

ETHICS REVIEW BOARD (ERB) FEEDBACK FORM

Don't alter form format

SECTION A The Mediating Role of Mattering and State Self-esteem on the Relationship between Upward Social Comparison in Social Networking Site and Life Satisfaction

Title of Study: Patrick Sim Pek Thung
Investigator(s): (Name & student ID) B1101640

Supervisor: Dr. Prihadi Ditto Kususanto

This ERB form is a: [x] New submission [] Re-submission

SECTION B (To be filled by the Ethics Review Board)

Date of Meeting: 18/11/2019
Action Taken: [x] Conditionally Approved - see supervisor for final approval...
Conditions to fulfill: 1) Don't alter form format and print double-sided... 2) Enter supervisor's phone no... 3) Sect 7a: App B - journal article's authors do not match citation... 4) Sect 8(b): Clarify what you mean by paid advertisement postings... 5) Sect 8(c): Replace stated explanation with 'No conflict of interest is expected... 6) Informed Consent Form: Modify as indicated... 7) 7a: Scale (INCOM) doesn't capture USC (see inside)

Signature: [Signatures]
Name: Fatimah Hawon, Elaine Fernandez, KARUNA THOMAS
Member Member Member

ETHICS REVIEW BOARD (ERB) FEEDBACK FORM

SECTION A The Mediating Role of Mattering and State Self-esteem on the
Relationship between Upward Social Comparison in Social Networking
Title of Study: Site and Life Satisfaction _____
Investigator(s): Patrick Sim Pek Thung _____
(Name & student ID) B1101640 _____
Supervisor: Dr. Prihadi Ditto Kususanto _____
This ERB form is a: New submission Re-submission

SECTION B (To be filled by the Ethics Review Board)

Date of Meeting: _____

Action Taken:

- Approved
- Conditionally Approved – see supervisor for final approval (submit copy with the final approval to department)
Final approval given-Supervisor’s signature: _____ Name: _____ Date: _____
- Conditionally Rejected – see supervisor to revise & re-submit to department within one week of initial receipt
- Rejected – revise & re-submit to department on the next available submission deadline (1st Monday of every month)

Conditions to fulfill:

Signature: _____

Name: _____ _____ _____

Member Member Member

ETHICS REVIEW BOARD (ERB) APPLICATION FORM

1. Principal Investigator(s) - Add rows as necessary.

Name	Department	Phone	E-mail	ID number
Patrick Sim Pek Thung	Psychology	+60146801888	pat888sim@gmail.com	B1101640

2. Research Supervisor (if applicable)

Name	Phone	E-mail
Dr. Prihadi Ditto Kususanto	N/A	Prihadi.k@help.edu.my

3. Full Title of Research Project

The Mediating Role of Mattering and State Self-esteem on the Relationship between Upward Social Comparison in Social Networking Site and Life Satisfaction

4. Type of Project (tick one)

<input type="checkbox"/>	Postgraduate Thesis/Dissertation	<input checked="" type="checkbox"/>	Undergraduate Thesis
<input type="checkbox"/>	Class Project (Subject Code: _____)	<input type="checkbox"/>	Faculty Research
<input type="checkbox"/>	Other: Please specify: _____		

5. Duration of Project (Note: You can only start running the study, whether for pilot test or main research, AFTER receiving a written approval from the ERB)

Proposed **Starting** Date: 25th November 2019

Proposed Date of **Completion**: 13th March 2020

6. Checklist of Attachments

<input type="checkbox"/>	Proposed interview questions	<input checked="" type="checkbox"/>	Proposed questionnaires or other instrument
<input type="checkbox"/>	Proposed letter seeking permission to collect data	<input type="checkbox"/>	Proposed Child Assent Form (if applicable)
<input checked="" type="checkbox"/>	Proposed informed consent form(s) (adult, parent)	<input type="checkbox"/>	Proposed debriefing statement (if applicable)
<input checked="" type="checkbox"/>	Evidence of explicit permission to use any copyrighted materials or evidence that permission is not explicitly required	<input type="checkbox"/>	Evidence of actual or pending permission to access classified documents (e.g., case files etc.) at an agency

7. Summary of Purpose and Methodology

Please state briefly your research question, aims of study, hypotheses, methodological design.

Research Question: Is there a mediating role of mattering and state self-esteem on the relationship between upward social comparison in social networking site and life satisfaction?

Aim of study: To examine the mediating role of mattering and state self-esteem on the relationship between upward social comparison in social networking site and life satisfaction?

Hypotheses:

- 1) Upward social comparison as a model predicts life satisfaction.
- 2) Upward social comparison predicts life satisfaction after controlling for mattering and state self-esteem.
- 3) Mattering mediates the contribution of upward social comparison to life satisfaction.
- 4) State self-esteem mediates the relationship between upward social comparison to life satisfaction.
- 5) Mattering and state self-esteem mediates the relationship between upward social comparison and life satisfaction.

Methodological design: This will be a non-experimental correlational design with two mediators.

7a. Operationalization and Materials

Briefly state the operationalization of each variable, and **describe how each variable is manipulated or measured**. Please include both the operational definition (how it is measured and scored) and conceptual definition (how it has been defined as per past research/theory) for each construct/variable in your study. For each material or apparatus used in the study, **cite and reference the source**, and **indicate which appendix** it can be found in. Clearly state which appendix contains evidence of use for each original material (e.g., “see Appendix C for screenshot of original journal article front page and page containing the scale items.” Or “see Appendix C for screenshot of statement of use for research or non-commercial purposes.”). Informed consent and demographic form, if available, should be listed here. Appendices should be organized in order of appearance, titled and to include full, complete screenshots of the all materials (e.g. entire survey as one appendix, not broken up) if the study is conducted online. This section should be in point form.

Variable 1: Upward Social Comparison (USC)

Conceptual Definition: Social comparison occurs when the individual compares oneself to other individuals that are of superior positive characteristics (Wills, 1981; Wood, 1989).

Operational Definition: The total score on the 17 statement on the Iowa-Netherlands Comparison Orientation Measure (INCOM; See appendix A for questionnaire; See Appendix B for screenshot of first page of original articles and questionnaire), whereby a higher score indicates higher upward social comparison (Gibbons & Buunk, 1999). However, only the social comparison scale and upward social comparison sub scale (Gallinari, 2018).

Variable 2: Mattering

Conceptual Definition: Matter is “the feeling that others depend on us, are interested in us, are connected with our fate, or experience us as an ego-extension” (Rosenberg & McCullough, 1981).

Operational Definition: The total score on the General Mattering Scale (GMS; See Appendix A for questionnaire; See Appendix C for screenshot of first page of original articles and questionnaire), whereby the higher score indicates higher level of perception of mattering (Sari & Karaman, 2018).

Variable 3: State Self-Esteem

Conceptual Definition: State self-esteem is short-lived fluctuation in an individuals' self-esteem (Heatherton & Polivy, 1991).

Operational Definition: The total score on the State Self-esteem Scale (SSES; See Appendix A for questionnaire; See Appendix D for screenshot of first page of original articles and questionnaire), whereby the higher the score indicates higher state self-esteem (Heatherton & Polivy, 1991).

Variable 4: Life Satisfaction

Conceptual Definition: Life satisfaction is a judgemental process whereby the individual will evaluate their own lives based on their own unique beliefs (Pavot & Diener, 1993).

Operational Definition: The total score on the Riverside Life Satisfaction Scale (RLSS; See Appendix A for questionnaire; See Appendix E for screenshot of first page of original articles and questionnaire), whereby the a higher score indicates higher level of life satisfaction (Margolis, Schwitzgebel, Ozer & Lyubomirsky, 2018).

Gallinari, E. F. (2018). Facebook: Friend or Foe? Exploring the Relationship Between Social Media Use, Social Comparison, Self-Esteem and Affect. *In BSU Honours Program Theses and Projects. Item 287. Retrieved from: http://vc.bridgew.edu/honors_proj/287*

Gibbons, F. & Buunk, B. (1999). Individual differences in social comparison: Development of a scale of social comparison orientation. *Journal of Personality and Social Psychology*, 76(1), 129-142.

Heatherton, T. F. & Polivy, J. (1991). Development and validation of a scale for measuring state self- esteem. *Journal of Personality and Social Psychology*, 60, 895-910.

Margolis, S., Schwitzgebel, E., Ozer, D. J., & Lyubomirsky, S. (2018). A New Measure of Life Satisfaction: The Riverside Life Satisfaction Scale. *Journal of Personality Assessment*, 1–10. doi:10.1080/00223891.2018.1464457

Pavot, W., & Diener, E. (1993). Review of the Satisfaction With Life Scale. *Psychological Assessment*, 5(2), 164-172. doi: 10.1037/1040-3590.5.2.164

Rosenberg, M., & McCullough, B.C. (1981). Mattering: Inferred significance and mental health. *Research in Community and Mental Health*, 2, 163–182.

Sari, H , Karaman, M . (2018). Gaining a Better Understanding of General Mattering Scale: An Application of Classical Test Theory and Item Response Theory. *International Journal of Assessment Tools in Education* , 5 (4) , 668-681 . DOI: 10.21449/ijate.453337

Wood, J. V. (1989). Theory and research concerning social comparisons of personal attributes. *Psychological Bulletin*, 106, 231–248. doi:10.1037/0033-2909.106.2.231

Wills, T. A. (1981). Downward comparison principles in social psychology. *Psychological Bulletin*, 90, 245–271. doi:10.1037/0033-2909.90.2.245

(See Appendix A for Informed Consent Form)

(See Appendix A for Demographic Form)

8. Source of Participants

Describe (a) sample source, number & calculation with effect size; (b) method and justification of recruitment, if using social media, clearly state whose account; if using online Google Doc Survey Link, include URL; (c) eligibility criteria: expected age range – lower & upper limit, gender, ethnicities and any special characteristics; (d) compensation (if any); and (e) the investigator's relationship to participants (address any conflict of interest here). Please address each point in the listed respective sections (a, b, c, d, e) – do not omit or add to them. This section should be in point form.

(a) A minimum of 119 participants will be recruited, this figure is calculated with the G power application with effect size of 0.15 and a power of 0.95 (See Appendix F).

- (b) Participants will be recruited through paid advertisement postings through the researcher's social media, Facebook, Instagram, Twitter and etc. The Purposive sampling will be utilised initially then snowball sampling will be used when participants are given the link for the Google Form Survey Link to pass it among peers.
- (c) The age range of the participants will from 18-35 years old. In order for the participants to be eligible, they need to have an active social networking site account or accounts within one-year time frame. The ethnicity of participants are not taken into consideration.
- (d) Participants are allowed to withdraw their participation from the study and no form of compensation will be provided.
- (e) The instructions will be constructed professionally to prevent any conflict of interest with participants that might be acquainted with the researcher. The researcher and the participants will not be able to meet.

9. Research Procedures

Outline the specific, detailed procedures or activities involving the participants and study stages. Exactly what will be done, to whom, by whom, how, where, how often and for how long, etc.? Clarify the design of the study and use terms consistently. For instance, do not use the term 'experimenter' if the study is correlational in nature. Please number the stages in sequence of what will be done. Procedures should clearly show participation is voluntary and not coerced, & recruitment does not involve spamming or coercion. If pilot study is needed, purpose should be explicitly clear and procedures separate from actual study. Refer materials to corresponding Appendix. This section should be in point form.

- a) A minimum of 119 participants will be recruited, this figure is calculated with the G power application with effect size of 0.15 and a power of 0.95 (See Appendix F).
- b) The participants are informed that would be participating in an online survey regarding their social networking site usage.
- c) Participants will be able to acquire the questionnaire using this link <https://docs.google.com/forms/d/e/1FAIpQLSfbuiY1vuu-ceHAVIPeRkle5fKIN3yY9t-xU49onWnrFTemPw/viewform> from the researcher's social media news feeds.
- d) The participants will first have to go through the Informed Consent Form before continuing with the study, once they agree with the terms, they will then begin with the demographic questionnaire, followed by the Iowa-Netherlands Comparison Orientation Measure, the General Mattering Scale, the State Self-esteem Scale and the Riverside Life Satisfaction Scale.
- e) Participants are required to answer all the allocated questions in the Google Form Sheet in order to complete the study.
- f) Participants will not be able to proceed with the study if they do not complete every question.
- g) The total score of all the five questionnaires will be calculated and analysed.
- h) The study will not take longer than 35 minutes for the participants to complete.

10. Ethical Training of Additional Research Staff

If additional research staff (such as research assistants, data entry personnel, interviewers, volunteers etc.) are employed, describe briefly how you ensure their competency in ethical research. *If no additional research staff are employed, print N/A in the space below.*

N/A

11. Please tick the box(es) applicable to your research.

No.	Activities	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES
1	My research will involve deception.	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES
2	My research will use invasive procedures e.g. asking participants to inject, ingest, inhale or externally apply a substance (s) to the skin etc.	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES
3	I will use participants below age 18 in my research.	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES
4	My research will involve the viewing/listening to any form of media containing horror, violent and/or sexual scenes/topics.	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES

5	My research will involve clinical patients as participants.	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES
6	My research will involve the recording of participants' behaviors using audio and/or video equipment.	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES
7a	<p>My research will be using copyrighted psychological tests (commercialized and/or non-commercialized) established by other researchers.</p> <p><input checked="" type="checkbox"/> I have received permission from the authors to use these tests & the permission letters/emails are attached in the appendix.</p> <p><input type="checkbox"/> Permission is not required & I have attached proof that permission is not required. (e.g., screenshot of statement on a website or on the measure)</p> <p><input type="checkbox"/> Permission is not required because the test is in a journal article & I have given the reference for the journal article in which the test is found. I have included the screenshots for the 1st page of the original article, and full test items as appears in the original article.</p> <p><i>Note: (Please make sure that the full test (i.e. ALL the items in the test) is presented in the journal article you are citing. It is not acceptable that you cite a journal article in which the test is partially presented or described.)</i></p>	<input type="checkbox"/> NO	<input checked="" type="checkbox"/> YES
7b	<p>My research will be using published psychological tests (commercialized and/or non-commercialized) established by other researchers. I have not been able to receive explicit permission from the authors, but my supervisor has deemed the use of these tests "fair use."</p> <p>Supervisor: "I confirm that this student has made a reasonable number of attempts to contact the researcher but has failed to receive a reply. I have reviewed the measure & deem that it can be used under the terms of fair use."</p> <p>Signature: _____ Date: _____</p>	<input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES

12. If you answer "YES" to Item 11 (1-6), please provide your justification and the appropriate ethical measures to be taken. In addition, you are required to attach the relevant documentation along with the ERB Form (e.g., Debriefing Statements, Parental Consent Form etc.)

Activity No.	Justification	Ethical Measure To Be Taken

Investigator(s): I/we have read the Ethical Guidelines for Psychological Research at HELP University, and agree to comply with them. The above information is correct to the best of my/our knowledge, and I/we shall adhere to the procedure as described. I/we also agree to report any significant and relevant changes in the procedures or instruments to the ERB for additional review.

Signature: _____ PT _____ Name: Patrick Sim Pek Thung Date: 4th November 2019

Supervisor: In signing this form, I hereby declare that I have carefully reviewed all materials in this Request for Ethics Review form. I also hereby declare that I believe the methodology detailed above, using the materials attached, will yield data that will test the hypotheses stated and answer the research question.

Signature: PDK Name: Dr. Prihadi Ditto Kususanto Date: 4th November 2019