Participant Information Sheet

Project title:

A Qualitative Study on the Experiences of Filipino Christians in Pastoral Counseling

Name of Researcher: Jhef Vincent H. Son

Name of Supervisor: Dr. Darren E. Dumaop

Good day! I am Jhef, a Master of Science in Psychology (Major in Clinical Psychology) student at the De La Salle University.

Project description and invitation. My research is on the experiences of Filipino evangelical Christian congregants who have undergone pastoral counseling. In particular, this study will explore how participants describe their counseling experiences, their relationship with clergy during counseling, and what they found helpful or unhelpful in addressing mental health concerns. The study may also explore experiences involving confidentiality, boundaries, referral, and professional mental health support when these arise in the interview.

I would like to invite you to share your experiences, thoughts, and feelings about pastoral counseling through an interview. You have been invited because you are an evangelical Christian congregant who has experienced at least four pastoral counseling sessions and meet the other study criteria. Your participation may help provide a better understanding of how pastoral counseling is experienced by Filipino Christian congregants.

There will be one semi-structured interview lasting approximately 40–60 minutes. The interview may be conducted online or in person when an in-person meeting is reasonably accessible. You may choose the option that is most convenient and comfortable for you.

I will be audio recording the interview so that it can be transcribed or turned into a written document later for the analysis of the study. However, even if you agree to be recorded, you may choose to have the recorder turned off at any time.

Participation in the study could potentially cause you discomfort or distress, especially when you recall personal, relational, emotional, spiritual, or psychological concerns that you may have discussed during pastoral counseling. In case you feel discomfort and want support in dealing with this, I will provide you with a list of organizations or services you may contact if needed. Still, I hope your participation in this study can be a meaningful use of your time. The study may serve as an avenue for you to reflect on your experiences with pastoral counseling, your

understanding of mental health support, and the role of faith communities in addressing personal and emotional concerns.

Data storage/retention/destruction/future use. Your data will be stored securely and will only be accessible to the researcher and the research supervisor/adviser. Electronic copies of the audio recordings will be kept in password-protected folders, and soft copies of the transcripts will be stored as password-protected and anonymized files.

All electronic recordings, transcripts, and other information you have provided will be kept in secure storage for a minimum of one year, or according to the approved requirements of the study. Once the data are no longer needed, the information will be destroyed: 1) all electronic files will be deleted permanently, 2) storage devices containing copies of the audio files and transcripts will be reformatted or securely cleared, and 3) any hard copies, if applicable, will be securely disposed of.

If you wish, I may provide you with an electronic and/or hard copy of the data you have given for your own personal file. At the end of the research, I may also provide you with a summary of the study's results upon request.

Right to withdraw from participation. You can, at any time while I am communicating with you and gathering data, choose to withdraw from the study without needing to provide any explanation. For up to **one month** after the last study-related interview session, you may decide to withdraw any or all of the information you have provided. If you decide to withdraw from the study, I will make sure to delete all data coming from your interview. The one-month cut-off is set to avoid having to redo the data analysis, as I may already be processing or analyzing the information by that time due to time constraints.

Anonymity and confidentiality. In writing the research report, articles, or later publications, direct quotes from or summaries based on the interview may be included. In such cases, your identity will be protected by changing your name and all other names that might be mentioned, such as the names of church leaders, church members, family members, friends, or other individuals. Other identifying details, such as your church, hometown, school, workplace, or other personal information, will either be changed or excluded.

Although every effort will be made to ensure your anonymity and confidentiality, there is a very small possibility that someone who knows you or your church context may think they can identify you based on the experiences described. This is a remote possibility, but it means that guarantees around anonymity and confidentiality cannot be fully absolute for this study. I will also take all necessary measures to adhere to the Data Privacy Law.

Thank you for taking the time to read about this study. Your participation is voluntary, and you may contact the researcher if you have questions or concerns about the study.

Contact Details. If you have any concerns, you may contact me through these channels:

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