



Ethics and Research Integrity Statement

Research Title

What Becomes Possible in a Woman's Second Spring?

Exploring the conditions for flourishing after menopause.

Researcher: Louise Tarrier

Independent Researcher

She Changes

Purpose

This research seeks to deepen understanding of women's experiences after menopause, with particular attention to the conditions that support flourishing, purpose, contribution and elderhood.

The research is exploratory, qualitative and interpretive. It is intended to contribute to public understanding through writing, workshops and a future book.

Ethical Principles

This research is guided by the following principles.

Respect for Persons

Every participant is recognised as the expert in her own lived experience.

Participants will never be treated as research subjects from whom information is extracted, but as collaborators whose insights contribute to a broader understanding of women's lives.

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Voluntary Participation

Participation is entirely voluntary.

Participants may:

- decline to answer any question
- pause the interview
- withdraw at any time before analysis begins
- request deletion of their interview before analysis commences

No financial inducement will be offered.

Informed Consent

Participants will receive:

- a Participant Information Sheet
- a Consent Form

before the interview begins.

Consent will be obtained prior to recording.

Confidentiality

Participants may choose whether they wish to:

- remain anonymous
- use a pseudonym
- be identified by name

All identifiable information will be securely stored.

Published material will only include identifying details where explicit permission has been granted.

Emotional Wellbeing

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The interviews explore personal life experiences.

While the research is not therapeutic, participants may experience emotional responses while reflecting on significant life events.

The researcher will:

- conduct interviews respectfully
- allow participants to pause or stop
- avoid pressuring participants to disclose anything they do not wish to discuss

Data Protection

Audio recordings, transcripts and consent forms will be securely stored using password-protected digital storage.

Personal identifying information will be stored separately from interview data.

Only the researcher will have access to identifiable material.

Data will not be shared with third parties without additional consent.

Data will be retained for five years following completion of the project before secure deletion.

Use of AI

Audio recordings may be transcribed using secure AI-assisted transcription software.

The researcher will review all transcripts for accuracy.

AI tools will not be used to independently analyse participants' experiences; interpretation and analysis remain the responsibility of the researcher.

Participants will be informed if AI-assisted transcription is used.



Research Integrity

The researcher is committed to:

- representing participants' experiences faithfully
- acknowledging multiple perspectives
- avoiding selective quotation that changes meaning
- distinguishing clearly between participant voices and researcher interpretation
- remaining open to findings that challenge the researcher's assumptions

The researcher recognises that she is herself a post-menopausal woman with a longstanding interest in women's transitions, elderhood and flourishing.

Rather than attempting to eliminate this perspective, the researcher will maintain an ongoing reflexive journal throughout the project to examine how personal experience, assumptions and interpretation may influence the research process.

This reflective practice forms an integral part of the research methodology.

Dissemination

The findings may contribute to:

- essays
- public talks
- workshops
- articles
- books
- educational materials

Direct quotations may be used only with the participant's consent and according to their chosen level of anonymity.

Research Values

This project is grounded in the belief that women's lived experience is a valuable source of knowledge.

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The intention is not to define a single narrative of post-menopausal life but to explore the diversity of women's experiences and the conditions that enable flourishing.

The research is conducted in a spirit of curiosity, respect and collaboration.

Researcher Declaration

I undertake to conduct this research with integrity, humility and respect for every participant who chooses to share her story.

I recognise that each interview is a gift of trust and experience, and I will steward it with care.

A handwritten signature in black ink that reads 'Louise N'.

Louise Marlena Tarrier