



Participant Information Leaflet for Students Participating in the Module 'Understanding Wellbeing' through Warwick Award Reflections

Study Title: Warwick Open Access 'Understanding Wellbeing' Module Evaluation

Investigator(s): Elena Riva, (IATL), Wiki Jelinska (IDG), Tania Maria Villanueva Cabello

Introduction

You are invited to take part in a research study. Before you decide, you need to understand why the research is being done and what it would involve for you. Please take the time to read the following information carefully. Talk to others about the study if you wish.

Please ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Who is organising and funding the study?

The study is organised by the creators of the IATL Warwick Open Access Moodle Module 'Understanding Wellbeing', which it has been funded by Warwick Innovation Fund

What is the study about?

This project aims to evaluate the impact of the newly created IATL online module 'Understanding Wellbeing', open access for all Warwick students.

Given its online nature, this module (that will be available from the Autumn Term of the Academic Year 2021/2022) will significantly contribute to the wider embedment of wellbeing learning interventions into the University of Warwick's Teaching and Learning (T&L) environment and culture, creating an opportunity for promoting students' wellbeing to a high number of participants.

A previous project, ['Improving Students Wellbeing in the Teaching and Learning environment'](#) that was generously supported by the Warwick Innovation Fund, highlighted the prominent relationship between students' wellbeing and the teaching and learning environment at Warwick. It has also risen awareness of the need to embed wellbeing pedagogic interventions within academic teaching and learning. As part of this initial project, the IATL UG module 'Understanding Wellbeing Theory and Practice' (open to all students cross-faculty from the academic year 2018/2019) was developed.

This successful in-classroom module constituted the starting point for designing its online version, 'Understanding Wellbeing'. The principal aim of proposed online module is to facilitate the participants' exploration of wellbeing from a range of different disciplines, and to enable them to critically evaluate the relevance of an interdisciplinary, personal and practice-based approach to wellbeing. Evidence from the evaluation of the face-to-face module showed that this learning intervention produced a range of positive personal development outcomes for students, alongside the achievement of the academic learning outcomes. In fact, quantitative results of research into the experiences of students who took part in the-classroom module

indicate that this module led to statistically significant improvements in the wellbeing of students who undertook the module in comparison to a control group of students who did not take the module. Qualitative data strongly confirmed these observations. The IATL online module, hosted on Moodle and generated by the in-classroom module, will be available (not for credit) to all Warwick students and all Departments and Services will be able to utilise it as pedagogic response to the growing need of embedding effective wellbeing literacy. This study will allow us to understand if this online module helps to respond to the need of further embedding wellbeing learning opportunities in Higher Education and to evaluate the impact of the module on students' wellbeing.

What would taking part involve?

You are invited to participate in this study because you are enrolled in the online module 'Understanding Wellbeing', which is not for CATS. To evaluate the impact of the module, we will use a mixed methods approach by collecting quantitative data through a questionnaire hosted on Qualtrics XM, and qualitative data through focus group sessions, the Qualtrics questionnaire, and by collecting student self-reflections on the UW online module as part of the Warwick Award activity.

When you access the Warwick Award platform (Gradintelligence) to complete the self-reflective writing activities activated after you complete your module levels (bronze, silver and gold), you will be invited in the submission section, before answering the reflection questions, to participate in the evaluation study by providing your self-reflection as qualitative data. This invitation will include a link to the participant information leaflet and consent form (hosted in Qualtrics XM), allowing you to learn more about the study and provide your consent electronically for your written reflection.

Once you have signed the consent form and completed the self-reflection activity as part of the Warwick Award, the research team will receive your consent form and access your written responses to the three reflection questions for use in the study. Your responses will be anonymised if necessary, including the removal of your name or the name of any person or place from the reflection. Only researchers will be permitted to search for reflections where consent has been granted, and once a reflection is identified as eligible for the study, only the anonymised reflections will be collected; no personal data will be collected. These reflections will then be pooled with others. After this point, it will not be possible to withdraw the data, as it will be anonymised and cannot be identified.

After this, you will return to the Warwick Award activity to complete your self-reflection and obtain your Core Skills and Warwick Award certificates.

Choosing not to provide access to your reflections will not affect your access to the self-reflection activity or your Warwick Award certificates.

The collected data will provide perspectives on the impact of wellbeing skills from the Warwick Award self-reflection. This will help us improve the module evaluation and, consequently, the Understanding Wellbeing online module.

Please refer to the question "Will my taking part be kept confidential?" for further information on how we will make sure that your participation in all these activities will be kept confidential.

Do I have to take part?

No. Participation in this study is completely voluntary and choosing not to take part will not affect you in any way. You can also choose to withdraw your participation without giving a

reason. Further details about withdrawing from the study are provided later on in this document.

What are the possible benefits of taking part in this study?

The reflective evaluation of the module will be a formative opportunity to deepen your personal experience of the module, its themes, and related activities. By sharing your skills reflection, you will also demonstrate the skills acquired through after completing the levels of the module.

If the evaluation of this innovative, interdisciplinary online module is successful, it would corroborate our thesis about the effectiveness of the introduction in the curriculum and co-curriculum of this type of pedagogic interventions and teaching and learning experiences for promoting positive students' wellbeing. This will be reported to the wider University, and it will constitute an additional supporting piece for embedding wellbeing interventions in the curriculum.

What are the possible disadvantages, side effects or risks, of taking part in this study?

We do not anticipate that you will experience any harm, risk, or disadvantage as a result of providing your anonymous reflections. However, you are reminded that you may seek support at any time during their participation in this study through the [Warwick Wellbeing Services](#).

Expenses and payments

There are no expenses or payments for participating in the study to evaluate online resources.

Will my taking part be kept confidential?

Your name will be used only to track your self-reflection; no identifiable personal names will be included in the qualitative data analysis or in the writing of research reports and papers.

Identifiable data will be collected for the consent form, but this information will be used solely to confirm that consent has been obtained and will not be used for any other purpose related to the study.

Anonymised data from the Qualtrics survey and self-reflections (Warwick Award) will be retained for 10 years in accordance with University of Warwick policy. All data that are no longer required will be permanently deleted from the server.

Data may also be used for future research, including impact activities, following review and approval by an independent Research Ethics Committee and subject to your consent at the outset of this research project.

Data derived from the online Qualtrics questionnaire, focus group sessions, and self-reflections (Warwick Award) will be stored on encrypted and secure Warwick drives. Access to files on Warwick M drives will be granted only to the researchers.

What will happen to the data collected about me?

As a publicly-funded organisation, the University of Warwick have to ensure that it is in the public interest when we use personally-identifiable information from people who have agreed to take part in research. This means that when you agree to take part in a research study,

such as this, we will use your data in the ways needed to conduct and analyse the research study.

We will be using information from you in order to undertake this study and will act as the data controller for this study. We are committed to protecting the rights of individuals in line with data protection legislation. The University of Warwick will keep information about you for 10 years after the study has finished.

Identifiable data will be collected for the consent form, but this information will be used solely to confirm that consent has been obtained and will not be used for any other purpose related to the study. Any data obtained from the three self-reflections questions will be anonymised if necessary. Once the research team has accessed and anonymised the responses and included them in the analysis, it will not be possible to withdraw this data, as your individual responses cannot be identified.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. The University of Warwick has in place policies and procedures to keep your data safe.

This data may also be used for future research, including impact activities following review and approval by an independent Research Ethics Committee and subject to your consent at the outset of this research project.

For further information, please refer to the University of Warwick Research Privacy Notice which is available here: <https://warwick.ac.uk/services/idc/dataprotection/privacynotices/researchprivacynotice> or by contacting the Legal and Compliance Team at GDPR@warwick.ac.uk.

What will happen if I don't want to carry on being part of the study?

Your participation is entirely voluntary, and a decision to withdraw participation from the study without giving a reason, will not affect you in any way. You can withdraw at any point while completing the three questions of the self-reflection without repercussions and without giving any explanation to the researchers. As we are not storing any identifiable data, this means that once your responses have been submitted to the research team, it will not be possible to withdraw this data as your individual responses cannot be identified.

What will happen to the results of the study?

The results of this study will be published in peer-reviewed academic journals.

Who has reviewed the study?

This study has been reviewed and given favourable opinion by the University of Warwick's Humanities and Social Science Research Ethics Committee (HSSREC).

Who should I contact if I want further information?

If you would like further information or if you have any questions, please email Dr Elena Riva (e.riva@warwick.ac.uk).

Who should I contact if I wish to make a complaint?

Any complaint about the way you have been dealt with during the study or any possible harm you might have suffered will be addressed. Please address your complaint to the person below, who is a senior University of Warwick official entirely independent of this study:

Head of Research Governance

Research & Impact Services

University House

University of Warwick

Coventry

CV4 8UW

Email: researchgovernance@warwick.ac.uk

Tel: 02476 575733

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter: DPO@warwick.ac.uk.

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO).

Thank you for taking the time to read this Participant Information Leaflet