

## AI Declaration:

I acknowledge the use of [1] ChatGPT (<https://chat.openai.com/>) [2] to refine the academic language and accuracy of my own work and [3] to create a digital image.

- On 7<sup>th</sup> January 2026 I asked chat GPT to use O’Leary’s (2010) action research spiral image with my own wordings to create a new image [4].
- On 22 January 2026 I submitted some of the written work (Research question, rationale and project findings), of my blogs with the instruction to [5] “Synthesize and help make more concise, including grammatical structures, punctuation and vocabulary”.
- The output was then modified further to better represent my own tone and style of writing [6].
- On 23rd January I also asked ChatGPT to “put in alphabetical order and correct inaccuracies” my bibliography [7].
- On 22<sup>nd</sup> January I asked Chat GPT to “put this weblink into a harvard reference” [8] for 1 of my bibliographical references (**Braun, V. and Clarke, V. (no date)** *Understanding TA | Thematic Analysis*. Available at: <https://www.thematicanalysis.net/understanding-ta/> (Last Accessed: 22 January 2026).

Signed: Catherine Busk  
23.01.2026