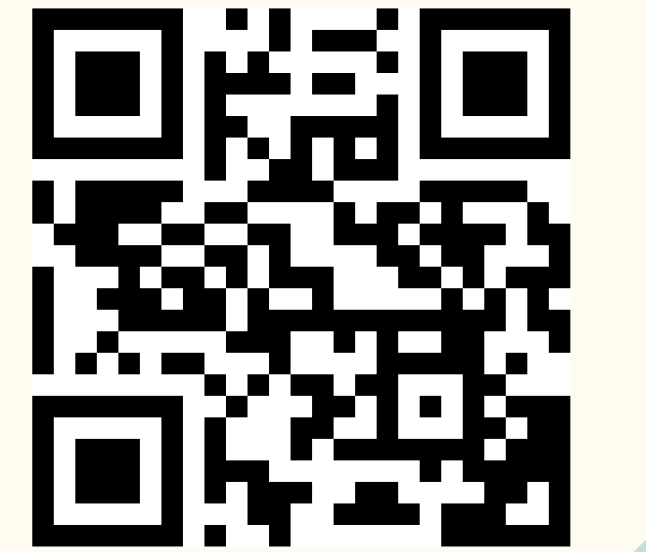


# OPEN RESEARCH PRACTICES IN QUALITATIVE RESEARCH: A BEGINNER'S GUIDE



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## BACKGROUND

▪ **Rumination** refers to negative repetitive thoughts about past experiences, being the most important predictor of mental health.<sup>1-3</sup>

▪ Qualitative studies have investigated the role of rumination and its perception in different healthy and clinical populations.<sup>4-7</sup>

▪ No qualitative research has examined the relationship between the perceived functionality of rumination and the cognitive and emotional challenges experienced by young adults prone to rumination.

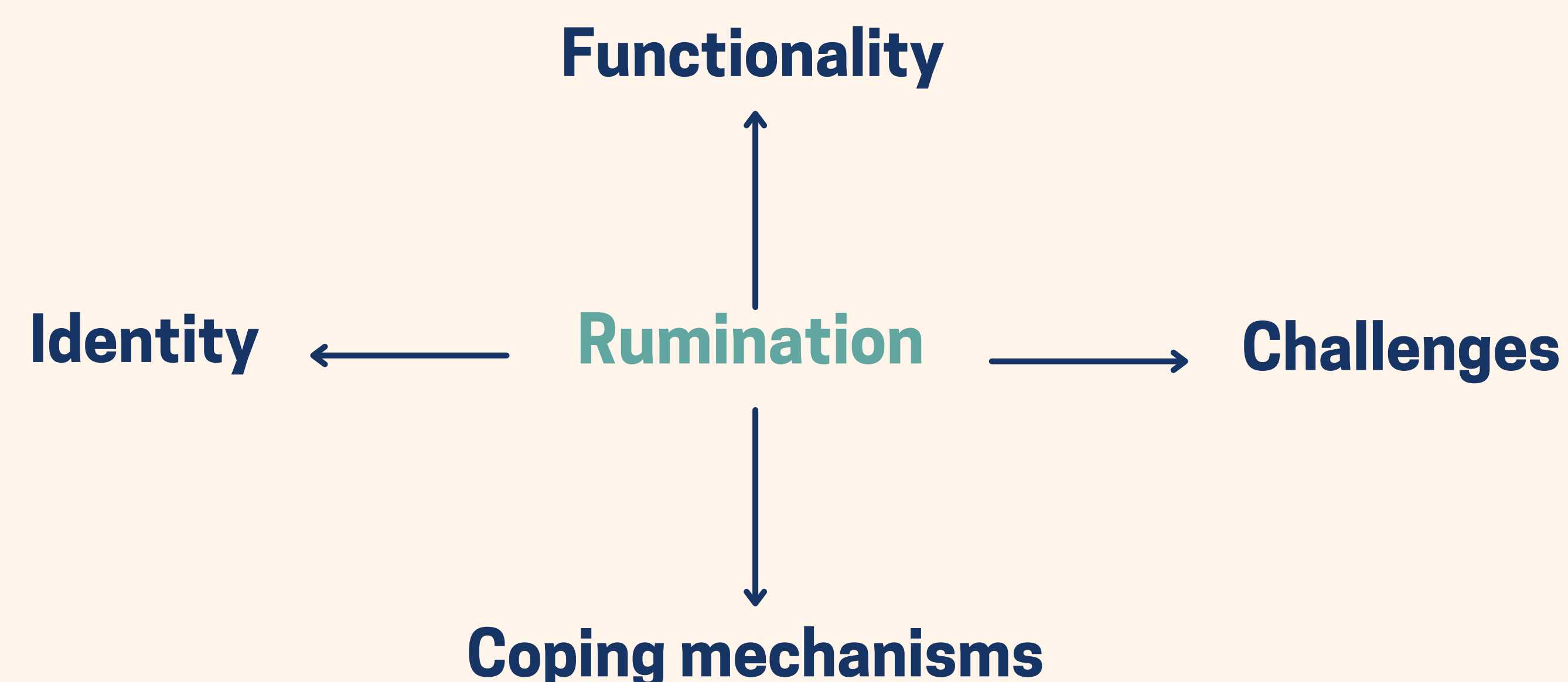
▪ Here, we will shed light on what rumination means to people experiencing it and how it affects people's cognition, emotions, and beliefs about themselves and the world.

▪ This knowledge will aid the development of novel, personalised treatments that boost the resilience of young ruminators to common mental health conditions.

## PROPOSED METHODS

▪ **Participants.**  $N = 25$ , 18 - 35 years, high levels of rumination<sup>8</sup>

▪ **Method.** Semi-structured interviews on four themes pertaining to rumination:



▪ **Analysis.** Thematic analysis

## PROPOSED OPEN RESEARCH PRACTICES

### Step One. Preregistration

On Open Science Framework<sup>9</sup>



### Step Three. Sharing the Codebook

Detailed description of the codebook development<sup>10</sup>



### Step Two. Open Data

Publishing interview transcripts in open repositories

### Step Four. Open Access Publication

In open access journals



## Challenges

- Composing a well developed plan.
- Disclosure of sensitive information:
  - mental health
  - religious or philosophical beliefs
  - identifiable data
  - racial or ethnic origin
- Obtaining informed consent for publishing transcripts.
- Protecting participants identity.

## Advantages

- Increased:
  - credibility
  - accountability
  - transparency
  - rigour
  - replicability
  - exposure
- Systematic starting point.
- Public access to findings.

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