

Participant Information Statement

Research study: Self-Assessment and Emotional Intelligence

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1. What is this study about?

We are conducting a research study about how people monitor and control their emotional intelligence. This study explores whether self-assessment—where you reflect on your own thoughts, feelings, and actions—can help teenagers develop emotional intelligence (EI). Emotional intelligence is the ability to understand your own emotions, manage them in healthy ways, and recognise how others are feeling. The goal of the study is to see if regularly thinking about your emotions and how you respond to situations can improve skills like emotional awareness, self-control, and empathy. It also looks at whether self-assessment could be a simple and useful tool for helping young people build emotional skills. Participation is optional.

The study is being carried out by:

- Dr Kit Double (School of Psychology, Faculty of Science)
- Prof/ Carolyn MacCann (School of Psychology, Faculty of Science)
- Dr Lisa Kim (School of Psychology, Faculty of Science)
- Mr Riley Leckie (School of Psychology, Faculty of Science)

2. Who can take part in the study?

We are seeking young persons between the ages of 15 and 18 years old.

3. What will the study involve for me?

If you decide to take part in this study, you will be asked to complete an online survey where you will answer a number of questions about yourself and complete a range of cognitive and emotional intelligence questionnaires. As you complete these questionnaires, you may be asked to self-assess your performance. The estimated time commitment is 60 minutes.

4. Can I withdraw once I have started?

By submitting your survey, you are consenting to take part in the study. You can withdraw any time before submitting by exiting the survey. Once your responses are submitted, we won't be able to tell which one is yours. This means you cannot withdraw after submitting the survey.

5. Are there any risks or costs?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study. However, if you anticipate that answering questions about emotions or your wellbeing will cause you discomfort, you are discouraged from participating in this study.

6. Are there any benefits?

You will not receive any direct benefits from being in the study.

7. What will happen to information that is collected?

Your information will be securely stored, and results may be published. You will not be identifiable in these publications.

Sharing research data is important for advancing knowledge and innovation. A de-identified set of the data collected in this study may be made available for use in future research.

8. Will I be told the results of the study?

You have the right to hear the results of this study. You can indicate your interest in receiving feedback by contacting Dr Kit Double at kit.double@sydney.edu.au. This feedback will be provided as a plain language summary.

9. What if I would like more information?

For any questions or further discussions, please contact Dr Kit Double at kit.double@sydney.edu.au.

10. What if I have a complaint or any concerns?

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

If you have any concerns about the study procedures or would like to make a complaint to someone not involved in the study, please contact the University's Human Ethics Manager (human.ethics@sydney.edu.au or +61 2 8627 8176).

This information sheet is for you to keep