**Information Sheet**

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**Purpose of the Study.** My name is Laura McMahon and I am carrying out a research study, as part of the requirements for MA in Applied Psychology (Mental Health) at University College Cork on Dyspraxia/Developmental Coordination Disorder (DCD). My study is concerned with the impact of Dyspraxia on life satisfaction, self-esteem, social anxiety and mood on young adults between the ages of 18 and 25. To do this, I am comparing young adults between the ages of 18 and 25 who have been diagnosed with Dyspraxia and young adults who have not to see if there is a difference between these two groups.

**What will the study involve?** The study will involve completing four questionnaires on life-satisfaction self-esteem, social anxiety and on mood which will take 15-20 mins.

**Why have you been asked to take part?** You have been asked to take part in this study because :

You have been diagnosed with Dyspraxia/DCD and are between the ages of 18 and 25 or you do not have a diagnosis of Dyspraxia/DCD and are between the ages of 18 and 25.

**Do you have to take part?** No- participation is voluntary. You will have the opportunity to sign a consent form agreeing to participate in this study before you take part in the interview. You may keep the information sheet and a copy of the consent form. You have the option of withdrawing from this study at any time.

**Will your participation in the study be kept confidential?** Yes it will be anonymized. I will ensure that no clues to your identity appear in the thesis.

**What will happen to the information which you give?**The data will be kept confidential for the duration of the study, available only to me and to my research supervisor. It will be securely stored on my laptop and questionnaires in a confidential folder that only me and my research supervisor will have access to. On completion of the project, the data will be retained for a further seven years and then destroyed.

**What will happen to the results?** The results will be presented in the thesis. They will be seen by my supervisor, a second marker and the external examiner. The thesis may be read by future students on the course. The study may be published in a research journal.

**What are the possible disadvantages of taking part?** I don’t envisage any negative consequences for you in taking part.

**Who has reviewed this study?** The Social Research Ethics Committee of UCC

**Any further queries?** If you need any further information, you can contact me: Laura McMahon at 115222583@umail.ucc.ie or on 0861998585.

Age:

Gender:

I have a diagnosis of Dyspraxia (DCD) Yes No

I have a diagnosis of another learning difficulty. Yes No

If yes please specify

**Satisfaction With Life Scale**

Instructions: Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

 • 7 - Strongly agree

 • 6 – Agree

 • 5 - Slightly agree

 • 4 - Neither agree nor disagree

 • 3 - Slightly disagree

 • 2 – Disagree

 • 1 - Strongly disagree

 \_\_\_\_ In most ways my life is close to my ideal.

 \_\_\_\_ The conditions of my life are excellent.

\_\_\_\_ I am satisfied with my life.

 \_\_\_\_ So far I have gotten the important things I want in life.

\_\_\_\_ If I could live my life over, I would change almost nothing.

Rosenberg’s Self Esteem Scale

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle SA. If you agree with the statement, circle A. If you disagree, circle D. If you strongly disagree, circle SD.

1. On the whole, I am satisfied with myself. SA A D SD
2. At times, I think I am no good at all. SA A D SD
3. I feel that I have a number of good qualities. SA A D SD
4. I am able to do things as well as most other people. SA A D SD
5. I feel I do not have much to be proud of. SA A D SD
6. I certainly feel useless at times SA A D SD
7. I feel that I’m a person of worth, at least on an equal plane SA A D SD

with others.

1. I wish I could have more respect for myself. SA A D SD
2. All in all, I am inclined to feel that I am a failure. SA A D SD
3. I take a positive attitude toward myself. SA A D SD

 Social Anxiety Questionnaire For Adults (SAQ-A30)

Below are a series of social situations that may or may not cause you UNEASE, STRESS or NERVOUSNESS. Please place an “X” on the number next to each social situation that best reflects your reaction, where "1" represents no unease, stress or nervousness and "5" represents very high or extreme unease stress, or nervousness.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  Not at all  or very slight 1 |  Slight2 | Moderate3 | High4 | Very high or extremely high5 |

**How Much Stress Or Nervousness Would These Situations Cause You?**

Please rate all the items and do so honestly. There are no right or wrong answers it’s just about how you feel.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Greeting someone and being ignored | 1 | 2 | 3 | 4 | 5 |
| 2. Having to ask a neighbour to stop making noise | 1 |  2 | 3 | 4 | 5 |
| 3. Speaking in public | 1 |  2 |  3 | 4 | 5 |
| 4. Asking someone attractive of the opposite sex for a date | 1 | 2 | 3 | 4 | 5 |
| 5. Complaining to the waiter about my food | 1 | 2 | 3 | 4 | 5 |
| 6. Feeling watched by people of the opposite sex | 1 | 2 | 3 | 4 | 5 |
| 7. Participating in a meeting with people in authority | 1 | 2 | 3 | 4 | 5 |
| 8. Talking to someone who isn’t paying attention to what I’m saying | 1 | 2 | 3 | 4 | 5 |
| 9. Refusing when asked to do something I don’t like doing | 1 | 2 | 3 | 4 | 5 |
| 10 Making new friends | 1 | 2 | 3 | 4 | 5 |
| 1. Telling someone that they have hurt my feelings
 | 1 | 2 | 3 | 4 | 5 |
| 1. Having to speak in class, at work or at a meeting
 | 1 | 2 | 3 | 4 | 5 |
| 1. Maintaining a conversation with someone that I have just met
 | 1 | 2 | 3 | 4 | 5 |
| 1. Expressing my annoyance to someone that is picking on me
 | 1 | 2 | 3 | 4 | 5 |
| 1. Greeting each person at a social meeting when I don’t know most of them
 | 1 | 2 | 3 | 4 | 5 |
| 1. Being teased in public
 | 1 | 2 | 3 | 4 | 5 |
| 1. Talking to people I don’t know at a party or a meeting
 | 1 | 2 | 3 | 4 | 5 |
| 1. Being asked a question in class by a teacher or by a superior in a meeting
 | 1 | 2 | 3 | 4 | 5 |
| 1. Looking into the eyes of someone I have just meet while we are talking
 | 1 | 2 | 3 | 4 | 5 |
| 1. Being asked out by a person I am attracted to
 | 1 | 2 | 3 | 4 | 5 |
| 1. Making a mistake infront of other people
 | 1 | 2 | 3 | 4 | 5 |
| 1. Attending a social event where I only know one person
 | 1 | 2 | 3 | 4 | 5 |
| 1. Starting a conversation with someone of the opposite sex that I like
 | 1 | 2 | 3 | 4 | 5 |
| 1. Being reprimanded about something I have done wrong
 | 1 | 2 | 3 | 4 | 5 |
| 1. While having dinner with colleagues, classmates of workmates, being asked to speak on behalf of the entire group
 | 1 | 2 | 3 | 4 | 5 |
| 1. Telling someone that their behaviour bothers me and asking them to stop
 | 1 | 2 | 3 | 4 | 5 |
| 1. Asking someone I find attractive to dance
 | 1 | 2 | 3 | 4 | 5 |
| 1. Being criticized
 | 1 | 2 | 3 | 4 | 5 |
| 1. Talking to a superior or a person in authority
 | 1 | 2 | 3 | 4 | 5 |
| 1. Telling someone I am attracted to that I would like to get to know them better
 | 1 | 2 | 3 | 4 | 5 |

The Positive and Negative Affect Scale

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you have felt like this in the past few hours. Use the following scale to record your answers.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very slightly or not at all | A little | Moderately | Quite a bit | Extremely |
|  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 |

\_\_\_\_\_\_\_\_\_\_ 1. Interested \_\_\_\_\_\_\_\_\_\_ 11. Irritable

\_\_\_\_\_\_\_\_\_\_ 2. Distressed \_\_\_\_\_\_\_\_\_\_ 12. Alert

\_\_\_\_\_\_\_\_\_\_ 3. Excited \_\_\_\_\_\_\_\_\_\_ 13. Ashamed

\_\_\_\_\_\_\_\_\_\_ 4. Upset \_\_\_\_\_\_\_\_\_\_ 14. Inspired

\_\_\_\_\_\_\_\_\_\_ 5. Strong \_\_\_\_\_\_\_\_\_\_ 15. Nervous

\_\_\_\_\_\_\_\_\_\_ 6. Guilty \_\_\_\_\_\_\_\_\_\_ 16. Determined

\_\_\_\_\_\_\_\_\_\_ 7. Scared \_\_\_\_\_\_\_\_\_\_ 17. Attentive

\_\_\_\_\_\_\_\_\_\_ 8. Hostile \_\_\_\_\_\_\_\_\_\_ 18. Jittery

\_\_\_\_\_\_\_\_\_\_ 9. Enthusiastic \_\_\_\_\_\_\_\_\_\_ 19. Active

\_\_\_\_\_\_\_\_\_\_ 10. Proud \_\_\_\_\_\_\_\_\_\_ 20. Afraid