

‘What does it mean to be True to you?’

My name is Karen Brasher. I am currently carrying out a research project which is researching ‘Perceptions and experiences of Authenticity.’ I am looking to interview fathers of adolescent males (13-19 years of age).

What is the study about?

This study is examining how adolescent males and parents of adolescent males perceive and experience authenticity. Although there are many definitions of authenticity, for the purposes of this research the definition ‘being to be true to you’ will be used.

Why am I doing this research and why might you want to help?

My research stems from the fact that there is an increase in mental health issues and suicide rates in adolescent males and research suggests that being authentic / 'being true to oneself' is important to staying mentally well.

What do I have to do?

Take part in an interview which will last about an hour and will take place on-line.

Want to know more?

If you are interested please contact me on

Karen.Brasher@northampton.ac.uk and I will send you further details.

Thank you