Informed Consent To Participate In A Research Project

Project Title: PSY 361 Fall 2009 Personality Study

Investigator(s): Jack Bauer, Ph.D.

Description of Study: This study will examine how you think and feel about yourself. You will take a collection of questionnaires that ask about your personality characteristics, personal preferences, and personal evaluations of yourself and your life.

Adverse Effects and Risks: There is a possibility that you will experience negative feelings such as anxiety or personal dissatisfaction when answering some of these questions. If you feel any discomfort or distress while participating in this study, or for any other reason, you are free to terminate your participation. Contact information for the university’s counseling center is provided below. The counseling services are provided as a free service to students.

Duration of Study: The study should take approximately 30 minutes to complete.

Confidentiality of Data: Your confidentiality will be protected by the separation of this informed consent form from survey responses. The survey asks for no identifying information beyond basic demographics. This study is part of a course requirement for PSY 361 – Personality. The student-researcher who is administering this survey has received strict instruction on research ethics. This person is at no time to match survey responses (data) with names of participants—or in any other way to decipher your responses. The student is to retain no record of your survey after this course project is completed.

Contact Person: If you have any questions about the research project, please contact: Dr. Jack Bauer, St. Joseph Hall, Room 303, (937) 229-2617, jack.bauer@udayton.edu

If you have questions concerning your rights as a research participant, please contact:
Dr. Greg Elvers, Chair, Research Review and Ethics Committee, St. Joseph Hall, Room 312, 229-2171, greg.elvers@notes.udayton.edu.

If any of the content in this experiment has caused any discomfort or distress and you would like to seek professional counseling, please contact the University of Dayton Counseling Center, Gosiger Hall, 937-229-3141. Services are free to University of Dayton undergraduates.

Consent to Participate: I have voluntarily decided to participate in this study. The investigator named above has adequately answered any and all questions I have about this study, the procedures involved, and my participation. I understand that the investigator named above will be available to answer any questions about research procedures throughout this study. I also understand that I may voluntarily terminate my participation in this study at any time and still receive full credit. I also understand that the investigator named above may terminate my participation in this study if s/he feels this to be in my best interest. In addition, I certify that I am 18 (eighteen) years of age or older.

_________________________________________________________________
Signature of Student                  Student’s Name (printed)                              Date
_________________________________________________________________
Signature of Witness                  Date
PSY 361
Fall 2009
Personality Study
PSY 361 Personality Study

INSTRUCTIONS

Please follow these instructions so that your confidentiality is preserved.

1) Use the scantron answer form to respond to all questions.

2) After completing the survey, put the consent form AND survey booklet AND the scantron back into the envelope.

3) Seal the envelope.

4) Return envelope to the student who administered your survey no later than:

Thank you for your participation.
TIPI

Here are a number of personality traits that may or may not apply to you. Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement. You should rate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.

<table>
<thead>
<tr>
<th>Disagree strongly</th>
<th>Disagree moderately</th>
<th>Disagree a little</th>
<th>Neither agree nor disagree</th>
<th>Agree a little</th>
<th>Agree moderately</th>
<th>Agree strongly</th>
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I see myself as:

1. Extraverted, enthusiastic.
2. Critical, quarrelsome.
3. Dependable, self-disciplined.
4. Anxious, easily upset.
5. Open to new experiences, complex.
6. Reserved, quiet.
7. Sympathetic, warm.
8. Disorganized, careless.
For each of the following items, please answer the extent to which you agree with the following items. Please be as accurate and as honest as you can.

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<tbody>
<tr>
<td></td>
<td>Strongly Disagree</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Strongly Agree</td>
<td></td>
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11. My aim is to completely master the material presented in this class.
12. I am striving to do well compared to other students.
13. My goal is to learn as much as possible.
14. My aim is to perform well relative to other students.
15. My aim is to avoid learning less than I possibly could.
16. My goal is to avoid performing poorly compared to others.
17. I am striving to understand the content of this course as thoroughly as possible.
18. My goal is to perform better than the other students.
19. My goal is to avoid learning less than it is possible to learn.
20. I am striving to avoid performing worse than others.
21. I am striving to avoid an incomplete understanding of the course material.
22. My aim is to avoid doing worse than other students.
GMI

Please rate how often you do the following things on a scale of 1 to 7. Please consider each item individually.

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<th>6</th>
<th>7</th>
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<tbody>
<tr>
<td>Never</td>
<td>Periodically</td>
<td>Always</td>
<td></td>
<td></td>
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23. I try to form my personal goals in life around my deeper interests.
24. I strive to make my relationships better in the future.
25. I choose classes/tasks from which I can gain knowledge, even if I am not guaranteed a good outcome in the end.
26. I make efforts to help other people who might be at some disadvantage.
27. I ask myself "what if..." questions that place me in others’ shoes, such as "What would I think or feel in this situation if I were of a different race or ethnicity?"
28. I strive to change things about myself that I don’t like.
29. When bad or troubling things happen in my life, I usually do not ask why and instead try to forget about it.
30. I spend time thinking about how to deepen my interpersonal relationships.
31. I try to create a work life (now or in the future) that is personally challenging & meaningful.
32. I actively seek new perspectives on how to live my life, even if these new perspectives mean I’ve been wrong.
33. I’m motivated to get a job of high social status even if it is not so interesting.
34. When I think of my major goals in life, I consider whether they might benefit others.
35. I ask my friends what they think and feel about current issues so that I can understand other points of view.
36. I strive to create a happy and meaningful life.
37. Money is a concern of highest importance when I make major life decisions.
38. I read material that is entertaining rather than challenging.
39. I seek new experiences as a way to know myself and others better, not just to feel excitement.
40. I consciously think about how I fit into my society and culture, how they have influenced me, and what I might contribute to them.
41. I actively work to manage and communicate my feelings better.
42. It’s important for me to have a romantic partner who makes me look good to other people.
SWLS

Below are 15 statements that you may agree or disagree with. Using the 5-point scale below, indicate your agreement with each item.

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<th>5</th>
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<tbody>
<tr>
<td></td>
<td>Definitely Agree</td>
<td>Definitely Disagree</td>
<td>Neutral</td>
<td></td>
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</table>

43. In most ways my life is close to my ideal.

44. The conditions of my life are excellent.

45. I am satisfied with my life.

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

47. If I could live my life over, I would change almost nothing.
MLQ

Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

<table>
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<tr>
<th>Absolutely Untrue</th>
<th>Mostly Untrue</th>
<th>Somewhat Untrue</th>
<th>Can’t Say True or False</th>
<th>Somewhat True</th>
<th>Mostly True</th>
<th>Absolutely True</th>
</tr>
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<tbody>
<tr>
<td>1</td>
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48. I understand my life’s meaning.

49. I am looking for something that makes my life feel meaningful.

50. I am always looking to find my life’s purpose.

51. My life has a clear sense of purpose.

52. I have a good sense of what makes my life meaningful.

53. I have discovered a satisfying life purpose.

54. I am always searching for something that makes my life feel significant.

55. I am seeking a purpose or mission for my life.

56. My life has no clear purpose.

57. I am searching for meaning in my life.
We would like you to rate each of the following statements on a six-point scale, ranging from “strongly disagree” (rate “1”) to “strongly agree” (rate “6). For each of the following statements, indicate how much you agree or disagree with it by writing the corresponding number in the preceding blank. For each statement, write the number:

1 if you strongly disagree with the statement
2 if you disagree with the statement
3 if you slightly disagree with the statement
4 if you slightly agree with the statement
5 if you agree with the statement
6 if you strongly agree with the statement

58. In general I feel that I am in charge of the situation in which I live.

59. I am not interested in activities that will expand my horizons.

60. Most people see me as loving and affectionate.

61. When I look at the story of my life, I am pleased with how things have turned out.

   ___5. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.

   ___6. The demands of everyday life often get me down.

   ___7. Maintaining close relationships has been difficult and frustrating for me.

   ___8. I live life one day at a time and don’t really think about the future.

   ___9. In general, I feel confident and positive about myself.

   ___10. My decisions are not usually influenced by what everyone else is doing.

   ___11. I do not fit very well with the people and the community around me.

   ___12. I often feel lonely because I have few close friends with whom to share my concerns.

   ___13. I have a sense of direction and purpose in life.

   ___14. I feel like many of the people I know have gotten more out of life than I have.

   ___15. I tend to worry about what other people think of me.

   ___16. I am quite good at managing the many responsibilities of daily life.
17. I enjoy personal and mutual conversations with family members or friends.
18. I often feel overwhelmed by my responsibilities.
19. I think it is important to have new experiences that challenge how you think about yourself and the world.
20. My daily activities often seem trivial and unimportant to me.
21. I like most aspects of my personality.
22. I tend to be influenced by people with strong opinions.
23. When I think about it, I haven’t really improved much as a person over the years.
24. I don’t have a good sense of what it is that I am trying to accomplish in life.
25. In many ways, I feel disappointed about my achievements in life.
26. I enjoy making plans for the future and working to make them a reality.
27. I have confidence in my own opinions, even if they are contrary to the general consensus.
28. I have the sense that I have developed a lot as a person over time.
29. People would describe me as a giving person, willing to share my time with others.
30. It’s difficult for me to voice my own opinions on controversial matters.
31. I do not enjoy being in new situations that require me to change my old familiar ways of doing things.
32. I have not experienced many warm and trusting relationships with others.
33. Some people wander aimlessly through life, but I am not one of them.
34. My attitude about myself is probably not as positive as most people feel about themselves.
35. For me, life has been a continuous process of learning, changing, and growth.
36. I sometimes feel as if I’ve done all there is to do in life.
37. I know that I can trust my friends, and they know they can trust me.
38. I have difficulty arranging my life in a way that is satisfying to me.

39. I gave up trying to make big improvements or changes in my life a long time ago.

40. When I compare myself to friends and acquaintances, it makes me feel good about who I am.

41. I judge myself by what I think is important, not by the values of what others think is important.

42. I have been able to build a home and a lifestyle for myself that is much to my liking.
On the items below, indicate the degree to which each statement represents your personal reactions or feelings. Marking 5 would indicate that the statement is definitely true of your personal reactions. Marking 1 would indicate that the statement is definitely untrue of your reactions.

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<tbody>
<tr>
<td></td>
<td>Not at all</td>
<td>Neutral</td>
<td>Very much</td>
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<tr>
<td>Like me</td>
<td>Like me</td>
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100. I've spent a great deal of time thinking seriously about what I should do with my life.

101. When I discuss an issue with someone, I try to assume their point of view and see the problem from their perspective.

3. I've spent a lot of time and talked to a lot of people trying to develop a set of values that make sense to me.

4. When I have a personal problem, I try to analyze the situation in order to understand it.

5. I find it's best to seek out advice from professionals (e.g., clergy, doctors, lawyers) when I have problems.

6. I've spent a lot of time reading and trying to make some sense out of political issues.

7. I find that personal problems often turn out to be interesting challenges.

8. When I have to make a decision, I like to spend a lot of time thinking about my options.

9. I like to have the responsibility for handling problems in my life that require me to think on my own.

10. I've spent a good deal of time reading and talking to others about religious ideas.

11. When making important decisions I like to have as much information as possible.
Please check the one option in each category that best describes you

111. Are you currently a student in PSY 361 – Personality?
   a) Yes  b) No

112. Your sex:
   a) Male  b) Female

113. Your age:
   a) 18  b) 19  c) 20  d) 21  e) 22  f) 23+

114. Your year in college:
   a) Freshman  b) Sophomore  c) Junior  d) Senior

115. Your ethnicity:
   a) European-American (non-Hispanic)
   b) Hispanic-American
   c) African-American
   d) Asian-American (non-Middle-East)
   e) Middle-East-American
   f) Other: ________________________

116. Your religion:
   a) Catholicism
   b) Protestantism
   c) Judaism
   d) Islam
   e) Buddhism
   f) Hinduism
   g) Other: ________________________

117. Your major:
   a) Psychology
   b) Social Sciences (other than Psychology)
   c) Physical Sciences
   d) Arts & Humanities
   e) Engineering
   f) Business
   g) Education/Allied Professions

118. Your GPA:
   a) < 2.0  b) 2.0–2.4  c) 2.5–2.9  d) 3.0–3.4  e) 3.5+

119. How would you describe your political ideology?
   a) More liberal
   b) More conservative
Information about the Study

This study asks questions about well-being, meaning-making, broad personality traits (like extraversion and openness to experience), and motivation for personal growth and various forms of achievement. This study has no particular hypothesis, as the student-researchers who are taking PSY 361 – Personality are to generate their own hypotheses, collect data, and report their findings. However, the measures in this study are suitable for addressing many contemporary questions in personality psychology, such as: How do specific aims for personal growth relate to happiness and meaning-making? Research is beginning to show that the aim to grow conceptually (for example, to learn new ideological perspectives) leads to increased capacities for meaning-making but not increased happiness. In contrast, the aim to develop meaningful relationships leads to increases in happiness but not an increased understanding of what makes life meaningful.

By participating in this study and studies like these, you are contributing to the field of psychology’s understanding of how personality works. In addition, you have contributed to the education of the student-researcher who administered this survey for you. With your help, students in this class are receiving hands-on experience with almost all phases of the process of survey research, which is essential to the field of personality psychology.

References

Assurance of Privacy

We are studying general principles of behavior and are not evaluating you personally in any way. The responses you have given will be kept confidential and only identified by a participant number in the data set along with other participants’ numbers.

Contact Information

If you have any questions about the research project, please contact: Dr. Jack Bauer, 229-2617, Department of Psychology, St. Joseph Hall, Room 303. Email: jack.bauer@udayton.edu.
If you have questions concerning your rights as a research participant, please contact: Dr. Greg Elvers, Chair, Research Review and Ethics Committee, 229-2171, St. Joseph Hall, Room 312. Email: greg.elvers@notes.udayton.edu.
If any of the content in this experiment has caused any discomfort or distress and you would like to seek professional counseling, please contact the University of Dayton Counseling Center, Gosiger Hall, 937-229-3141. Services are free to University of Dayton undergraduates.

Thanks and Credit

Thank you for your participation and cooperation. This study would not have been possible without willing participants and you are greatly appreciated.