



College of Humanities  
School of Human Applied Sciences  
Department of Psychology

### **Participant Information Sheet**

**Study Title:** Investigating Paternal Involvement and Its Long-Term Effects on Psychological Distress and Self-Esteem Among Young Adults at the University of KwaZulu-Natal: A Cross-Sectional Survey.

Dear Potential Research Participant,

We would like to invite you to take part in a research study. Before you decide, you need to understand why the research is being done and what it would involve for you. Please take the time to read the following information carefully. Ask questions if anything you read is not clear or would like more information. Take time to decide whether or not to take part.

My name is Lindokuhle Mbatha. I am a Master of Social Sciences (Coursework) Clinical Psychology student at the University of KwaZulu-Natal. As part of the requirements for my degree, I am required to submit a mini-dissertation. My research is aimed at investigating the association between the quality of paternal involvement and psychosocial determinants from the young adult's experiences. The study will use the fatherhood scale as a quantitative measuring instrument to expand the conceptualization of how the quality of the paternal role affects psychological distress and self-esteem.

To participate, you will be required to anonymously complete a survey questionnaire. The survey questionnaire consists of four scales namely, brief socio-demographical questions, the Fatherhood scale, Kessler psychological distress scale and the Rosenberg Self Esteem scale. The Fatherhood scale is a 64-item assessment tool that is used to assess the type of relationship an individual had with their father during the formative years of childhood and adolescence. The Kessler psychological distress (K10) scale is a 10-item instrument used to measure psychological distress. The Rosenberg Self Esteem (RSE) scale is a 10-item instrument used to measure self-esteem.

To join this study, participants need to be registered at the University of KwaZulu-Natal, in the College of Humanities, currently in their postgraduate level of study. The age of the participants should range from 20-35 years. Your participation in the study is completely voluntary and you are free to withdraw from the study at any given point. There will be no reward as a result of participating in this study. Please note that you may withdraw at any time before you submit a completed response without affecting any treatment or care that you would usually be entitled to. Due to the anonymous nature of data collection, withdrawal after submission is not possible, as responses cannot be traced back to individual participants.

Data collected will be treated with due confidentiality and anonymity. Information obtained from participants will be kept confidential and stored on a password protected folder. Further, the data will be securely stored for archiving. The only other person besides the researcher who will have access to the information obtained is my supervisor, Prof Steven Collings. The survey ensures strict confidentiality and anonymity by not collecting any personally identifiable information. Participants will only be requested to provide general demographic details, making it impossible to trace responses back to individuals. Therefore, direct feedback is not possible. However, a summary report may be shared on the notice board platform for general feedback, ensuring participant accessibility while upholding the promise of anonymity.

If you experience any emotional distress during or after your participation in this research, please be aware of counselling services at your disposal on campus at the UKZN Centre of Applied Psychology Clinic. In-person or online counselling services can be arranged, that is if you should need support or help. You can contact the psychology clinic on 031 260 7425 or email [hatinghd@ukzn.ac.za](mailto:hatinghd@ukzn.ac.za).

If you have any further questions, please contact me via email on [218048974@stu.ukzn.ac.za](mailto:218048974@stu.ukzn.ac.za), or you can contact my supervisor, Prof Steven Collings, via email on [collings@ukzn.ac.za](mailto:collings@ukzn.ac.za).

Thank you for taking the time to read this information sheet. We hope that you will consider participating in the research.

Lindokuhle Mbatha

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