

## Keep Calm. Pressure Makes Diamonds Information Sheet

*Everyone is under pressure whether they realise it or not. It's not a question of whether it's there - it's a question of how you see it. So...how do you see it?*

Thank you for your interest in participating in our *Keep Calm. Pressure Makes Diamonds* research project. Before you decide to take part you need to understand why we are conducting this research project and what it would involve for you. Please take time to read the following information carefully. Feel free to ask any questions if anything you read is not clear or you would like more information.

### **What is the purpose of the study?**

Pressure shapes each of us in different ways at different times in our lives. In this project we are looking into the various factors which influence peoples experience with pressure to raise awareness, identify any possible patterns, and uncover any lessons that could improve peoples' relationship with pressure in their workplace or wider life.

### **Why have I been invited?**

We are seeking participants with first-hand experience of living and working in performance based environments and performing under pressure to share their perspective relating to one of four research themes; pressure, performance, interpersonal relationships or culture. Based on your background we feel that your perspective would make a valuable contribution to the research record.

### **Do I have to take part?**

Participation in the research is entirely voluntary. We will describe the study, go through the information sheet and ask you to sign a consent form. You can withdraw at any time without giving a reason.

### **What will I have to do?**

Complete a 20-30min recorded interview on the phone, however the whole process will take approximately 1 hour.

### **What will happen to me if I take part?**

Before the interview you will be given a verbal explanation of what is involved and given the opportunity to raise any questions regarding the study. In addition, at this time we will revisit the contents of the information sheet and consent form to make sure you are happy to proceed.

After this you will be asked a series of questions which encourage you to offer your personal insight and experience relating to the subject matter. Please feel free to elaborate as much or as little as you wish depending on what feels right for you. The research project is ongoing and there is currently no fixed end date for completing the research. At the moment it is our intention is to conduct this project as a longitudinal study responding to the level of momentum and interest as it grows. However, your involvement is restricted to a single interview only, there is no preparation necessary for participating and you are not required to offer any additional involvement after completing your interview.

Please be aware that the study will involve audio-taping our conversation. All information you provide will be kept strictly confidential.

### **What are the possible disadvantages and risks of taking part?**

During the study you may be asked to discuss or explore sensitive issues which could be upsetting. At any time before, during or after the interview you feel that you may benefit from receiving some additional support, support services can be arranged or signposted through raising any issues with the researcher or by contacting David Buckley, Founder of The Summit Path directly at: [david.buckley@thesummitpath.co.uk](mailto:david.buckley@thesummitpath.co.uk).

### **What are the possible benefits of taking part?**

We cannot promise the study will help you but the information we get from the study will assist to increase the understanding regarding the pressures people face in performance based environments and offer insight on how to manage pressure effectively.

### **What if there is a problem?**

If you have a concern or complaint about any aspect of this study, please contact David Buckley, Founder of The Summit Path directly at: [david.buckley@thesummitpath.co.uk](mailto:david.buckley@thesummitpath.co.uk).

### **Will my taking part in the study be kept confidential?**

All information you provide for this study will be kept strictly confidential. In any report on the results of this research your identity will remain anonymous. Anonymity will be upheld by changing your name and disguising any details of your interview which may reveal your identity or the identity of people you speak about.

- Data will be collected through recorded phone interviews.
- Audio recordings will be stored securely and safely in accordance to our Privacy Policy which can be viewed in full, in the Terms and Policies section of our website [here](#).
- Individual participant research data, such as interviews will be anonymous and given a research code, known only to the researcher.
- A master list identifying participants to the research codes data will be held on a password protected computer accessed only by the researcher.
- Electronic data will be stored on a password protected computer known only by researcher.
- Only the researcher and authorised The Summit Path staff will have access to the data.
- There is no fixed date regarding data retention.

### **What will happen if I don't carry on with the study?**

If you withdraw from the study all the information and data collected from you, to date will be destroyed and your name removed from all the study files.

### **What will happen to the results of the research study?**

The results of this study will be used in the preparation of conference presentations, articles and published papers. You will not be identified in any report or publication and only disguised extracts from the interview will be used.

### **Who is organising or sponsoring the research?**

The research project is organised and sponsored by The Summit Path: Mindset & Development.

### **Further information and contact details:**

For any questions or queries relating to the study please feel free to contact David Buckley, Founder of The Summit Path at: [david.buckley@thesummitpath.co.uk](mailto:david.buckley@thesummitpath.co.uk).