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ADDENDUM 1

1.1: INTRODUCTORY NOTE ACCOMPANYING REQUEST FOR CONSENT  
FROM PARTICIPANTS

1.2: **LETTER REQUESTING CONSENT FROM PARTICIPANTS**



**JR BOTHA: Navorsing D.Phil; RAU: Dokument O2**  
**Begeleidende brief tot Etiese Komiteedokument, RAU**

Hierby aangeheg vind u die brief wat aan die etiese komitee van die Randse Afrikaanse Universiteit gerig is, en wat op my navorsing van toepassing is.

U is reeds mondeling ingelig waaroor die navorsing gaan, en u het vanaf u kant vrywillig ingestem om deel te wees van hierdie navorsing. Die titel van hierdie navorsing is:

***A PSYCHO-EDUCATIONAL PROGRAMME FOR THE UTILIZATION OF VISUAL ARTS IN THE FACILITATION OF STRESS MANAGEMENT IN YOUNG ADULTS.***

Dit is daarop gemik om by wyse van 'n program metodes te vind aan die hand waarvan jong volwassenes soos uself die visuele kunste sou kon gebruik as metode aan die hand waarvan stresvlakke bestuur kan word.

As eerste wegspringpunt word dus gekyk nie net na die huidige situasie en selfs ooglopende voorkoms van stres by u nie, maar word as feitelike gegewe gesteun op die realiteit dat u self voel dat u onder hoë en abnormale stres probeer funksioneer.

Die volgende vraelyste is 'n hulpmiddel waardeur sekere sake rondom u huidige stresvlakke tot woord gebring word, maar ten einde tot fasilitering oor te kan gaan, is dit nodig dat ons 'n paar onderhoude moet voer.

Die eerste onderhoud, waartoe hierdie brief 'n inleiding is, vra dus gewoon die volgende vraag:

***VERTEL MY VAN JOU STRES...***

RANDSE AFRIKAANSE UNIVERSITEIT

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DEPARTEMENT OPVOEDKUNDE

Geagte Mnr/Mev/Mej

TOESTEMMING DEUR DEELNEMERS

Ek, John Reinard Botha (identiteitsnommer 5004035057089) is 'n Doktorale student aan die Randse Afrikaanse Universiteit, Fakulteit Opvoedkunde en Verpleegkunde, Departement Opvoedkunde. As 'n voorwaarde tot en onderdeel ten opsigte van my studieprojek is ek betrokke met navorsing getiteld " 'n Visuele kunste psigo-opvoedkundige program vir die fasilitering van gesonde stressbestuur in jong volwassenes".

Hierdie navorsing geskied onder leiding van professor CPH Myburgh en professor Marie Poggenpoel.

Ten einde hierdie navorsing af te handel is dit noodsaaklik dat ek onderhoude moet voer wat tussen 'n halfuur en een uur lank mag wees. Hierdie onderhoude sal met oudiobande opgeneem word vir latere transkripsie, waarna dit vir verifikasie aan die studieleiers en 'n onafhanklike kodeerder voorgelê sal word. U word genooi om deel te neem aan hierdie navorsingsprojek.

Ek onderneem om deurlopend die navorsing die volgende etiese beginsels te gehoorsaam:


- Ingeligte instemming ten opsigte van deelnemers.
- Vrywillige deelname en vryheid om deel te neem of te onttrek sonder penalisasie.
- Gewaarborgde konfidensialiteit en anonimiteit.
- Nog u naam of die naam van die instansie waarvan u deel is sal gebruik word wanneer inligting met betrekking tot hierdie navorsing of die resultate van hierdie navorsing bespreek word.
- Oudio bandopnames wat met hierdie navorsing verband hou, sal uitgegee word sodra dit prakties doeltreffend geag word, en enige aantekeninge met betrekking tot die navorsing sal vernietig word na afloop van verwerkinge. Rou data sal konfidensieel behandel word en in veilige bewaring geberg word.
- 'n Samevatting van die navorsingsresultate sal op u versoek aan u beskikbaar gestel word.

Die direkte voordeel wat u uit hierdie navorsing mag verkry is gesetel in die feit dat u in die geleentheid geplaas word om u ervarings en emosionele response te verwoord. Hierdeur en aan die hand van begeleide navorsing word in die vooruitsig gestel dat u deur u deelname tot 'n meer geslaagde hantering van u stressvlakke gelei sal word.

Die navorsingsbevindinge soos gebaseer op u ervarings en response sal bydra tot die ontwikkeling van 'n visuele kunste psigo-opvoedkundige program vir die fasilitering van gesonde stressbestuur in jong volwassenes.

My kontaknommers is as volg: 018-2994090 (kantoor)  
018-2974444 (tuis)

Byvoorbaat dank

  
John R Botha BA(BK); MA (Kunsgeskiedenis); B.Ed.  
Navorsers

**ADDENDUM 2**

- 2.1: GENERALISED QUERY FORM TO ESTABLISH POSSIBLE CURRENT STRESS LEVELS**
- 2.2: QUESTIONNAIRE; ADAPTED BECK'S STRESS INVENTORY**



**JR BOTHA: Navorsing D.Phil: RAU  
Dokument 01**

**VERTROULIKE REGISTERVORM: PROFIEL VAN KANDIDATE VIR  
ONDERHOUDE:**

Naam:.....Van:.....Skuilnaam:.....

Adres:.....

.....

.....

Telefoonnommers:.....

Statistiese / biografiese gegewens

Geboortedatum: Dag:..... Maand: ..... Jaar: .....

Geslag: .....

Huislike omstandighede: (woon) 1 Saam met ouers:.....

2 Saam met een ouer:.....

3 (Ouer(s): Oorlede:.....

Geskei:.....

4 Broers:.....(slegs getal)

5 Susters:.....(slegs getal)

6 U geboorte-orde (oudste,jongste ens):.....

7 Religieuse verbintenis indien:.....

8 Status (getroud, verloof, sleep vas ens.).....

Enige ander gegewens wat u dink belangrik geag sou kon word ten opsigte van u profiel (bv. kroniese siektetoestande (uself of gesin), psigiese toestande (bv. ernstige depressie, uself of gesin), liggaamlike gebreke (bv ernstige sig-of gehoorprobleme), ernstige geestelike probleme, ens:

1.....

2.....

3.....

4.....

**Algemene tabel om huidige vlak van stres te peil.****'n Vriendelike versoek dat u die volgende tabel invul:**

	<b><i>Simptome/gedrag/houding</i></b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>01</b>	Gereelde episodes van hartseer, huilerigheid en/of trane					
<b>02</b>	Gevoelens van wanhoop of hopeloosheid					
<b>03</b>	Verhoogde geïrriteerdheid, woede of vyandigheid					
<b>04</b>	Volgehoue moegheid en/of verveeldheid					
<b>05</b>	Lae selfbeeld					
<b>06</b>	Skuldgevoelens					
<b>07</b>	Onvermoë om te konsentreer					
<b>08</b>	Akute sensitiwiteit tov verwerping of mislukking					
<b>09</b>	Gebrek aan belangstelling of genot in sake wat dit voorheen kon ontlok					
<b>10</b>	Sosiale isolasie en onttrekking					
<b>11</b>	Probleme met interpersoonlike verhoudings					
<b>12</b>	Fisiese kwale/siektetoestande wat met spanning verband hou (maag, hoofpyn ens)					
<b>13</b>	Klasse wat eensydig afgegee word					



<b>14</b>	Punte wat daal of aanduidend is van swak(ker) prestasie as gewoonlik					
<b>15</b>	Verlies van eetlus / konstante vraatsug					
<b>16</b>	Te min of te veel slaap/ onderbroke slaappatroon					
<b>17</b>	Alkohol of dwelmmisbruik					
<b>18</b>	Selfbesering of mutilasie (selfs buitensporige naelkou!)					
<b>19</b>	Herhalende gevoelens van selfbejammering / isolasie					
<b>20</b>	Bedink selfmoord					
	<b>TOTAAL</b>					

**Naam en van:**.....

**ADDENDUM 2.2 : ADAPTED BECK'S DEPRESSION INVENTORY:**

BECK, A.T. 2001. The Beck scales: an introduction.  
<http://mail.med.upenn.edu/~abeck/scales.html> (Accessed 26 October 2002).

**BECK SE DEPRESSIE INVENTARIS:**

**(Omkring die kategorieë wat u huidige gemoedstoestand ten beste omskryf. Let wel: ALLE kandidate, hetsy u aan hierdie navorsing deelneem al dan nie, sal met voldoende psigoterapeutiese hulp adviseer word niteenstaande enige ander resultate.)**

1. 0 Ek voel nie ongelukkig nie.  
 1 Ek voel ongelukkig.  
 2 Ek is altyd ongelukkig en kan dit nie ontkom nie.  
 3 Ek is so ongelukkig en droewig dat ek dit nie meer kan hanteer nie.
  
2. 0 Ek voel nie besonder ontmoedig oor die toekoms nie.  
 1 Ek voel ontmoedig oor die toekoms.  
 2 Ek voel ek het niks vorentoe om na uit te sien nie.  
 3 Ek voel totaal ontnugter deur die toekoms en voel dat daar geen verbetering gaan wees nie.
  
3. 0 Ek voel nie soos 'n mislukking nie.  
 1 Ek voel ek het meer misluk as die gemiddelde mens.  
 2 As ek terugkyk op my lewe, dan sien ek net 'n hele klomp mislukkings.  
 3 Ek voel dat ek as mens 'n totale mislukking is.
  
4. 0 Ek kry net soveel satisfaksie uit dinge as altyd.  
 1 Ek geniet nie dinge soos voorheen nie.  
 2 Ek kry deesdae selde werklike satisfaksie uit dinge.  
 3 Ek is verveeld en ontevrede met alles.
  
5. 0 Ek voel nie oor enigiets besonder skuldig nie.  
 1 Ek het gereeld skuldgevoelens.  
 2 Ek gaan meeste van die tyd gebuk onder skuldgevoelens.  
 3 Ek het al die tyd skuldgevoelens.
  
6. 0 Ek voel nie asof ek gestraf word nie.  
 1 Ek voel asof ek gestraf gaan word.  
 2 Ek verwag om gestraf te word.  
 3 Ek voel asof ek gestraf word.
  
7. 0 Ek voel nie teleurgesteld in myself nie.  
 1 Ek voel teleurgesteld in myself.  
 2 Ek voel walging in myself.  
 3 Ek haat myself.
  
8. 0 Ek voel nie asof ek slegter is as enigiemand anders nie.  
 1 Ek is krities op myself vir my swakhede of foute.  
 2 Ek blameer myself al die tyd vir my foute.  
 3 Ek blameer myself vir alle onaangename dinge wat gebeur.

9. 0 Ek koester geen selfmoordgedagtes nie.  
1 Ek kry idees van selfmoord, maar sal dit nooit uitvoer nie  
2 Ek sou graag wou selfmoord pleeg.  
3 Ek sal selfmoord pleeg as die geleentheid voordoen.
10. 0 Ek huil niks meer as gewoonlik nie.  
1 Ek huil meer as gewoonlik.  
2 Ek huil deesdae al die tyd.  
3 Ek was altyd daartoe in staat om te huil, maar nou kan ek nie meer huil nie al wil ek.
11. 0 Ek is niks meer geïrriteerd oor dinge as gewoonlik nie.  
1 Ek is meer geïrriteerd oor dinge as gewoonlik.  
2 Ek is heelwat van die tyd gegrief en geïrriteerd.  
3 Ek voel deesdae permanent geïrriteerd.
12. 0 Ek het nie belangstelling in ander mense verloor nie.  
1 Ek is minder geïnteresseerd in andere as voorheen.  
2 Ek het meeste van my belangstelling in andere verloor.  
3 Ek het al my belangstelling in andere verloor.
13. 0 Ek neem besluite so effektief soos voorheen.  
1 Ek stel meer uit om besluite te neem as voorheen.  
2 Ek het meer moeite as voorheen om besluite te neem.  
3 Ek kan glad nie meer besluite neem nie.
14. 0 Ek voel nie asof ek erger lyk as voorheen nie.  
1 Ek is bekommerd dat ek oud, afgemat of onaantreklik lyk.  
2 Ek voel daar is permanente veranderinge in my voorkoms wat my onaantreklik laat lyk.  
3 Ek glo dat ek onaantreklik lyk.
15. 0 Ek werk omtrent so effektief soos altyd.  
1 Dit neem ekstra moeite vir my om aan die gang te kom om sommige take verrig te kry.  
2 Ek moet myself baie hard druk om enigiets gedoen te kry.  
3 Ek kan geen werk gedoen kry nie.
16. 0 Ek kan so goed slaap as wat ek nog altyd gedoen het.  
1 Ek slaap minder goed as altyd.  
2 Ek word 1 to 2 uur vroeër as normaal wakker, en sukkel dan om weer aan die slaap te raak.  
3 Ek word verskeie ure vroeër as normaal wakker en kan dan dan glad nie weer slaap nie.
17. 0 Ek word nie eintlik meer as gewoonlik moeg nie.  
1 Ek word makliker moeg as voorheen.  
2 Ek raak vermoeid deur bykans alles wat ek aanpak.  
3 Ek is te moeg om enigiets te doen.

18. 0 My eetlus is niks erger as gewoonlik nie.  
 1 My eetlus is nie so goed as wat dit voorheen was nie.  
 2 My eetlus is baie erger tans.  
 3 Ek het deesdae geen eetlus nie.
19. 0 Ek het in afgelope maande min of geen gewigsverlies gehad nie.  
 1 Ek het meer as 2.2 kg. gewig verloor.  
 2 Ek het meer as 4.5 kg. gewig verloor.  
 3 Ek het meer as 6.8 kg. gewig verloor.
20. 0 Ek is niks meer bekommerd oor my gesondheid as gewoonlik nie.  
 1 Ek is bekommerd oor fisiese probleme; skete en kwale, diarree en/of hardlywigheid.  
 2 Ek is baie bekommerd oor fisiese probleme, en dis moeilik om aan enigiets anders te dink.  
 3 Ek is so bekommerd oor my fisiese probleme dat ek aan niks anders dink.
21. 0 Ek het geen noemenswaardige verskil in my seksualiteit opgemerk nie.  
 1 Ek is veel minder geïnteresserd in my seksualiteit as voorheen.  
 2 Ek is tans min gepla oor my seksualiteit.  
 3 Ek het totaal alle belangstelling verloor in my seksualiteit.
22. 0 Ek kry my akademiese werk en verpligtinge so goed voltooi soos altyd.  
 1 Ek sukkel meer as gewoonlik om my akademiese verpligtinge na te kom.  
 2 Ek sukkel die meeste van die tyd om my akademiese werk en verpligtinge betyds af te handel.  
 3 Ek kan glad nie meer my akademiese verpligtinge nakom nie, en my werk is nooit betyds klaar nie.
23. 0 Ek voel ek kry soveel ondersteuning vanaf my familie as altyd.  
 1 Ek voel ek kry minder ondersteuning vanaf my familie as voorheen.  
 2 Dit voel asof my familie my heelwat minder as voorheen ondersteun.  
 3 Ek voel asof my familie my glad nie enige ondersteuning gee nie.
24. 0 Ek voel ek kry soveel ondersteuning vanaf my vriende as altyd.  
 1 Ek voel ek kry minder ondersteuning vanaf my vriende as voorheen.  
 2 Dit voel asof my vriende my heelwat minder as voorheen ondersteun.  
 3 Ek voel asof my vriende my glad nie enige ondersteuning gee nie.
25. 0 Ek gaan basies voort soos altyd, sonder plaasvervangende ontsnappingsmeganismes.  
 1 Ek maak soms gebruik van plaasvervangende ontsnappingsmeganismes. (Kuier, drank, dwelms, rekenaar, ander:)  
 2 Ek maak baie gebruik van plaasvervangende ontsnappingsmeganismes. (Kuier, drank, dwelms, rekenaar, ander:)  
 3 Ek kan glad nie meer werk nie en maak deurlopend gebruik van plaasvervangende ontsnappingsmeganismes. (Kuier, drank, dwelms, rekenaar, ander:)

Ten opsigte van vraag 25: Lewer asseblief bondige kommentaar:.....

.....

## ADDENDUM 3

## CATALOGUE OF ART WORKS USED IN THIS PROGRAMME

Please note: All these works come from the slide collection of the University of the North-West, Potchefstroom Campus. The only method of identification other than the information given on each work, is the inventory number of the slide, for example, the first slide, *Woman in White*, has the inventory number RCX/PIC4401.

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