Research Method Part II Draft (Jenna Lee)

4. RESEARCH METHOD

a. The purpose of this study is to examine whether self-critical perfectionism increases depression risk among Koreans. Koreans' self-critical perfectionism and depression will be measured using evidence-based scales in this cross-sectional study. Using the survey questionnaire, this study will explore sociodemographic information and self-critical perfectionism and depression levels.

b. Measurement & Instrumentation: To explore the roles of self-critical perfectionism (independent variable) on the risk of depression symptoms (dependent variable), this study self-critical perfectionism is defined as being high in perfectionistic concerns or feeling as if one never lives up to her or his high standards (Richardson & Rice, 2015). Depression refers to "persistent sadness and a lack of interest in previously rewarding or enjoyable activities. Additionally, it can interfere with sleep and appetite. A common complaint is fatigue and poor concentration (WHO, n.d.).

This study will use standard scales to measure my variables. The Big Three Perfectionism Scale and Patient Health Questionnaire-9 will measure self-critical perfectionism and depression. Valid and reliable scales will be used to measure self-critical perfectionism and depression levels. I will use a self-administered questionnaire. By using this method, measurement errors and social desirability errors will be reduced.

The BTPS demonstrated sound reliability and validity as a multidimensional measure of perfectionism according to Smith et al. (2016). The Patient Health Questionnaire 9 (PHQ-9) will be used. PHQ-9's psychometric properties have been shown to be reliable and valid. Internal consistency of the PHQ-9 has been shown to be high. There was a Cronbach alpha of .86 and .89 in a study involving two different patient populations. Criteria validity was established by conducting 580 structured interviews by a mental health professional.(Kroenke et al., 2001).

c. Sampling Plan: The study population is ethnic Koreans living in New York City. To recruit homogeneous samples, this study will recruit only first-generation Koreans. Korean Americans born in the United States will not be included in this study. Additionally, this study will include adults 18 to 65 years of age. A total of 150 samples will be recruited for this study using convenience sampling. Non-profit Korean American organizations will serve as recruitment sites for study participants. As a result of the COVID-19 pandemic, this study may have difficulty recruiting 150 participants. This study will ask the executive directors of the major Korean American non-profit organizations to assist with the email research invitation. The purpose of this convenient sampling method is to examine the role of self-critical perfectionism in depression among Koreans. The sampling frame will be the email list of Korean American non-profits' service users. First, this study will meet with the executive directors of the organizations to explain the importance and benefits of the research project. In the event that they agree to cooperate, they will introduce me to their staff.

d. Data Collection Methods: As part of this study, community samples will be recruited, and survey questionnaires will be distributed to collect sociodemographic information and levels of self-critical perfectionism and depression. The survey questionnaire and consent form will be

developed along with a flyer and invitation. The email templates will be sent to the designated staff at each organization. Their service users will receive an invitation email with a consent form and survey questionnaire. For the recruitment process to be as effective as possible, staff members will need to send invitation emails three times at two-week intervals.

e. Data Analysis plan: Self-critical perfectionism and depression are considered interval variables. Variables at the interval level are measured numerically. Interval scales have known and equal distances between each value. Using standard scales, this study would be able to collect the scores numerically to evaluate the relationship between self-critical perfectionism and depression.

Conducting research requires selecting appropriate statistical tests. To analyze the data, this study would use a bivariate correlation test, which measures the strength of association between two variables and their direction. Typically, linear correlations are measured by Pearson correlation coefficients (r). A Pearson correlation is a number between -1 and 1 that indicates the strength or direction of a relationship between two variables. Therefore, this study will use Pearson correlation in my research. An analysis of Pearson correlation coefficients can provide me with a quantitative measure of the strength of the relationship between self-critical perfectionism and depression.

5. Conclusion (Contribution to Social Work)

This study findings will suggest whether self-critical perfectionism is associated with the risk of depression among Koreans in the United States. These study findings may help guide culturally informed interventions to prevent depression and develop effective targeted intervention to

reduce among Koreans. in the United States. Findings from the study will be disseminated to mental health organizations serving Koreans and published in major journals devoted to mental health issues among ethnic minorities.

Variable Chart

Conceptualization	**Operationalization**
Depression (Dependent Variable) refers to persistent sadness and a lack of interest in previously rewarding or enjoyable activities. Additionally, it can interfere with sleep and appetite. A common complaint is fatigue and poor concentration. PHQ-9	The PHQ-9 is the depression module, which scores each of the 9 DSM-IV criteria as “0” (not at all) to “3” (nearly every day). Total scores of 5, 10, 15, and 20 represent cutpoints for mild, moderate, moderately severe and severe depression, respectively (Kroenke et al., 2001).
Self-Critical Perfectionism (Independent Variable) refers to being high in perfectionistic concerns or feeling as if one never lives up to her or his high standards. The Big Three Perfectionism Scale	The Big Three Perfectionism Scale (BTPS; Smith, Saklofske, et al., 2016) contains 45 items and 10 facets to measure the three primary perfectionism factors (i.e., rigid perfectionism, self-critical perfectionism, and narcissistic perfectionism). Participants responded to items (e.g., “I have a strong need to be perfect”) using a scale from 1 (disagree strongly) to 5 (agree strongly).
age, gender, education, income, physical health (Control Variable)	

6. Reference

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7. Appendices

Informed Consent Form

A research study is being conducted by the Alliance University School of Social Work. This study aims to explore the roles of self-critical perfectionism on depression among Koreans in the United States.

Your participation in this study is voluntary. If you would like to participate in the study, you would be asked about your opinions about perfectionism and experiences of depression. You will not be asked about your legal status in the U.S. The interview will last for about 20 minutes. To thank you for your time and participation, you would receive $10 at the end of the interview. If you do want to participate in the study, you can choose not to answer any question you don't want to answer. You may also end the interview at any time. If you don't want to participate, this will not affect any services or benefits that you receive now from your agency or anywhere else, either now or in the future.

To the full extent of the law, everything you tell the interviewer will remain private and confidential. Anything you say during the interview will not be shared with anyone else at the agency. Only the researcher will have access to the information you provide. Any reports that are written will present the information for all study participants grouped together. Your name and anything that could identify you will not be included in any report.

If you have questions about this research study, please call the researcher, Jenna Lee at Alliance University, at (646)636-6638 or email her at leej10@allianceu.edu.

I give my consent to participate in the above study. I have received a copy of this form.

Your Name (please print):_____

Your Signature: _____

Date: _____