

Participant Debrief Statement



Research Study: Self-Assessment and Emotional Intelligence

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Thank you for participating in this research study. This study aims to understand how self-assessment affects emotional intelligence.

Self-assessment involves rating or evaluating your performance in some way. Self-assessment while performing cognitive tasks (e.g., problem-solving tasks, memory tests) has been shown to impact performance.

This research is interested in whether these findings extend to situations involving tests of emotional intelligence. That is, can your emotional intelligence be improved by self-assessing your performance? To investigate this, the study required you to complete questionnaires assessing your emotional intelligence and your ability to self-assess your performance on a range of tasks. We will explore how performing this self-assessment related to your performance on the emotional intelligence task (i.e., did it improve or impair your performance?). Such research is critical in the development of interventions to improve emotional intelligence and wellbeing outcomes in young persons. We thank you for your participation in this important research.

If you have any questions, now or at a later time, please feel free to contact Dr Kit Double (kit.double@sydney.edu.au).

The ethical aspects of this study have been approved by the Human Research Ethics Committee (GREC) of The University of Sydney [2025/HE000082] according to the *National Statement on Ethical Conduct in Human Research (2023)*.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the University:

Human Ethics Manager: human.ethics@sydney.edu.au | +61 2 8627 8176

Thank you for taking part in this important research.