

Appendix D - Consent form – Focus group discussion

Impact of a short intervention using mindfulness and character strengths, on university students' self-efficacy and flourishing.

Thank you for your participation in this focus group, which follows the workshop you attended on mindfulness and character strengths. The discussion will be conducted by Di-Anne Robin, graduate student in the Master's Program in Applied Positive Psychology at the University of East London (UEL).

The discussion will be about your experience in the workshop, what you were able to practice and the changes which may or may not have occurred in your life as a result. Please note that there are no right or wrong answers. Please share your experience openly. The focus group will last for 2 hours.

The audio recording and transcriptions will be kept anonymous and you can leave the focus group at any time. Should you choose to withdraw, it will not be possible to identify and remove any comments you may have made prior to withdrawing. If you choose to participate in the research, you do not have to answer any questions that make you uncomfortable or that you do not want to answer.

Your identity will be known to other focus group participants and the researcher cannot guarantee that others in this group will respect the confidentiality of the group. I will ask you to sign below to indicate that you will keep all comments made during the focus group confidential and not discuss what happened during the focus group outside the meeting.

The project has been reviewed by the UEL Ethics Committee.

By signing below, I agree:

- I have reviewed the information sheet and have had any questions about the study answered to my satisfaction.
- I am agreeing to have the focus group audio-recorded.
- I agree to maintain confidentiality of information shared in this focus group.
- I have received a copy of this information letter.
- I agree to participate in the research study.

Name of researcher (please print)

Date

Signature

Name of participant (please print)

Date

Signature