

Have you ever thought about which type of psychotherapy could work best for you? The science of psychology, unfortunately, does not have the answer yet. We do however know that there is no “one size fits all” solution. We also know that a personalized approach, which takes into account not just your ADHD diagnosis and your concern at hand, but also considers who you are as a person (your temperament and character) has a potential to help optimizing psychological treatment. To figure out which temperaments and characters are most compatible with particular types of therapies we need better understanding of links between the quality of your therapy experience and your personality. For this reason, I am looking for participants (interview participants) in a study exploring the role of personality in experience of psychotherapy for the above-mentioned issues in adults with ADHD. You are invited to participate regardless of the effects of your therapy (success, partial success or failure). I am confident that getting involved will also benefit your own understanding of this topic. As there is an intention to publish this study in a scientific journal, your participation may contribute to creation of better ADHD treatment protocols and help so many others who struggle.

The participation in the study will comprise of debrief and Informed consent, Pre-Interview Survey (6 simple questions in written form about your ADHD and psychotherapy you had), Personality test (50 simple questions in written form) and a Zoom/Skype/WhatsApp/Signal Interview (approx. 40min). It's gonna be fun 😊. Overall about an hour of your time which likely will be mutually beneficial.

If you would like to take part or have any questions regarding your potential participation, please contact me: Dariusz Osinski, here in the comments or by email: dosinskimail@gmail.com

Small print:

a) project title: Dissertation research full title: Exploring the role of personality traits in experience of Psychotherapy in adults with ADHD. Interpretative Phenomenological Analysis

b) project description: phenomenological exploration of the role of personality traits in experience of psychotherapeutic treatment.

c) project objective: to contribute to optimisation of psychotherapy selection and calibration for adults with ADHD.

d) the design/methods of the project: Pre-interview questionnaire and 50 items Big-5 personality test followed by a semi structured online video (ZOOM, Skype, What'sApp or Signal) interview (approx. 40 min)

e) characteristics of required participants: adult (age:30 and 65, any gender), English as your first language, with an official diagnosis of ADHD who tried psychotherapy (first session within the last 24 months) for any of the symptoms: inattention, hyperactivity, impulsivity, anxiety, mood, addictions or/and problems with sleep.

f) main outcome measures: Interpretative Phenomenological Analysis of psychotherapy experience in relation to Big-5 personality test scores.

g) names & status of researchers: Dariusz Osinski MSc of Psychology post-grad student.

h) name of funding bodies: self-funded

i) names of any other involved organisations: Arden University

j) start date of project: 7 May 2021

k) expected completion date: 15 October 2021

l) and contact details: Dariusz Osinski,
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Please let me know if you require the details of ethical approval. I can provide accepted Research Proposal, Ethical Approval, Project Summary, Participants Information Sheet, Informed Consent Sheet, Pre- interview Questionnaire, Big-5 test questionnaire, Interview Guide.