uk

Professor Mark Freeston – mark.freeston@newcastle.ac.uk

Dr Gavin Clark – gavin.clark@newcastle.ac.uk

School of psychology, Dame Margaret Barbour building, Wallace street, Newcastle Upon Tyne, NE2 4DR

If you have any complaints regarding the manner in which this research is conducted, please contact the chair of the Faculty Ethics Committee at fms.ethics@ncl.ac.uk

Thank you again for your participation.

