

**Appendix C - Consent form – research study**

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

I have read the information sheet relating to the above research study and have been given a copy to keep. The nature and purposes of the research have been explained to me, and I have had the opportunity to discuss the details and ask questions about this information. I understand what is being proposed and the procedures in which I will be involved have been explained to me.

I understand that my involvement in this study, and particular data from this research, will remain strictly confidential. Only the researcher involved in the study will have access to identifying data. It has been explained to me what will happen once the research study has been completed.

I hereby freely and fully consent to participate in the study which has been fully explained to me. Having given this consent I understand that I have the right to withdraw from the study, without question. However, after my participation in the focus group, it will not be possible to identify and remove my individual comments.

Thank you for your participation.

\_\_\_\_\_  
Name of researcher (please print)

\_\_\_\_\_  
Name of participant (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date