



## RESEARCH PARTICIPATION

### CAN WE IMPROVE MENTAL HEALTH BY DECREASING UNHELPFUL FORMS OF PERFECTIONISM?

**Principal Researchers:** Pete Grieve and Elissa Blight

**Supervisor:** Professor Tracey Wade

#### What is the study about?

This study will evaluate the effectiveness of an online intervention in improving perfectionism and related psychological outcomes.

#### Who can participate?

Anyone aged 17 years and older who is fluent in English and believe they might currently struggle with perfectionism.

#### What will happen during the study?

You will be asked to complete online questionnaires relating to demographics, perfectionism, depression, anxiety, stress, body image flexibility, and self-compassion. You will then be randomly assigned to either begin an online intervention immediately (treatment group) or receive the intervention after 8 weeks (control group). Both groups will be able to choose which modules you wish to complete. The online intervention contains eight modules which you will have four weeks to complete. These modules contain a mixture of text, images, and audio based on a cognitive behavioural treatment protocol for perfectionism. After two-, four- and eight-weeks, both groups will be asked to complete the same questionnaires. This study will take up to 5 hours of your time over a 2-month period.

The research will be conducted in five phases as follows:

1. **Initial questionnaires** (20 minutes) to be completed online
2. **Intervention modules and inter-module exercises** (up to 4 hours depending on how many modules you complete) to be completed online
3. **Two weeks after commencement of intervention we will ask you to complete the questionnaires again, and then also at 4- and 8-weeks after you have started the intervention (60 minutes)** to be completed online.

#### How can I contact the researcher?

If you would like to participate or have any further questions about the project, please email the principal researchers on [grie0060@flinders.edu.au](mailto:grie0060@flinders.edu.au) or [blig0038@flinders.edu.au](mailto:blig0038@flinders.edu.au) and you will receive further information about the study.

This research project has been approved by the Flinders University Social and Behavioural Ethics Committee (Project Number 7971). For more information regarding ethical approval of the project the Executive Officer of the Committee can be contacted by telephone on (08) 8201 3116, by fax on (08) 8201 2035 or by email at [human.researchethics@flinders.edu.au](mailto:human.researchethics@flinders.edu.au).