**DEBRIEFING INFORMATION** 

***[Study Title]***

Thank you for participating in this experiment! We thank you for your valuable time and effort. If you are interested in the background of the study, you can read below for more information.

**What is XY?**

***[Explain main concept investigated in lay terms and using examples pupils can relate to and the main aim of the study – see example below]***

Social evaluations occur in social situations where your behaviours in your daily life or at school are being observed and potentially judged by others, for example giving a presentation on your favourite book in front of the whole class, doing well in the school examination or tripping and falling in front of your peers. Such situations are known to induce feelings of stress. Feeling stressed may make you feel worried, tired, annoyed or afraid and it may make your heart beat faster, give you a headache or a stomach pain.

Sometimes, a little bit of stress can motivate you to complete your tasks whereas other times it can make it more difficult for you to focus and complete tasks. In this study, we aim to find out how your memory will be affected after experiencing two common social evaluations (i.e., giving a speech and performing a mental arithmetic task in front of your peers) that you may find stressful. The findings will inform the development of strategies to protect memory performance in these situations.

**What can you do when you are feeling stressed?**

***[if there was any kind of stress involved in the study – provide some guidance on how to deal with this or where to find further guidance – see the example below ]***

***Potential useful resource to point teenagers to:***

****Youngminds ([https://youngminds.org.uk](https://youngminds.org.uk/)) is the UK's leading young people's charity, they provide online resources on coping with different challenges. Childline (<https://www.childline.org.uk>) offers professional support 24/7 to *anyone under 19* through phone call (0800 1111), online chat or email with a counsellor who provides anonymous help.

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**Talk to your parents, teachers or counsellors Breathe in through your nose and**

**about the situation and your feelings breathe out through your mouth**

***[Reiterate data storage – adjust if confidential collection is used]***

All information provided by you will be kept strictly anonymous. This means your answers and performance are stored without your name or any other personal information that could reveal your identity. If you have any further questions regarding this experiment or would like to receive follow-up information please contact any of the researchers:

Lead Supervisor: **Name, title and email**

Researcher: **Name, title (e.g. UG, PG, PhD student) and email**