Be-you-tiful Program – Overcoming perfectionism and stress

Participant Information Sheet

Be-you-tiful (www.be-you-tiful.com.au) is an online intervention that looks at overcoming unhelpful perfectionism (where adolescents frequently base their self-worth on what they achieve and can end up feeling very stressed, depressed, anxious or even develop disordered eating).

Aim: Through the program, I hope for adolescents to be equipped with better skills of balancing their mental well-being and their achievements and develop a healthy self-esteem. The prevention program will be web-based, which is cost-effective as compared to school based programs and available for adolescents to complete at their convenience using interactive web-based technology.

Participant requirements: The study is currently recruiting female adolescents aged 14-19 years old living in Australia, who may experience unhelpful perfectionism, stress, low moods, anxiety; and are not currently seeing anyone for psychological therapy and do not meet the clinical diagnosis of eating disorders.

What will happen to my information? The information that is collected will be stored anonymously and you will not be identifiable. The questionnaire will be stored securely and the information provided will be used for research purposes only.

What are the benefits to participants? Reducing perfectionism or reducing stress level can increase your quality of life and mental well-being, and help you achieve more without being as stressed, depressed, or anxious!

Questions or queries: For further information or to contact the researchers please email beyoutifulprogram@gmail.com

Link to Questionnaire

Ethics information: This study has been approved by the Curtin University Human Research Ethics Committee (Approval number HR187/2013). The Committee is comprised of members of the public, academics, lawyers, doctors and pastoral carers. Its main role is to protect participants. If needed, verification of approval can be obtained either by writing to the Curtin University Human Research Ethics Committee, c/- Office of Research and Development, Curtin University of Technology, GPO Box U1987, Perth, 6845 or by telephoning 9266 2784 or by emailing hrec@curtin.edu.au.