

Appendix 1. Ethical Form

APPLICATION FOR ETHICAL APPROVAL

RESEARCH STUDENTS

This form is to be completed by the student within **SIX** months for full-time students and **TWELVE** months for part time students, after the commencement of the research degree or following progression to Part Two of your course.

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

This document is also available in Welsh.

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk, with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

SECTION A: About You (Principal Researcher)

1	Full Name:	Tuula Anita Masalin			
2	Tick all boxes that apply:	Member of staff:	☐	Honorary research fellow:	☐
	Undergraduate Student	☐	Taught Postgraduate Student	☒	Postgraduate Research Student
3	Institute/Academic Discipline/Centre:	IMH Business			

4	Campus:	Carmarthen
5	E-mail address:	2029339@student.uwtsd.ac.uk , tuula.masalin@feelorange.fi
6	Contact Telephone Number:	+358 400 600 050
For students:		
7	Student Number:	2029339
8	Programme of Study:	MA_PPF_NeuroCoaching
9	Director of Studies/Supervisor:	Gary Metcalfe

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)	YES	☒	NO	☐
					Date
2	If Yes, please indicate source of approval (and date where known): Approval in principle must be obtained from the relevant source prior to seeking ethical approval	Research Degrees Committee	☐		
		Institute Research Committee	☐		
		Other (write in) Gary Metcalfe 31.1.2024	☒		

SECTION C: Internal and External Ethical Guidance Materials

Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	UWTSD Research Ethics & Integrity Code of Practice ☒
2	UWTSD Research Data Management Policy ☒
3	<i>[List any other relevant documents here]</i> ☐

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution	
2	Contact person name	
3	Contact person e-mail address	
4	Is your research externally funded?	YES ☐ NO ☒

5	Are you in receipt of a KESS scholarship?		YES	☐	NO	☒
6	Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	YES	☐	NO	☒
7		Employed	YES	☐	NO	☒
8	Is the research being undertaken within an existing UWTSD Athrofa Professional Learning Partnership (APLP)?	If YES then the permission question below does not need to be answered.	YES	☐	NO	☒
9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	YES	☐	NO	☒

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	YES	☐	NO	☒
If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).					

SECTION E: Details of Research Activity

1	Indicative title:	Childhood Family Social Panorama and its Impact on Self Image and Social Anxiety			
2	Proposed start date:	May 2024	Proposed end date:	November 2024	
	Introduction to the Research (maximum 300 words per section) Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the points below: <i>Purpose of Research Activity</i> <i>Proposed Research Question</i> <i>Aims of Research Activity</i> <i>Objectives of Research Activity</i> Demonstrate, briefly, how Existing Research has informed the proposed activity and explain <i>What the research activity will add to the body of knowledge</i> <i>How it addresses an area of importance.</i>				
3	Purpose of Research Activity The purpose of this research is to investigate the potential underlying factors of social anxiety at a structural level.				
4	Research Question How does a change in childhood social panorama affect an individual's self-image and social anxiety?				

5	Aims of Research Activity The aim is to increase understanding of the topic and assess the effectiveness of the methods used in the researcher's work. Additionally, the aim is to fill gaps identified in the literature review by deepening the understanding of how early family environment factors affect an individual's selfimage and the experience of social anxiety.
6	Objectives of Research Activity The objective is to offer alternative approaches to the treatment of social anxiety by examining the experience of social anxiety within the context of the social panorama, which considers the individual's beliefs, self-image, and the influence of the family on this experience. The study also seeks to understand how changes in the social panorama of the childhood family affect an
	individual's self-image and experience of social anxiety, and how interventions targeting these factors can alter this experience. On a broader scale, the objective includes developing more effective strategies for the prevention and treatment of social anxiety, thereby providing new perspectives and methods for addressing this common psychological challenge.
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that may be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	The study will be conducted as a case study. A self-selection sampling will be used, where the study will be advertised on social media, in a local mental health rehabilitation association, and through the city's youth services so that volunteers can directly contact the researcher. The study will include 3-5 individuals aged 18 and over who are willing to participate. I will interview these clients and select 3-5 cases for my study. The methods I will use for collecting research data include self-assessment tools for social anxiety, Modeling, Intervention of the childhood family social panorama, and Selfimage intervention. I will meet with the participants in the study 5-7 times. 1. The first meeting involves an introduction, mapping out social anxiety using tools like the FIN-SPIN and LSAS questionnaires, and a self-assessment scale, as well as identifying the individual's goals related to social situations. 2. In the second meeting, I will model the structure of the individual's experience of social anxiety and their self-image in social situations. 3. (and if necessary, during the 4th-5th meetings) the intervention directed at the childhood family social panorama will be conducted. In the following session (4th-6th), we will remap the self-image in social situations and assess the level of social anxiety using the SPIN-FIN scale, LSAS questionnaire, and self-assessment scale. If necessary, a self-image intervention will be directed. In the final meeting, we will again assess the level of social anxiety with the FIN-SPIN scale, LSAS questionnaire, self-assessment scale, and by checking the self-image in social situations.
	Location of research activity Identify all locations where research activity will take place.
8	The research will be conducted in my own office.

	Research activity outside of the UK If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	Research will be carried out in Finland

10	Use of documentation not in the public domain: Are any documents NOT publicly available?	NO	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. If any documents are provided by the hospital that are not in the public domain, they will be securely stored in accordance with Finnish data protection laws and taking into account GDPR (General Data Protection Regulation). These documents will be accessed only by authorized personnel involved in the study and will be kept confidential.		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	YES	NO
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☐	☒
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒
17	A Wales of vibrant culture and thriving Welsh language	☐	☒
18	A globally responsible Wales	☐	☒
19	If YES to any of the above, please give details:		
	(this box should expand as you type)		

SECTION F: Scope of Research Activity

	Will the research activity include:	YES	NO
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☒	☐
3	Use of focus groups?	☐	☒

4	Use of participant diaries?	☐	☒
5	Use of video or audio recording?	☒	☐
6	Use of computer-generated log files?	☐	☒
7	Participant observation with their knowledge?	☒	☐
8	Participant observation without their knowledge?	☒	☐
9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.		
	Details of any other primary data collection method: Modelling, Guided social panorama interventions.	☒	☐

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION G: Intended Participants

If there are no participants then do not complete this section, but go directly to section H.

	Who are the intended participants:	YES	NO
1	Students or staff at the University?	☐	☒
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults? (Context: Studying adults experiencing social anxiety)	☒	☐
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒

8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.	☐	☒
	Details of any other participant groups: (this box should expand as you type)		

	Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
10	How many participants are expected?	3-5 <i>(this box should expand as you type)</i>
11	Who will the participants be?	The participants are adults experiencing social anxiety, fear, or distress who have received information about the study through social media, a local mental health rehabilitation association, or the city's youth services, and are voluntarily willing to participate in the study.
12	How will you identify the participants?	The participants are identified based on their voluntary sign-up. They have received information about the study through social media and bulletins, and they have reached out to express their willingness to participate. The final selection is made based on the participants' criteria and their meetings.

	Information for participants:	YES	NO	N/A
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☒	☐	☐
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	☒	☐	☐
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐

22	If NO to any of above questions, please give an explanation
	<i>(this box should expand as you type)</i>

Information for participants:		YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	<i>(this box should expand as you type)</i>			

SECTION H: Anticipated Risks

Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.			
1	Full risk assessment completed and appended?	Yes	☐
		No	☒
2	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information		

	Risk to participants: Emotional distress <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to participants:</i> Participants will be informed that the questions I pose and the interventions I conduct may bring up thoughts, evoke various emotions, increase selfawareness, and lead to experiences that may feel unpleasant and trigger different reactions. It will be explained that this is entirely normal, and it will be ensured that no one has to leave the meeting overwhelmed by emotional distress unless they choose to. It will also be conveyed that if a participant feels the need, they can contact me between study sessions. In case emotional distress occurs, inquiries will be made about what the participant wants and needs, a discussion will take place, questions will be asked, and, if necessary, a calming intervention will be administered. If necessary, the participant will be directed to seek assistance from, for example, municipal free counselling services.
3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities	
	In my research, the topics discussed may include personal and sensitive themes. Participants will be informed in the written communications provided that I am aware that the discussions may evoke strong emotions or reveal information that requires further action. For this, clear operational methods have been established. At the beginning of the study, participants will be informed that they can stop the interview at any time or refuse to answer any question without consequences. Additionally, if information emerges during the discussion that may indicate illegal activity, participants will be informed that such information might need to be reported to the appropriate authorities. If a participant feels the need for additional support during the study, appropriate advice and guidance will be offered to them, including possible helpline numbers or other support services. All discussions will be kept confidential, and personal information will be handled carefully in accordance with data protection laws. If information arises during the study that requires further action, appropriate measures will be taken to ensure the safety and well-being of the participant. This may include referring them to a professional helper or contacting authorities if deemed necessary.	
4	Risks to the investigator	
	For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	

	Risk to the investigator: 1. Physical harm 2. Risk of accusation of harm/impropriety 3. Emotional distress <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to the investigator:</i> 1.Physical Harm: The research will be conducted in my own office, which is located in a space with other professionals. This significantly reduces the risk of physical harm. 2.Risk of Accusation of Harm/Impropriety: All conversations involved in the research will be properly recorded and documented. This helps in preventing any possible accusations of misconduct or causing harm. Moreover, I will ensure that all interactions with the participants are professional and in accordance with ethical guidelines. 3.Emotional Distress: I recognize the potential emotional distress caused by the research and am prepared to address it. If necessary, I will seek supervision or coaching to receive support for emotional wellbeing.
5	University/institutional risks For example: adverse publicity, financial loss, data protection	
	Risk to the University: <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to the University:</i> No risk identified <i>(this box should expand as you type)</i>
6	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to environment:</i> No risk identified <i>(this box should expand as you type)</i>

Disclosure and Barring Service				
	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	YES	NO	N/A
7	Does your research require you to hold a current DBS Certificate?	☐	☒	☐
8	If YES, please give the certificate number. If the certificate number is not available please write "Pending"; in this case any ethical approval will be subject to providing the appropriate certificate number.			

SECTION I: Feedback, Consent and Confidentiality

1	Feedback What de-briefing and feedback will be provided to participants, how will this be done and when?
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	At the beginning of the study, participants will be informed about the stages and procedures involved in the research and will be regularly updated on the progress of the study. This will be done during personal interviews and intervention sessions, as well as at the end of the research. In each interview and intervention session, the participant's experiences will be discussed, and feedback will be provided regarding their participation in the research. Additionally, at the end of the study, a final discussion will be organized where the general results of the research and the personal experiences of the participants will be reviewed. This final discussion offers participants the opportunity to understand the overall context of the research and how their contribution has impacted the study. Moreover, participants will be provided with information on where they can seek additional support if they feel the need for it as a result of the study. Throughout the process, I will emphasize to participants that their personal information and any data shared during the research will be treated confidentially, and their privacy will be protected in accordance with data protection laws.
2	Informed consent Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	Participants in the study will be informed through written information provided to them and personal discussions before participating in the study. The information material outlines the objectives, methods, potential benefits and risks, participants' rights, and data protection practices of the study. Each participant is given the opportunity to ask questions and discuss the study with the researcher before giving consent. Participants give their written consent to participate by completing a consent form, which includes detailed information about the study and confirms that the participant has understood the information and agrees to participate voluntarily. The consent form also states that the participant can withdraw their consent at any time without consequences. A copy of the form is provided to the participants for their records. All consent forms are stored securely, and their handling complies with the prevailing data protection legislation.
3	Confidentiality / Anonymity Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case.
	The anonymity and confidentiality of participants are guaranteed through several methods. In the study, participants are identified only by numbers (e.g., Participant 1, Participant 2), and their personal information, such as names or other identifying details, will not be used in any external publications or reports of the study. All collected data, including interviews and other research materials, will be anonymised before their analysis and reporting. The research findings are presented in such a way that the identities of individual participants cannot be discerned. Reports, publications, and presentations based on the research data are prepared in a manner that ensures the protection of participants' privacy. All information and documents related to the study are stored securely. Only the researcher has access to these documents, and they adhere to data protection legislation and the ethical principles of the research.

SECTION J: Data Protection and Storage

Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	YES	NO
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1	“Personal data” means any information relating to an identified or identifiable natural person (‘data subject’). An identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.	X	☐
If YES, provide a description of the data and explain why this data needs to be collected:			
2	In my research, personal data of participants such as names, ages, and other identifying information will be collected as part of consent forms and preliminary background questionnaires. Additionally, the study may involve audio or video recordings of participant interviews and interventions, and these recordings are considered personal data. All personal data will be processed in accordance with the requirements of the GDPR (General Data Protection Regulation) and the DPA (Data Protection Act), and strict data protection policies and procedures will be followed. The storage, use, and potential disposal of personal data will be carried out in accordance with ethical guidelines and legislation.		
	Does it involve special category data (as defined by the GDPR)?	YES	NO
3	“Special category data” means sensitive personal data consisting of information as to the data subjects’ – (a) racial or ethnic origin, (b) political opinions, (c) religious beliefs or other beliefs of a similar nature, (d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992), (e) physical or mental health or condition, (f) sexual life, (g) genetics, (h) biometric data (as used for ID purposes),	☐	X
If YES, provide a description of the special category data and explain why this data needs to be collected:			
4	(this box should expand as you type)		

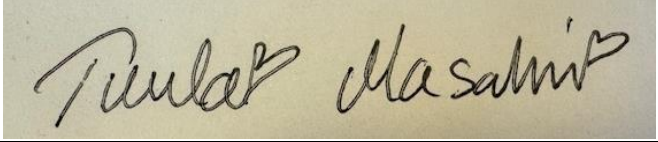
	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	YES	NO
5	Manual files (i.e. in paper form)?	☒	☐
6	University computers?	☐	☒
7	Private company computers?	☐	☒
8	Home or other personal computers?	☒	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☒	☐
10	“Cloud” storage or websites?	☒	☐
11	Other – specify:	☐	☒
12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:		

	The security of data collected during the study is guaranteed through various methods. All stored data are protected with passwords. In addition, regular backup procedures are in place, which ensures the preservation of data in the event of technical failures or disturbances. Personal data is anonymized by removing all direct identifiers, such as names and contact details, as soon as they are no longer necessary for the study. Personal information is replaced with identifiers, such as numbers, which protects the privacy of participants and enables the use of data for research purposes. All databases and electronic storage systems are secured with appropriate safety measures, including firewalls and antivirus software. Access to the collected data is granted only to the researcher responsible for the study, and they are committed to adhering to data protection legislation and the ethical guidelines of the research. The storage and use of personal data are conducted in accordance with GDPR principles, and all data will be appropriately disposed of at the end of the study or when their retention is no longer necessary.
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Data Protection			
	Will the research activity involve any of the following activities:	YES	NO
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☐	☒
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☐	☒
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate):		
	In this study, data will be transferred electronically. All sessions are recorded, and these recordings are later transcribed. The transcribed data is then transferred to a computer for analysis and reporting. This electronic transfer of data is conducted in compliance with the GDPR and Data Protection Act (2018). To ensure the protection of data during transfer, a strong encryption method is used for transferring files, minimizing the risk of data leakage or unauthorized access. In addition, data transfer occurs over a secure and encrypted connection. All transcribed data is stored on a password-protected computer with restricted access. Only the individual responsible for the research has access to this information. All personal data, such as participants' names, are removed or anonymised before analysis to maintain the privacy of the participants.		
22	List all who will have access to the data generated by the research activity:		
	Tuula Masalin		

23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	Tuula Masalin		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		
	Data collected during the study will be securely stored on a password-protected computer and backed up to an external, encrypted storage device. This includes recordings, transcriptions, and all other forms of data, which will be anonymised to protect the privacy of participants. Physical documents will be kept in a locked cabinet in a secure office. Archived data will be retained for a maximum of 15 years after the completion of the study, during which time they will be available for future research and possible dissertation work. After this period, the data will be securely destroyed by permanently deleting electronic records. Throughout this time, strict adherence to GDPR and data protection laws will be maintained to ensure the privacy and security of the participants.		
25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. <i>(Most relevant to academic staff)</i>		
	Data will not be stored in the UWTSD Research Data Repository		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	YES	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	YES	☒

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants. In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	Signature of applicant:		Date: 3.5.2024

For STUDENT Submissions:

2	Director of Studies/Supervisor:		Date:
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		Date:
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☐	I have read the guidance notes supplied before completing the form.
☐	I have completed ALL RELEVANT sections of the form in full.
☐	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (where appropriate)
☐	I have attached a full risk assessment (where appropriate) ONLY TICK IF YOU HAVE ATTACHED A FULL RISK ASSESSMENT
☐	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☐	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.

RESEARCH STUDENTS ONLY

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk , with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

Appendix 2. Glossary of Terms

Glossary of terms

Episcript

Episcripts are a specific subset of scripts that encompass self-destructive or harmful behavioral patterns, such as addiction, violence, or emotional abuse. They are often unconsciously transmitted across generations through family dynamics and internalized roles.

Episcript Transmission

Episcript transmission refers to the unconscious transfer of behavioral patterns, beliefs, and emotional responses within family systems across generations. Rooted in transactional analysis and script theory, it suggests that individuals adopt life scripts in early childhood that shape their future choices and interactions.

Mental Space Psychology

Mental Space Psychology is a psychological paradigm that views spatial cognition as a fundamental organizing principle of the mind. It proposes that thoughts, memories, emotions, and relationships are unconsciously mapped within an individual's mental and physical space. By understanding and adjusting these spatial representations, Mental Space Psychology provides new perspectives for therapeutic work, integrating spatial cognition with mainstream psychotherapy to enhance personal insight and transformation.

Neuro Linguistic Programming (NLP)

NLP is a method developed in 1976 by Richard Bandler, John Grinder, and Frank Pucelik, which examines how the brain (neuro), language (linguistic), and body interact with each other and how the resulting "behavioral patterns" can be utilized to achieve individual goals. NLP models people's thinking styles and action patterns, providing tools for communication, thinking, motivation, learning, and emotional regulation. In short, NLP is a model and a set of methods that help increase understanding of how thinking, language, and words, as well as body physiology, affect human experience and behavior. NLP studies the structure of subjective experience.

Social Panorama

The Social Panorama Model is social psychology applied to the NLP framework. It is a tool that allows us to explore and change unconscious patterns we have created in our minds about social relationships. This research focuses on how brain function, language use, and thought patterns affect human experiences,

behavior, and actions. By modeling these structures, the research aims to understand and alter people's experiences.

Appendix 3. Cover Letter

Dear Participant,

Thank you for your interest in participating in my research titled, "The Impact of Childhood Family Social Panorama on Self-Image and Social Anxiety."

This letter provides you with general information about the study. You will also receive a consent form to read and sign, which contains more detailed information about the study and your participation. This will help you make an informed and well-considered decision about your participation.

Key Points and Objectives of the Study:

My research focuses on investigating how childhood family experiences affect an individual's self-image and social anxiety, fear, and apprehension. The aim is to deepen our understanding of this phenomenon and to promote the development of more effective means for preventing and treating social anxiety. The data collected will also be used to publish research results that may help improve knowledge on this topic.

Research Process:

The study involves 5-7 meetings during the spring and summer of 2024 at my office in the center of Hämeenlinna. During the meetings, we will use neurolinguistic programming (NLP) and conduct an intervention on the childhood family social panorama (definitions provided at the end of the letter). The meetings will also assess the level of social anxiety and self-image through various questionnaires and evaluations.

Contact Information:

If you have any questions about the study or wish to discuss further, please contact:

Tuula Masalin Phone: +358 400 600 050 Email: tuula.masalin@feelorange.fi

Thank you for considering participating in my research!

Appendix 4. Informed Consent

Informed Consent for Research Participants

Information for Participants

Research Title:

The Impact of Childhood Family Social Panorama on Self-Image and Social Anxiety

Researcher's Name:

Tuula Masalin

Contact Information:

Phone: +358 400 600 050

Email: tuula.masalin@feelorange.fi

About the Researcher:

Tuula Masalin is a certified trainer and coach of neurolinguistic programming (NLP) by the International Association for NLP (IANLP) and follows the recommendations of the Finnish NLP Association. She is also a Social Panorama guide. She has completed a NeuroCoach bachelor's degree at the University of Wales Trinity Saint David and is currently studying for a master's degree, to which this research is related.

Dear Participant,

You are invited to participate in a study examining how experiences of childhood family relationships affect self-image and the experience of social anxiety. The aim is to provide new perspectives on understanding and treating social anxiety. This letter contains essential information about the study and is intended to ensure that your participation is entirely voluntary and based on adequate information. After you have reviewed this information and the study process has been explained to you, and you have had the opportunity to ask questions, you will be asked if you are willing to participate in this study. If you agree to participate, you will be asked to sign a written consent form.

Voluntary Participation, Withdrawal, and Revocation of Consent

Participation in this study is voluntary. You may refuse to participate, discontinue your participation, or withdraw your consent at any time during the study without any consequences.

Purpose of the Study

The purpose of the study is to deepen the understanding of how childhood family experiences affect an individual's self-image and social anxiety.

Theoretical Framework

Neuro Linguistic Programming (NLP) is a method developed in 1976 by Richard Bandler, John Grinder, and Frank Pucelik, which examines how the brain (neuro), language (linguistic), and body interact with each other and how the resulting "behavioral patterns" can be utilized to achieve individual goals. NLP models people's thinking styles and action patterns, providing tools for communication, thinking, motivation, learning, and emotional regulation. In short, NLP is a model and a set of methods that help increase understanding of how thinking, language, and words, as well as body physiology, affect human experience and behavior. NLP studies the structure of subjective experience.

Social Panorama Model

The Social Panorama Model is social psychology applied to the NLP framework. It is a tool that allows us to explore and change unconscious patterns we have created in our minds about social relationships. This research focuses on how brain function, language use, and thought patterns affect human experiences, behavior, and actions. By modeling these structures, the research aims to understand and alter people's experiences.

Content and Duration of the Study

The study consists of 5-7 meetings held during the spring and summer of 2024 at an office located in the center of Hämeenlinna. Each meeting lasts about 2 hours. During these meetings, participants' social anxiety, fears, and self-image will be assessed using questions, discussions, and imagery exercises. Neurolinguistic programming (NLP) will be used to model the experience of social anxiety. The researcher will also guide a childhood family social panorama intervention, studying its impact on self-image and social anxiety.

At the beginning of the study, participants will be informed about the phases and procedures of the research. They will receive regular updates on the progress of the study through personal interviews and intervention sessions, as well as at the end of the study. In each interview and intervention, participants' experiences will be addressed, and they will be given feedback on their participation in the study. At the end of the study, a final discussion will be held, addressing the general results of the study and the personal experiences of the participants.

Criteria for Participation in the Study

Volunteers can participate in the study if:

- You are at least 18 years old.
- You consent to recorded interviews and note-taking.
- You are willing to participate in the guided interventions during the coaching and provide your information anonymously.
- You speak fluent Finnish or English.

Exclusion criteria for participation in the study:

- Under 18 years of age.
- Refusal to collect, store, or use data in the thesis and possibly future studies.
- Inability or unwillingness to participate in the guided childhood family social panorama and self-image interventions.
- Insufficient proficiency in Finnish or English, hindering interaction with the researcher.
- Failure to attend study meetings or discontinuation of the process.

Funding:

The study has no external funding and is conducted independently without financial support from external parties.

Potential Risks for Participants and Risk Management: Discussions and interventions may address personal and sensitive topics, which may cause strong emotions and mental strain. The researcher is committed to providing participants with all possible support and, if necessary, directing them to additional help. The discussions are confidential, and personal data is handled in accordance with data protection laws. If information about illegal activities is revealed during the discussion, the researcher is obliged to report it to the authorities. Participants will be informed about potential risks and where they can seek additional support if needed as a result of the study.

Potential Benefits for Participants

Participants have the opportunity to develop a deeper self-awareness and understanding of their own experiences of social anxiety, fear, and apprehension. This may help alleviate social anxiety during the study. Participants will also receive 5-7 free coaching sessions related to social anxiety, fear, and apprehension. Additionally, participation in the study may contribute to raising societal awareness and developing future treatment methods for social anxiety.

Confidentiality and Anonymity

Participants' anonymity and confidentiality are ensured through several methods. Participants will be identified in the study only by numbers (e.g., Participant 1, Participant 2), and their personal information, such as names or other identifying details, will not be used in publications or reports. All collected data, including interviews and other research materials, will be anonymized before analysis and reporting. The research findings will be presented so that the identities of individual participants cannot be identified. All information and documents related to the study will be securely stored, and only the researcher, who adheres to data protection laws and ethical principles, will have access to them.

Legal Basis of the Study

This study adheres to Finnish research and data protection legislation. The researcher is committed to following good scientific practice and ethical guidelines in research.

Processing of Personal Data and Confidentiality

Your personal data will be processed for scientific research purposes. Information collected about you and research findings will be treated confidentially as required by law. The researcher processing your data is bound by confidentiality.

The data controller for this study is the researcher, Tuula Masalin, who is responsible for the lawful processing of personal data in connection with the research. Only the personal data necessary for the purpose of the study will be stored in the research registry. Data collection is based on the research plan. Your identity is known only to the researcher who is bound by confidentiality.

All data collected in the study will be anonymized after collection, which means that names and personal identification numbers will be removed and replaced with an individual code, such as a number. After this, the data about the participants cannot be identified without the code, which is kept securely by the person responsible for the research. The research results will be analyzed anonymously.

In this study, your personal data will not be disclosed to other parties and will be processed solely for scientific research purposes.

Transfer of Data Outside the EU and EEA

Your data will not be transferred outside the EU and European Economic Area (EEA).

Legal Basis for Data Processing

During the study, participants' personal data, such as names and other identifying details, will be collected and processed in accordance with the EU General Data Protection Regulation (EU) 2016/679 and the national Data Protection Act 1050/2018, sections 4 and 6. Personal data will only be processed to the extent and for the purpose necessary to carry out the research plan. The study adheres to strict data protection practices in compliance with GDPR and DPA requirements, and the stored data is password protected and regularly backed up.

Retention of Personal Data

The retention period of data is regulated by legislation and good clinical practice. The researcher, Tuula Masalin, is responsible for the retention of your personal data. Your data will be stored in a secure environment for 15 years, after which it will be properly destroyed.

Participant Rights

Participants have the right to request the review, correction, or deletion of their data after the study has concluded, if the data is no longer needed for the research objectives.

Availability of Additional Information

I hope this information provides you with a comprehensive view of the study and its conditions. If you have any questions about the study or your participation, you can contact the researcher directly via email or phone.

Participant Consent

have read and understood the purpose of the study and the content of participation. I know that participation is voluntary, and I can discontinue my participation or withdraw my consent at any time without consequences. I understand that the data collected about me before discontinuation or withdrawal of consent may be used as part of the research material. I understand that no compensation will be paid for participating in this study and that the coaching sessions related to the study are free of charge. I am aware that my data will be handled confidentially and anonymized. I consent to participate in the study and agree that my data may be used in the study and possible subsequent publications, such as articles and dissertations.

By signing, I confirm my participation in this study as a research subject.

Participant's Name

Signature, clarification of name, and date

Researcher's Name and Clarification of Name

Signature, clarification of name, and date

Appendix 5. Research Privacy

Research Privacy Notice

EU General Data Protection Regulation (679/2016) Articles 12, 13, and 14

Tuula Masalin

Email: tuula.masalin@feelorange.fi

Address: Kaivokatu 24 B 25, 13100 Hämeenlinna

Phone: +358 400 600 050

Website: www.feelorange.fi

Research Title:

The Impact of Childhood Family Social Panorama on Self-Image and Social Anxiety

Information for Research Participants

This notice describes how the researcher, Tuula Masalin, processes your personal data in this study. Participation in the research is voluntary. You will not face any negative consequences if you choose not to participate or if you discontinue your participation. If you discontinue your participation, the data collected before discontinuation may still be used in the research. Section 18 of this notice provides more details on your rights and how you can influence the processing of your data.

1. Data Controller for the Research

Tuula Masalin

Kaivokatu 24 B 25, Hämeenlinna

Phone: +358 400 600 050

The above-mentioned researcher decides on and is responsible for the processing of personal data for the purposes described in this notice, thus acting as the data controller for this data.

2. Contact Person for Research Matters

Name: Tuula Masalin

Phone: +358 400 600 050

Work Email: tuula.masalin@feelorange.fi

University Email: 2029339@student.uwtsd.ac.uk

3. Description of the Research Project and Personal Data Processing

A student in the NeuroCoach master's program, who works as a coach and trainer, is conducting a case study aimed at increasing understanding of how childhood family experiences affect an individual's social anxiety and self-image.

The study will be conducted as a case study involving 3–5 individuals aged 18 and over. During the research, the researcher will meet with participants 5–7 times during the spring and summer of 2024.

Researcher Tuula Masalin will analyze the data, publish the results, and store the material for a specified period according to the data management plan.

The personal data contained in the registry will be processed as research data for scientific research purposes. The purpose of processing personal data is to enable the implementation of the study, such as identifying participants, analyzing research results, and preparing summaries. Data will only be processed to the extent necessary for conducting the research and used solely for the purposes defined in the research. The research results will be reported in a way that individuals cannot be identified.

Names, contact information, and personal identification numbers will be retained until the conclusion of the study. After the study, anonymized data will be stored for 10 years. Registry data will be destroyed according to data permit requirements.

Identifying information will be kept separate from other research data at all times, and only Tuula Masalin will have access to the information.

4. Parties and Responsibilities in the NeuroCoach Master's Research

Tuula Masalin designs the study and is responsible for its implementation, data analysis, and potential publications. The research supervisor is Gary Metcalfe (Lecturer in Work-based Learning and Program Manager for Accreditation Services) from the University of Wales Trinity Saint David, Wales Professional Practice and Applied Research Academy. He is committed to guiding and overseeing the research process in accordance with the university's ethical and data protection standards. He ensures that the researcher is aware of all applicable university practices and that the researcher adheres to these practices throughout the research. Gary Metcalfe reviews and approves the research's ethical application and privacy notice. He also advises and supports the researcher on all data protection matters and issues, promotes best data protection practices throughout the research process, and assists in reporting any data protection breaches to the relevant authorities.

The data will not be transferred to the University of Wales but will be processed solely on Tuula Masalin's network drives. Tuula Masalin is responsible for all data subject rights.

Participants can make all requests related to exercising their data subject rights for this research to the contact person below:

Name: Tuula Masalin

Phone: +358 400 600 050

Email: tuula.masalin@feelorange.fi or 2029339@student.uwtsd.ac.uk

5. Responsible Leader of the Research

Name: Tuula Masalin

Phone: +358 400 600 050

Email: tuula.masalin@feelorange.fi or 2029339@student.uwtsd.ac.uk

6. Contact Information for the Data Protection Officer

Name: Tuula Masalin

Phone: +358 400 600 050

Email: tuula.masalin@feelorange.fi or 2029339@student.uwtsd.ac.uk

7. Researcher

Tuula Masalin

NLP Trainer, Fellow Member Trainer IANLP, Coach IANLP, PG Dip. NeuroCoach

Work Community Coach and Mediator, Interaction Trainer

University of Wales Trinity Saint David, Wales Professional Practice and Applied Research Academy

NeuroCoach Master's Student 2029339

8. Research Title, Nature, and Duration

Title: The Impact of Childhood Family Social Panorama on Self-Image and Social Anxiety Research

Type: Case Study

Duration of the Study (how long personal data will be processed):

01.05.2024 – 15.11.2024.

9. **Legal Basis for the Processing of Personal Data**

The legal basis for processing personal data is in accordance with Article 6, Section 1 of the EU General Data Protection Regulation as follows:

- Scientific research in the public interest (Article 6(1)(e) of the GDPR)
- Compliance with a legal obligation (Article 6(1)(c) of the GDPR)

10. **Sensitive Personal Data**

The study will process the following personal data:

- Health information

11. **Processed Personal Data**

Personal identification information: personal identification number, name, address, phone number, email address. Survey: In addition to background information (age, gender, education level), information such as:

- Members of the childhood family
- Treatment history and current treatment
- Medication for social anxiety or other mental health issues
- Current connection to mental health services
- Therapy attendance Other information: mother tongue

12. **Sources of Personal Data**

Research data: The individual themselves

13. **Transfer or Disclosure of Data Outside the Research Team**

Personal data will not be transferred or disclosed to other parties

14. **Transfer and Disclosure of Data Outside the EU or European Economic Area**

Data will not be transferred outside the EU or EEA

15. **Principles of Personal Data Protection**

The data is confidential. The data controller has conducted a data protection impact assessment and is committed to following established codes of conduct relevant to their field. Protection of manual data:

- Locked room. Data processed in the information system:
- Username
- Password
- Anonymization / Pseudonymization. Handling of direct identifiers:
- Direct identifiers are removed during the analysis phase

16. **Processing of Personal Data After the Conclusion of the Study**

The research data will be archived anonymized without direct identifiers. Where the data will be archived and for how long:

- Tuula Masalin's network drives
- 15 years

17. Publication of Research Results

In connection with publication activities, research data may be transferred to the publisher's database to verify the accuracy of the research results. The research results may be published in:

- Domestic journals.
- European journals.
- Journals outside the EU/EEA.
- Online publications.
- Theses, such as dissertations.

18. Rights of the Data Subject and Potential Restrictions

Data protection legislation guarantees certain rights to the research participant to ensure the protection of privacy, which is a fundamental right. If you wish to exercise your rights, please contact the researcher directly.

Withdrawal of Consent (Article 7 of the GDPR)

You have the right to withdraw your consent if the processing of personal data is based on consent. Withdrawal of consent does not affect the legality of processing carried out based on consent before its withdrawal.

Right of Access (Article 15 of the GDPR)

You have the right to know whether your personal data is being processed in the study and what personal data is being processed. You can also request a copy of the processed personal data.

Right to Rectification (Article 16 of the GDPR)

If there are inaccuracies or errors in your processed personal data, you have the right to request their correction or completion.

Right to Erasure (Article 17 of the GDPR)

You have the right to request the deletion of your personal data in the following cases:

- a) The personal data is no longer necessary for the purposes for which it was collected or otherwise processed.
- b) You withdraw the consent on which the processing is based, and there is no other legal basis for the processing.
- c) You object to the processing, and there is no legitimate reason for the processing.
- d) The personal data has been unlawfully processed.
- e) The personal data must be deleted to comply with a legal obligation in the Union or Member State law applicable to the data controller.

Exceptions to Rights

The rights described in this Section 18 (Rights of the Data Subject and Potential Restrictions) may be restricted on grounds provided by data protection legislation, to the extent that the rights prevent or significantly impede the achievement of scientific or historical research purposes or statistical purposes. The need to restrict rights will be assessed on a case-by-case basis. If you wish to exercise your rights, please contact the researcher.

Contact

If you have any questions about your rights, please contact the researcher.

Right to Lodge a Complaint with a Supervisory Authority

You have the right to lodge a complaint with the Office of the Data Protection Ombudsman if you believe that your personal data has been processed in violation of applicable data protection laws.

Office of the Data Protection Ombudsman
Visiting Address: Lintulahdenkuja 4, 00530 Helsinki
Postal Address: P.O. Box 800, 00531 Helsinki
Switchboard: +358 29 566 6700
Registry: +358 29 566 6768
Email (registry): tietosuoja@om.fi
Data Protection Ombudsman Contact Information

Appendix 6. The Childhood Social Panorama Process

Childhood Family Social Panorama Process

1. Identify a recurring problematic behavior pattern.
2. Select the test situation.
3. Regress to early childhood and examine the family panorama at the age of 5.

I Panorama Mapping of the Initial State at the Guided Age of 5.

4. Identify the weak link – name the individuals who lack resources.
5. Discover and transfer resources (using the NLP anchoring method).
6. Empowered growth process.
7. Alternative family history: Associate with the moment of conception, move to the womb, and be born again.
8. **Growing 1)**: The participant re-experiences being 5 years old, moves to a calm place, and re-establishes the locations of family members.

II Panorama Mapping of the State after Empowerment at the Guided Age of 5.

9. Ecology check.

III Panorama Mapping of the State after the Ecology Check at the Guided Age of 5.

10. "All Together Now" experience.
11. Balance the new family panorama.
12. Family panorama conclusion process, **Growing 2)**: The participant grows from 5 years old to the present day.
13. Test the initially selected test situation where the participant desired change.

The Family Social Panorama Process

The family social panorama process progresses in stages with the objective of exploring and transforming an individual's understanding of childhood family dynamics. The process begins by identifying a recurring problematic behaviour pattern and selecting a test situation, which serves as the starting point for the process.

In the next phase, the participant is guided into regression to early childhood and explores their family panorama as it appeared when they were about 5-years old. A panorama drawing is created to illustrate the initial situation. Subsequently, the "weak link" is identified by naming the family members who lack resources. Resources are then discovered and transferred using anchoring, thereby initiating a resource-based growth process.

Once the grandparents and subsequent generations have been resource-enhanced, the process continues by creating an alternative family history. At this stage, the participant is asked to associate with the moment of conception and their time in the womb. This is followed by rebirth and growing up to the age of 5. The participant is then guided to a calm place where they rediscover the positions of their family members. A second panorama drawing is created to illustrate the situation after resource enhancement.

An ecology check ensures the sustainability of the changes. After this, a third panorama drawing is created to visualize the impact of the ecology check. The process is reinforced through a "together now" experience and the balancing of the new family panorama. Finally, the process concludes with the participant growing from the age of 5 to the present day, and the initially selected test situation is revisited to evaluate the results of the process.

At the end of the process, the participant is guided to explore positions within the social panorama model that are generally considered effective. This allows them to experience what a balanced family model that enhances well-being might feel like. However, the final positions are determined based on the participant's own experience, ensuring they feel a sense of well-being within their childhood family.

Guiding the Process

Before initiating the process, I explained the social panorama method and the related practices to the participants. I went over the stages of the childhood-family social panorama intervention at a general level with them. During the initial instructions, where I explained how to map the locations of family members in relation to oneself, I suggested that the participant imagine standing on a clock face. On this imagined clock face, the participant's face points to 12:00, their back to 6:00, their right side to 3:00, and their left side to 9:00. Additionally, I asked the participants to indicate the direction they meant with their hand, which facilitated placing the paper labels representing the personifications of family members in the correct locations on the floor.

The participants were also asked to indicate the distance, gaze direction, and gaze height of the personifications relative to themselves. The distances and proportions were representative of on the participant's emotions and experiences rather than concrete measurements, making them unique to each individual. Due to spatial constraints, subjective interpretations were required to define the distances. On the paper-drawn family panorama, proportions were easier to depict.

I wrote the names, locations, distances, gaze directions, and heights of the personifications on the labels. A cross was used to mark deceased individuals. The labels placed on the floor were positioned relative to the participant, and to each other, at various stages of the process to make the personifications of family members clearer.

After arranging the labels on the floor and drawing my interpretation of the participant's family panorama, I asked the participant to draw their own experience of the family panorama on paper. This ensured that the participant's experience was taken into account. I also documented the labels placed on the floor by photographing them.

Appendix 7. Self-Image Explanation

Self-Image in the Framework of Mental Space Psychology

This section is based on Lucas Derks' (2005) Social Panorama training materials, According to Derks' (2005) Social Panorama model, the personification of the self serves as the prototype for all other personifications—this is the core principle of the theory. Other personifications reflect what we believe ourselves to be. The exception to this is the self-image, which represents how we perceive ourselves in relation to others. Through self-image, we can make visible to ourselves who we are in relation to others.

The Self in Mental Space: Spatial Structure of the Self Experience

According to Derks (2018, p. 94), the MSP framework defines the self as consisting of four essential components:

1. **The context:** The experience of who we are varies according to the contexts and the roles we expect to fulfil in society.
2. **The kinaesthetic self:** Who am I in this context? This refers to the sensory experience of where the sense of self, the "center of the self" or "feeling of self," is located.
3. **The self-connection:** The connection between the sense of self and the self-image is crucial, as it represents the activity of "being."
4. **The self-image:** A concrete representation of the self, the self-image answers the question of who I am in this context.

Factors Contributing to a Weak Self Experience

This section also draws from Derks' (2005) original framework.

Sense of Self (The kinaesthetic self):

- Missing (kinaesthetic self).
- Duplicated or triplicated sense of self.
- Kinaesthetic self is located outside the body.
- Identification with a feeling (kinaesthetic self and situational feeling are the same).
- Kinaesthetic self is merged with the self-image (not distinct).

Connection

- Missing connection (self-image is a dissociated representation of the self).

Self-Image

- Missing (may stem from fear of conflict, disagreements, or confrontations).
- Overly large 7inflated
- Multiple self-images.
- Located within the body.
- Smaller than the actual size of the self.
- Located far away (> 3 meters).
- Positioned sideways.
- Looking away or downward (does not face the person).

Negative Content in the Self-Image

- Negative emotions intensify when the image is enlarged or brought closer.

Appendix 8. Contextual Self-Image

Contextual Self-Image Exercise

A context-dependent self-image reflects who you are in a specific social situation. This self-image is necessary for selecting a role that fits the particular social context.

1. Choose a context

Select a context, such as a social anxiety-provoking situation.

2. Associate with the context

Ask the client to fully associate themselves with the chosen context.

3. Identify the kinaesthetic self

Invite the client to ask themselves: *"Who am I in this situation? Who do I feel I am?"*
(No explicit answer is necessary.)

This step reveals the kinesthetic self, or the sense of "self," such as the feeling of who they are in this specific situation.

Ask: *Where exactly is this feeling located?*

4. Focus on the kinesthetic self

Encourage the client to focus on the feeling of the kinesthetic self and intensify it.

5. Maintain connection

Instruct the client to look straight ahead while staying connected to their sense of self.

6. Visualize the self-image

Guide the client to visualize a self-image that represents who they are in this context.

7. Explore the self-image

Prompt the client to observe the self-image and consider:

- Where is this self-image located in relation to you?
- What size is it?
- How old does it appear to be?
- Where is the self-image looking?
- At what height is the self-image's gaze relative to your own eye level?
- Does the self-image have its feet on the ground, or is it floating in the air?

8. Notice the connection

Encourage the client to notice the connection between their kinesthetic self and their self-image.

Contextual Self-Image Intervention and Guidance

Self-image reflects how we perceive ourselves in relation to others. The purpose of the context-dependent self-image intervention is to identify who the participant feels they are in a chosen social situation.

Guiding the self-image intervention

The process begins by asking the participant to select a context in which they want to explore their self-image. Next, the participant is guided to identify their kinesthetic self—an internal sense of self—visualize their self-image and notice the connection between the kinesthetic self and the self-image. Based on these observations, the self-image can be assessed as either positive or weak. The participant may also be asked to enlarge the self-image or bring it closer and observe how it feels. If negative emotions increase, the self-image is considered negative.

If necessary, the self-image is improved using direct suggestions such as encouraging the participant to enlarge their self-image to be a few centimetres taller than themselves and, if needed, to grow it to match their own age. The next step involves asking the participant to place their self-image directly in front of them, facing them at the 12.00 o'clock position, approximately one meter away. The participant is then instructed to transfer their sense of self to their lower abdomen and create a strong connection between this area and the corresponding part of the self-image. They are guided to strengthen this connection while visualizing their self-image as bright and clear.

Once the self-image is positive, the process returns to the test context, and the participant is asked to evaluate their experience—in other words, the level of their anxiety. If needed, the self-image is fine-tuned further. Finally, the enhanced self-image is stabilized by teaching it to the participant's younger self. The participant is then guided to associate with their younger self and grow into adulthood with the improved self-image.

Appendix 9. Self-Image Direct Suggestions

Enhancing Context-Specific Self-Image with Direct Suggestions

1. Self-Image

Enlarge the self-image so that it is 2–3 cm larger than yourself. The eye level of the self-image can be slightly higher than your own eye level.

(If the self-image appears younger, allow it to grow to match your current age.)

2. Position

if it is not already there, move the self-image to center it approximately 1 meter away from you.

3. Checking the Kinaesthetic Self and Strengthening the Self Connection

Shift the kinaesthetic self to the lower abdomen, 2–3 cm below the navel. Create a strong connection to your self-image at the same point. Strengthen this connection by making it brighter and wider, at least 10 cm in width. Make the self-image bright and radiant, as if it is bathed in sunlight.

4. Connecting to a Future Context

Link this positive experience of yourself to a future situation where you will benefit from having a stronger self-image.

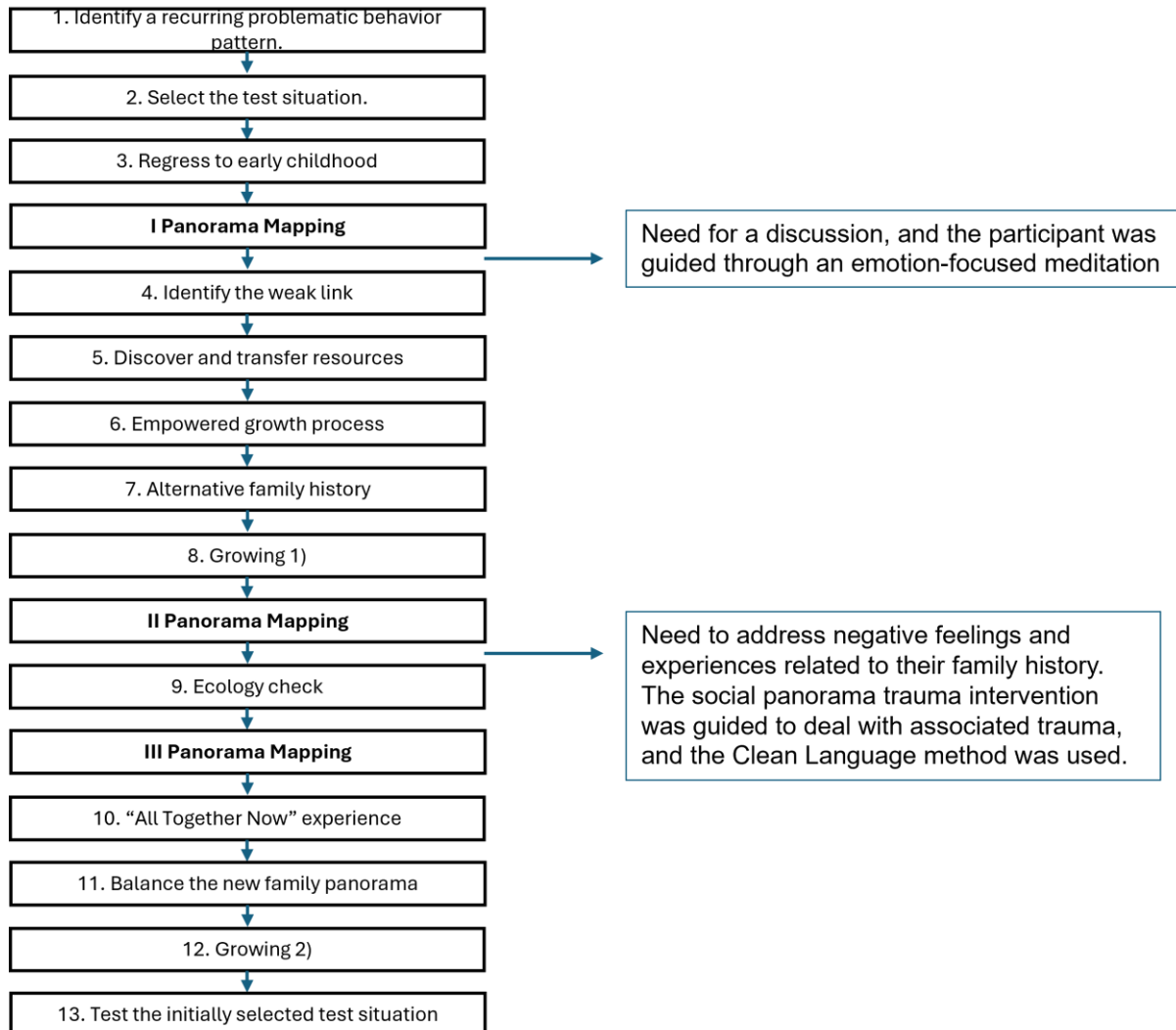
5. Fine-Tuning

Verify that the adjustments are working effectively. Sometimes, the client may need fine-tuning of their self-image, such as finding the optimal position or size.

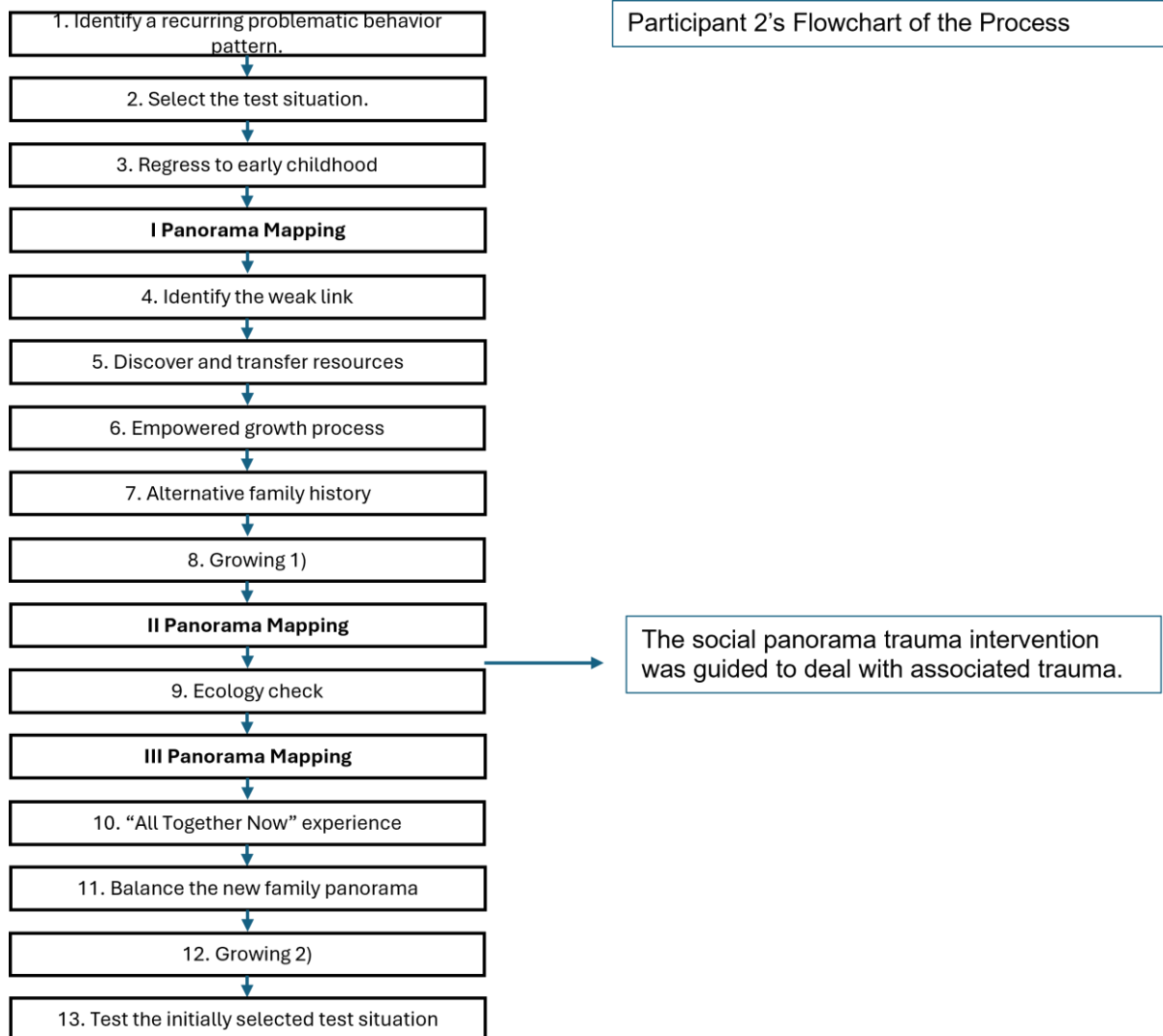
6. Balancing

Balance this enhanced experience of yourself by transferring it to your younger self, somewhere in early childhood. Associate this new self-awareness with your younger self and grow from that point back to your present age. *(When was the first time you needed such a positive self-image? Go back in time and teach it to your younger self. Fully associate with your younger self and grow back to the present age while carrying this improved self-image.)*

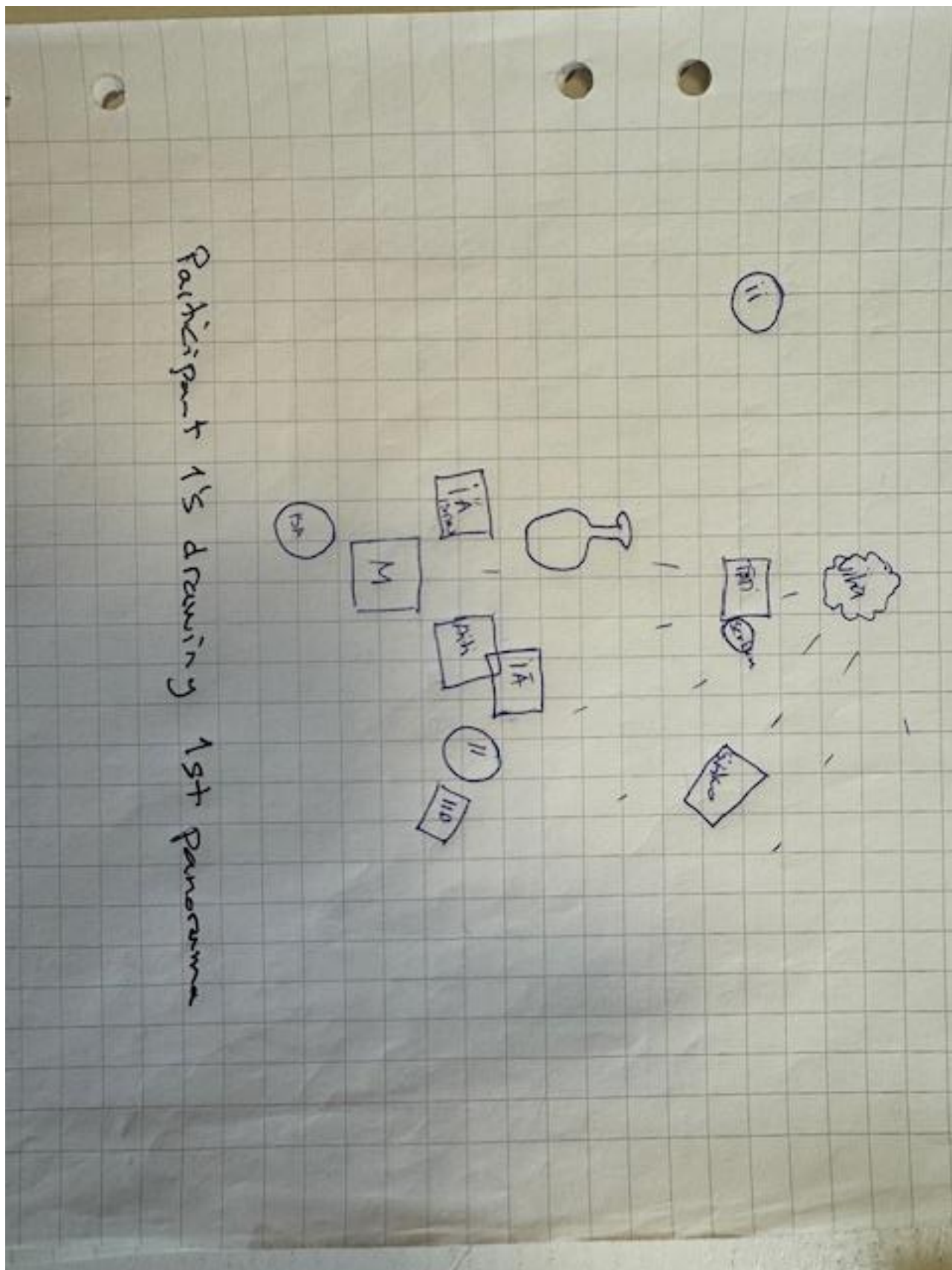
Appendix 10. Flowchart of Participant 1



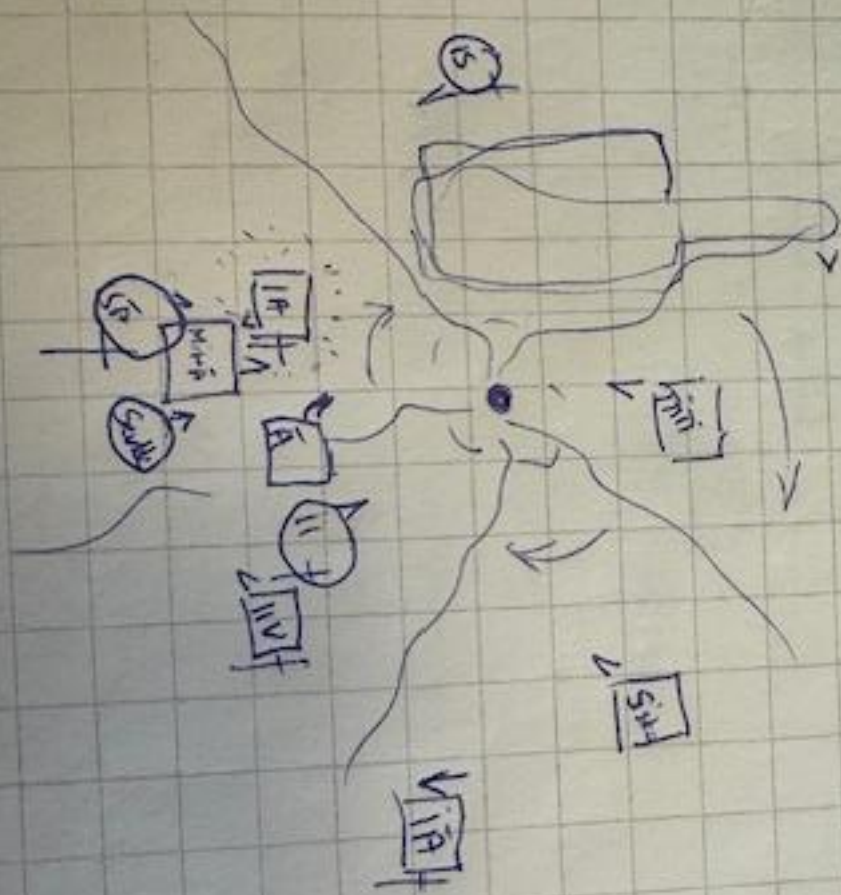
Appendix 11. Flowchart of Participant 2



1st drawing

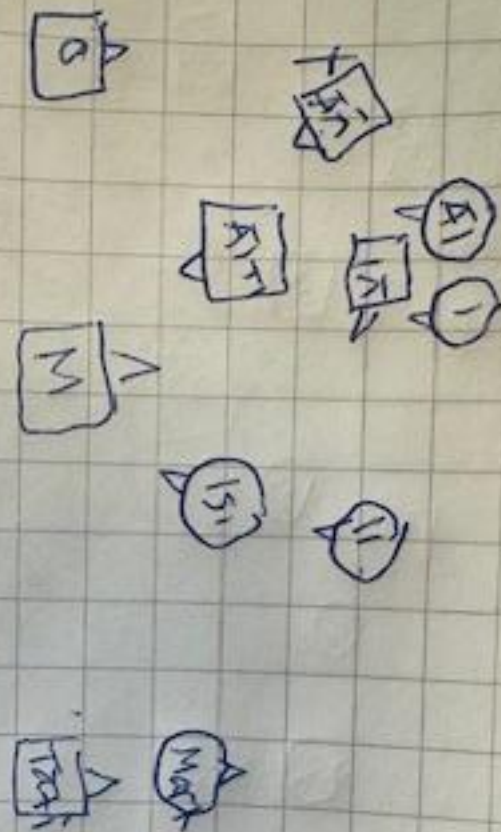


2nd drawing



Participant 1's
2nd Drawing

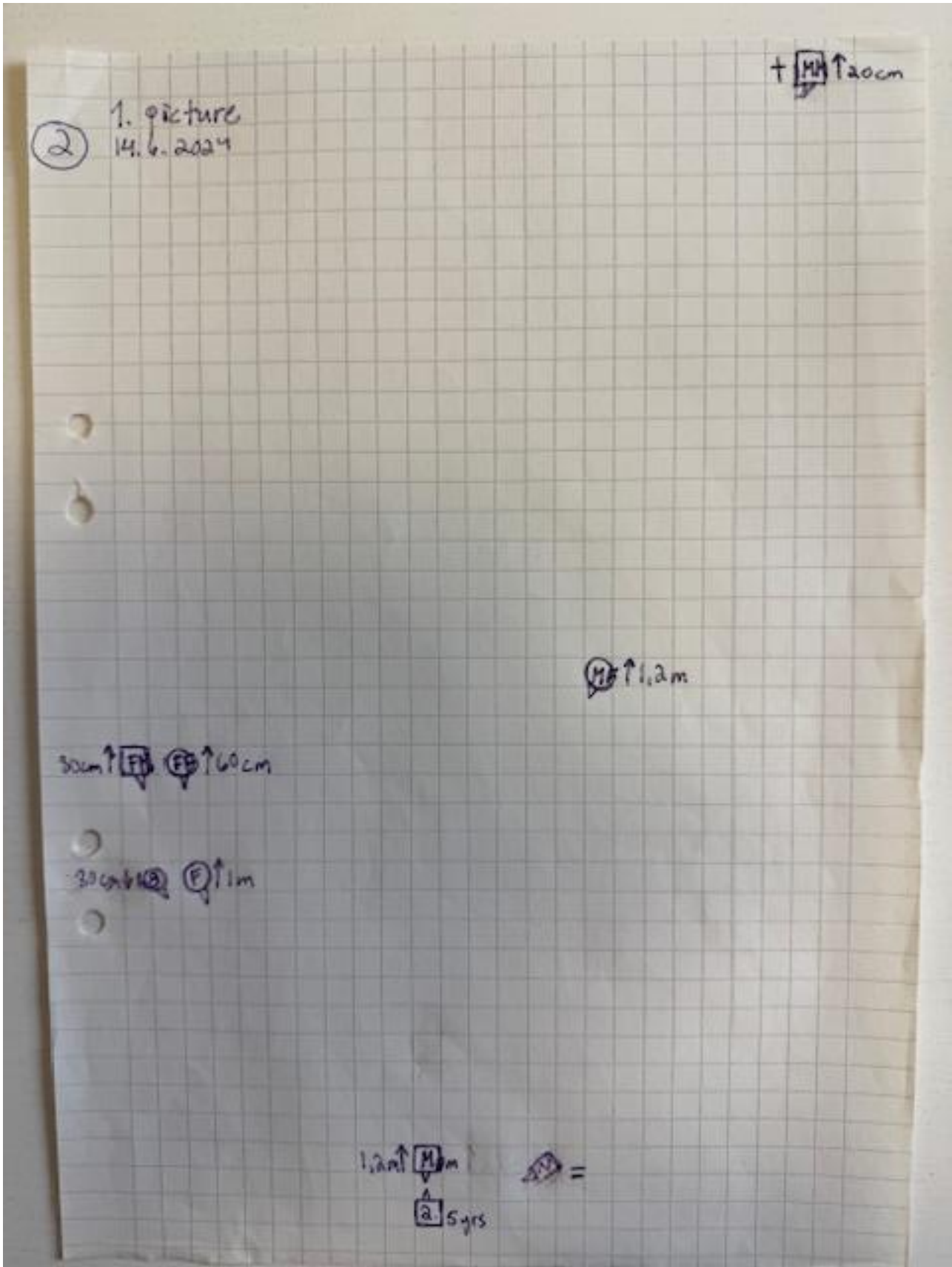
Participant 1's 3rd Drawing



Alcohol and
Hutred
have
disappeared
from the
panorama

Appendix 13. Participant 2's Childhood Panorama Drawings

1st drawing



2nd drawing

② 2. picture
19.6.2024

+ $\boxed{M_1} \uparrow 40\text{cm}$

$1\text{m} \uparrow \textcircled{P} \boxed{M_1} \uparrow 40\text{cm}$

$\textcircled{L} \downarrow 20\text{cm}$

$\textcircled{VP} \uparrow 40\text{cm}$

$1\text{m} \uparrow \textcircled{P}$

$1.1\text{m} \uparrow \boxed{M_1}$
 $\boxed{2.} \text{ 5 m/s}$

$\textcircled{L} =$

3rd drawing

② 3. picture
24.6.2024

1m ↑ PF
FA ↑ 40cm

5m ↓ MM
PF ↑ 60cm

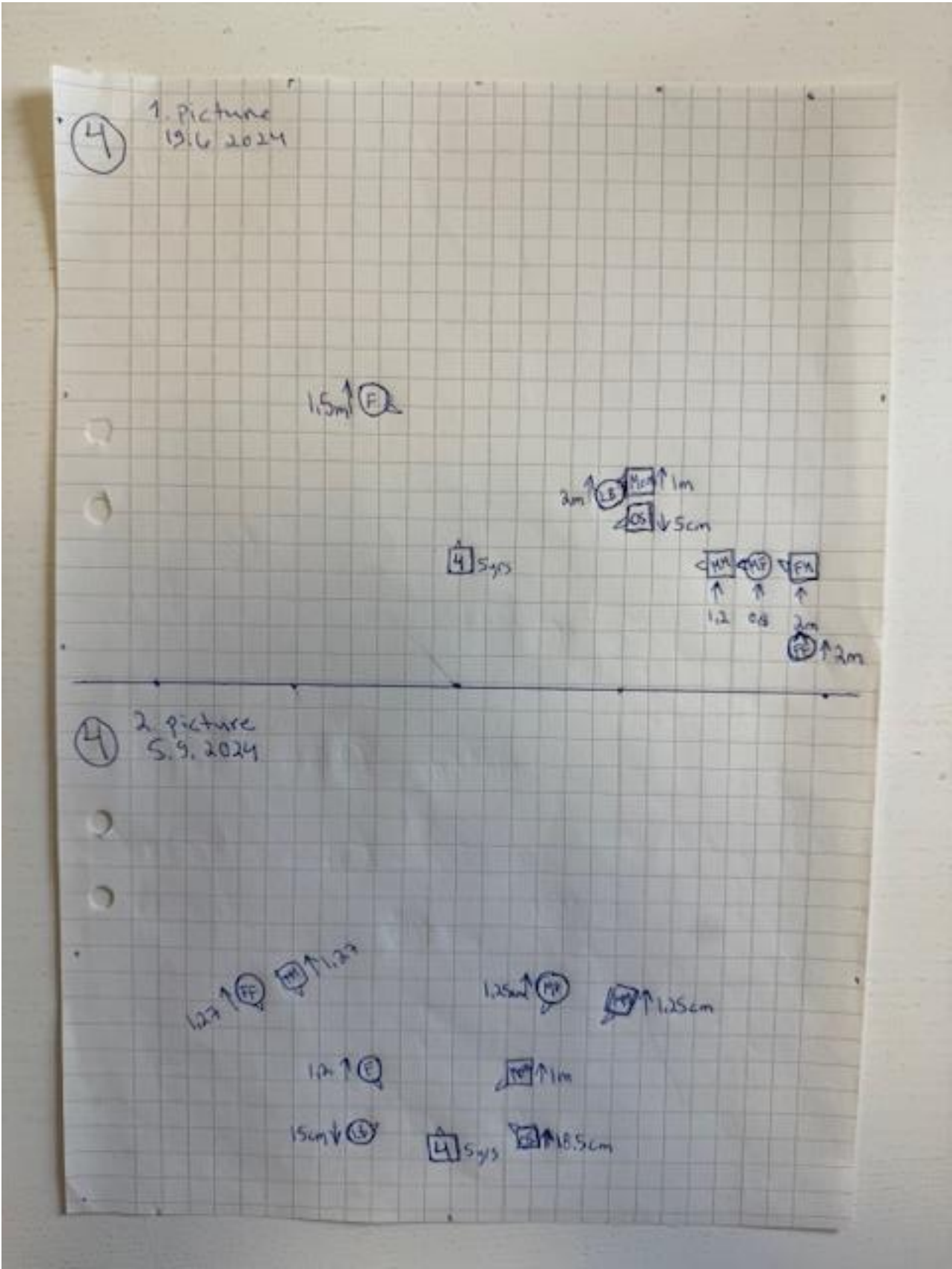
1.1m ↑ F
H.m ↑ 1.1m

30cm ↓ Ls
2.

N ↑ 30cm

Appendix 14. Participant 4's Childhood Panorama Drawings

1st and 2nd drawing



3rd drawing

④ 3. picture
12.9.2024

