

A study to explore how values affect our thoughts and feelings about ourselves and others



What is the study about?

Values are things in life that are important to us, for example family, spirituality, humour or achievement. In this study, we are interested in finding out how these values in young people link to how we feel and think about ourselves and other people.

Research that has looked into values has found a positive impact for young people on academic achievement, self-esteem and behaviour, and research with adults has found a positive impact on how they think about themselves and others. We're hoping to extend knowledge in the area, and to look at the results over a longer follow up period to add to knowledge.



If you would like to find out more, please get in touch with Alice Parker – trainee clinical psychologist at alice.parker.2006@live.rhul.ac.uk or leave a message for Alice on 01784 414012

What happens in the research?

Session 1: Initial Questionnaires and Task

Young people independently complete questionnaires in a group setting within a classroom, facilitated by the researcher. The questionnaires ask about their thoughts and feelings about themselves and other people.

They will then be asked to complete a short (up to 10 minute) writing task on their own. Writing tasks are about the things people value in life – the things that are important to us and to others.

The questionnaires and the writing task will take no longer than 45 minutes to complete.

Follow Up Sessions (2 weeks and 6 weeks later):

Two sessions to complete questionnaires . Again, these will be facilitated by the researcher and completed by young people in a group setting. These sessions will be much shorter – around fifteen minutes each.

Who can take part?

We're looking for Year 10 and 11 pupils – ideally recruiting a whole year group (subject to them and their parents consenting).