

## PLS and consent

### Plain Language Statement

**Full Project Title:** Self-compassion and wellbeing

**Researcher:** Dr Jacquie Mills

**This study is completely voluntary. Your decision to participate in this study or not will not affect your mark or your relationship with your HPS121/HPY713 unit team in any way. You can leave the study at any time prior to pressing "Submit". After you have submitted your responses, we will not be able to identify your data due to the survey being anonymous. Please read this plain language statement in detail before deciding whether to consent to participate in this study.**

**Methods and what does this research involve?:** Participation in this study involves completing an anonymous online survey that should take approximately 10 minutes. First, you will be asked some questions about your demographics. Then you will be asked some questions about your wellbeing. Finally, you will be asked some questions about your self-compassion.

**Risks and potential benefits to participants and the broader community:** This study is considered very low risk, but you will be asked some questions about your wellbeing. If you experience discomfort when answering these questions, please contact your local doctor, counselling services, or mental health services. You may also contact your unit chair to help you find access to these services. By participating in this study, you will learn about what it is like to be a participant in survey research, which will help you gain a deeper understanding of research in psychology. This study will also teach you about the relationship between self-compassion and wellbeing,

which could provide important information about how we can best help people promote wellbeing.

**How privacy and confidentiality will be protected:** Your participation is anonymous. No identifiable data will be shared at any point.

**Data management, storage, and sharing:** While the survey is active, data will be held by Qualtrics, the online survey platform. Once the recruitment period is over, only the investigators listed will have access to the data. Data will be held in completely anonymous format.

**Contact details of the researchers:**

The principal researcher, Dr Jacquie Mills, can be contacted at [jacqueline.mills@deakin.edu.au](mailto:jacqueline.mills@deakin.edu.au) with questions about the research or results.

**Ethical approval:** The data for this study will not be used for any purpose other than for the HPS121/HPY713 T2 2023 assessment task. Data will not be published or publicly shared. Therefore, ethical approval is not required.

I have read the plain language statement and I give my informed consent to participate in this survey.

- ☐ Yes, I give my informed consent to participate in this survey.
- ☐ No, I do not consent to participate in this survey.

**Demographics**

What is your gender?

Which year were you born in?

Year

## PERMA-Profiler

Please rate the following on a scale from 0 (Never) to 10 (Always).

	Never										Always	
	0	1	2	3	4	5	6	7	8	9	10	
How much of the time do you feel you are making progress towards accomplishing your goals?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
In general, how often do you feel anxious?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
How often do you achieve the important goals you have set for yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
How often do you become absorbed in what you are doing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
In general, how often do you feel joyful?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Please rate the following on a scale from 0 (Terrible) to 10 (Excellent).

	Terrible						Excellent				
	0	1	2	3	4	5	6	7	8	9	10
In general, how would you say your health is?											

Please rate the following on a scale from 0 (Not at all) to 10 (Completely).

	Not at all									Completely	
	0	1	2	3	4	5	6	7	8	9	10
In general, to what extent do you lead a purposeful and meaningful life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent do you receive help and support from others when you need it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, to what extent do you feel that what you do in your life is valuable and worthwhile?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, to what extent do you feel excited and interested in things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How lonely do you feel in your daily life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please rate the following on a scale from 0 (Not at all) to 10 (Completely).

	Not at all					Completely					
	0	1	2	3	4	5	6	7	8	9	10
How satisfied are you with your current physical health?											

Please rate the following on a scale from 0 (Never) to 10 (Always).

	(Never										Always
	0	1	2	3	4	5	6	7	8	9	10
In general, how often do you feel positive?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how often do you feel angry?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often are you able to handle your responsibilities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how often do you feel sad?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you lost track of time while doing something you enjoy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please rate the following on a scale from 0 (Terrible) to 10 (Excellent).

	0	1	2	3	4	5	6	7	8	9	10
Compared to others of your same age and sex, how is your health?											

Please rate the following on a scale from 0 (Not at all) to 10 (Completely).

	Not at all									Completely	
	0	1	2	3	4	5	6	7	8	9	10
In general, to what extent do you feel contented?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent do you feel loved?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you with your personal relationships?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent do you generally feel you have a sense of direction in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please rate the following on a scale from 0 (Not at all) to 10 (Completely).

	Not at all									Completely	
	0	1	2	3	4	5	6	7	8	9	10
Taking all things together, how happy would you say you are?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Self-compassion

Please read each statement carefully before answering. For each item, indicate how often you behave in the stated manner, using the following 1-5 scale. Please answer according to what really reflects your experience rather than what you think your experience should be.

	Almost never				Almost always
	1 ( Almost never)	2	3	4	5 (Almost always)
I'm disapproving and judgemental about my own flaws and inadequacies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm feeling down I tend to obsess and fixate on everything that's wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When things are going badly for me, I see the difficulties as part of life that everyone goes through.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to be loving towards myself when I'm feeling emotional pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I fail at something important to me I become consumed by feelings of inadequacy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm down, I remind myself that there are lots of other people in the world feeling like I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 ( Almost never)	2	3	4	5 (Almost always)

	never,	1	2	3	4	always,
When times are really difficult, I tend to be tough on myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When something upsets me I try to keep my emotions in balance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm intolerant and impatient towards those aspects of my personality I don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm going through a very hard time, I give myself the caring and tenderness I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm feeling down, I tend to feel like most other people are probably happier than I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When something painful happens I try to take a balanced view of the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 ( Almost never)	2	3	4	5 (Almost always)	
I try to see my failings as part of the human condition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see aspects of myself that I don't like, I get down on myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I fail at something important to me I try to keep things in perspective.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm really						



When I'm really struggling, I tend to feel like other people must be having an easier time of it.

☐☐☐☐☐

I'm kind to myself when I'm experiencing suffering.

☐☐☐☐☐

When something upsets me I get carried away with my feelings.

☐☐☐☐☐

I can be a bit cold-hearted towards myself when I'm experiencing suffering.

☐☐☐☐☐

1 ( Almost  
never)

2

3

4

5 (Almost  
always)

When I'm feeling down I try to approach my feelings with curiosity and openness.

☐☐☐☐☐

I'm tolerant of my own flaws and inadequacies.

☐☐☐☐☐

When something painful happens I tend to blow the incident out of proportion.

☐☐☐☐☐

When I fail at something that's important to me, I tend to feel alone in my failure.

☐☐☐☐☐

I try to be understanding and patient towards those aspects of my personality I don't like.

☐☐☐☐☐

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