



## Introduction

This is a short follow-up survey which has been sent to you because you completed the initial survey on "Selective Mutism in adults". This follow-up survey will be used to perform a statistical and qualitative comparison between Selective Mutism, Shyness, and Social Phobia / Social Anxiety.

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## Eligibility criteria: who should be taking part?

You should be completing this survey if:

1. You completed the "Selective Mutism in adults" survey which can be found at <http://www.s-m.org.uk/>
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## You should NOT take part if ...

1. You do not fulfil the eligibility criteria.
  2. You believe that doing so will detrimentally affect your personal and/or emotional wellbeing.
  3. Doing so will cause harm to another or cause another to be at risk.
  4. Even though your identity will be protected, you think that you may feel uncomfortable about any information you provide being disseminated in a public accessible research study (e.g. in a research journal.)
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## Intended outcomes of the research study

Just to remind you, the intended outcomes of the research are:

1. To assert the existence of SM in adulthood, in order to challenge the perception that SM is solely a childhood "disorder";
2. To investigate the varied ways that SM affects adults with SM, individually;
3. To investigate the varied "reasons" that SM occurs;
4. To investigate how adult sufferers of SM conceptualize SM; and
5. To investigate why SM did not dissipate in childhood for adults who have SM.

This follow-up survey is specifically designed to compare SM with Social Phobia and Shyness.

Please note: following submission of this survey, in accordance with British Psychological Society guidelines, you can withdraw your data from this study at any point up until 3rd May 2013. To do this, please e-mail me at [carl@s-m.org.uk](mailto:carl@s-m.org.uk). **You do not need to give any reason for withdrawing your data and, upon such a request, your data will be destroyed.**

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## How will my information be used?

As referred to previously, this research is being carried out within strict accordance with [British Psychological Society](#) (BPS) Guidelines; these [can be viewed here](#). In addition, the content of this survey, and associated data storage and analysis procedure have been reviewed and authorized by the University of Chester, Department of Psychology Ethics Committee, UK.

Your data will be used in two ways:

1. To enable statistical comparisons with other people who have/had SM; and
  2. Because this study is particularly interested in individual, personal experiences of SM, some of the information you provide may be used in an exploratory way. In this latter instance, any information you provide will be reported using a "pseudo-name" of your own choosing. Please, therefore, only provide information (albeit anonymised) which you feel comfortable with sharing publicly.
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## What do I do if participating upsets me?

If you feel upset by any of the issues raised by the survey, either during completion of this survey, or after you have completed it, please note that the following organisations are available to help you:

If you are in the UK or the ROI, please contact [Samaritans](#)  
Telephone 08457 909090 (UK) or 1850 609090 (ROI)

If you are outside the UK and the ROI, please contact [Befrienders Worldwide](#)  
Telephone numbers available worldwide (please visit their web-site to find a local telephone number)

**Please note:** even if you cannot use the phone, both of these organisations accept e-mails and provide online support.

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## How do I submit my responses?

When you have completed as much of the survey as you feel comfortable doing, please press the SUBMIT button on the final page; this will anonymously submit your responses. Alternatively you can save this file (if you are working with the PDF version of the survey, rather than completing the online version) and e-mail it to [carl@s-m.org.uk](mailto:carl@s-m.org.uk).

If you prefer, you could also print this survey off (hand-written answers are acceptable too) and post it to me via the following postal address:

**C. Sutton (Selective Mutism survey)**  
**Department of Psychology**  
**University of Chester**  
**Parkgate Road**  
**Chester**  
**CH1 4BJ**

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You are now ready to start the survey, beginning with informed consent. As you will see, some of the questions have a space for you to write your answers, and others have options for you to select. Please, also, remember that your participation in this study is voluntary and you do not have to complete any questions that you do not wish to answer.

# Section 1: Consent

1.1. My first name - or pseudonym, if you prefer - is (try to use the same one as you completed the initial survey with)

1.2. My e-mail address is (optional)

1.5. Consent

*I duly consent for any information provided for this survey (apart from my e-mail address) to be used in academic research and for any data I supply to be, potentially, publicly disseminated (e.g. as a research publication.) I am aware that any or all of the data I provide here can be removed from this study up until 3rd May 2013 by contacting the researcher directly.*

1.6. Participation

*I am aware that participation in this study is voluntary and that I do not have to answer any question I don't wish to answer.*

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## Section 2 : Shyness and its relationship (if any) to SM

2.1. Rate the severity of your Shyness across the following age ranges.

For each age range, rate the severity of your Shyness from **0** (none) to **10** (severe).

If you have no recollection of a particular age, or haven't reached a given age yet, tick N/A.

	0	1	2	3	4	5	6	7	8	9	10	N/A
Before age 5												
5-8												
9-11												
12-15												
16-19												
20-24												
25-29												
30-34												
35-39												
40-44												
45-49												
50-54												
55-59												
60+												

2.2. The relationship between Shyness and Selective Mutism

Selective Mutism is the same as Shyness

Shyness develops into Selective Mutism

Selective Mutism is different than Shyness

Other

2.3. Any other information about your thoughts on the relationship (if any) between Shyness and Selective Mutism

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## Section 3: Social Phobia / Social Anxiety and its relationship (if any) to SM

3.1. Rate the severity of your Social Phobia / Social Anxiety across the following age ranges

For each age range, rate the severity of your Social Phobia / Social Anxiety from **0** (none) to **10** (severe)  
If you have no recollection of a particular age, or haven't reached a particular age yet tick N/A.

	0	1	2	3	4	5	6	7	8	9	10	N/A
Before age 5												
5-8												
9-11												
12-15												
16-19												
20-24												
25-29												
30-34												
35-39												
40-44												
45-49												
50-54												
55-59												
60+												

3.2. The relationship between Social Phobia / Social Anxiety and Selective Mutism

Selective Mutism is the same as Social Phobia / Social Anxiety

Selective Mutism develops into Social Phobia / Social Anxiety

Selective Mutism is co-morbid with / occurs at the same time as Social Phobia / Social Anxiety

Selective Mutism is entirely different to Social Phobia / Social Anxiety

Other

3.3. Any other information about your thoughts on the relationship (if any) between Social Phobia and Selective Mutism

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## Section 4: Other thoughts about the relationship between SM and other conditions

### 4.1. Relationship between SM and other conditions

Selective Mutism is a condition in its own right, with no relationship to other experiences / conditions / "disorders"

Selective Mutism is related to other conditions

4.2. Please give a list of other conditions and indicate which you feel develop into each other - for instance conditions which develop into SM and conditions which are developed "because of" SM. I appreciated this is a difficult question to answer. Please note: **you do not have to answer this question** even if you indicated "Selective Mutism is related to other conditions" above.

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## Section 5: Submit your responses

Thank you again for taking the time to complete this survey. Your responses are greatly appreciated.

To submit your responses please either click the SUBMIT button below or (if you are completing this survey via a downloaded PDF file) e-mail the completed survey to [carl@s-m.org.uk](mailto:carl@s-m.org.uk). In either case, you will receive an e-mail acknowledgement to say that your responses have been received.

Alternatively, you can print this survey and post your answers to the address given towards the start of this survey.