

Are you a Highly Sensitive Person?

Would you like to share your experience in a collaborative research study?

Highly sensitive persons (HSPs), that is those who have the trait of sensory processing sensitivity, are invited to participate in a collaborative research study to explore the lived experiences of HSPs. The data will be gathered in multiple formats including narrative interviews conducted via Zoom, reflective journaling, and the creation of artistic expressions. Participants will have the opportunity to provide feedback and share in the data analysis process. The research questions will focus on the experiences of HSPs in relation to self-awareness, self-care practices, and relational boundaries. Transformative experiences (past and present) in relation to how HSPs have come to accept the trait, integrate it into their lives, and find the benefits of it will also be investigated.

Previous research on HSPs has focused on gender differences between males and females without regard for those with diverse gender identities. This study seeks to give voice to non-binary, gender fluid, androgynous, and transgender people. People of all genders are invited to participate so that we can create a more comprehensive picture of the lived experiences of HSPs.

Participants must be at least 25 years of age, speak and read English fluently, and have access to a computer with internet. In addition, the Highly Sensitive Persons Scale will be used to screen participants for a minimum score. Participants who are currently being treated for or have been diagnosed with mental illness or substance use disorder will not be able to participate in this study. Participants' names and personal information will be kept confidential. Pseudonyms will be used in the representation of the data and no identifying information will be included in the presentation of artistic expressions. The risk to participants is minimal; however, if at any time participants wish to discontinue their participation they may do so with no penalty. Interviews will be designed to minimize environmental stimulation.

If you are interested in participating, please contact

Sabrina Rock at srock@ciis.edu