

PARTICIPANT INFORMATION SHEET

version II, 02/11/17

Study Title: 'Understanding Wellbeing Theory and Practice' module's evaluation

Investigator(s): Elena Riva, (IATL), Sarah Aswhorth (Mental Health and Wellbeing Services), Prof Sarah Stewart-Brown (WMS), Sally Tissington (CLL), Dean Howes (CLL), Jonathan Heron (IATL), Jina Tanton (Warwick Sport), Nattavudh Powdthavee (WBS)

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.

(Part 1 tells you the purpose of the study and what will happen to you if you take part. Part 2 gives you more detailed information about the conduct of the study)

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.

PART

What is the study about?

The aim of this project is to understand if the participation in the IATL module 'Understanding Wellbeing Theory and Practice' has a positive impact on students, in particular in relation to the perception of their own wellbeing.

We aim to achieve this collecting their perceptions via reflective written pieces and via the data gathered through the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) test. We will also run focus groups and interviews for understanding how the course has been received by the students.

If the evaluation of this innovative, interdisciplinary module is successful, it would corroborate our thesis about the effectiveness of the introduction in the curriculum of this type of pedagogic interventions and teaching and learning experiences for promoting positive students' wellbeing.

Do I have to take part?

It is entirely up to you to decide. We will describe the study and go through this information sheet, which we will give you to keep. If you choose to participate, we will ask you to sign a consent form to confirm that you have agreed to take part. You will be free to withdraw at any time, without giving a reason and this will not affect you or your circumstances in any way.

What will happen to me if I take part?

As student enrolled on this module, you will be invited to complete the online Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) test at the beginning and at the end of the module. These WEMWBS tests will provide you with information regarding your wellbeing profile and they will allow you to positively assess your wellbeing.

If you will need some support in debriefing these results or if you would like to discuss these results, you will be able to arrange a meeting with Sarah. You will be able to arrange these meeting on voluntary basis.

Elena will also organise focus group interviews and individual face-to-face interviews during week 6 and week 10 for capturing your perceptions and your experiences of this module. If

you prefer it, you will be given the possibility to provide your comments through an online form. You will be able to participate to these interviews only if you wish to do so.

In addition to it and throughout the module, you will be invited to produce reflective written pieces (e.g. blogs, reflective journals, etc.) in order to capture your ongoing reflection on the module and your wellbeing experience. Again, you will participate to this activity only if you wish to do so.

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

Some participants may become unsettled during the focus groups and/or interviews from sharing their own or listening to someone else's experiences. Therefore, we will remind you at the beginning of the focus groups and/or interviews that you will be free to withdraw at any time, without giving a reason and this will not affect you or your circumstances in any way.

We will also remind that if you become unsettled at any time during the undertaking of the t WEMWBS tests or at any point during the activities of the module and would like to seek support, you can privately approach Sarah and/or other project's partners at any time via email or arrange a private meeting.

Sarah and/or the project's partners will ensure that support is available to you in the best possible way (i.e. suggestion to withdraw from the research study/the focus group/interview and/or pastoral support and/or invitation to refer to Counselling and/or Mental Health and Wellbeing services according to University guidance).

More details about the process for ensuring confidentiality are described in Part 2.

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

The reflective evaluation of the module will be a formative opportunity that will deepen your personal experience of the module, its themes and related activities.

If the evaluation of this innovative, interdisciplinary module is successful, it would corroborate our thesis about the effectiveness of the introduction in the 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 pedagogic interventions in the curriculum.

Expenses and payments

You will not incur in any expense.

What will happen when the study ends?

The results of this module's evaluation will be analysed and constitute material for reports, events, research articles. At the end of our study, your data will be securely stored. Your electronic data will be stored on secure Warwick servers, and any hard copy data securely stored on campus (e.g. locked filing cabinet in Elena/IATL's office), for 10 years in line with University of Warwick policy.

Will my taking part be kept confidential?

Yes. We will follow strict ethical and legal practice and all information about you will be handled in confidence. Further details are included in Part 2.

What if there is a problem?

Any complaint about the way you have been dealt with during the study or any possible harm that you might suffer will be addressed. Detailed information is given in

Part 2.

This concludes Part 1.

If the information in Part 1 has interested you and you are considering participation, please read the additional information in Part 2 before making any decision.

PART 2

Who is organising and funding the study?

Elena Riva (IATL) and Sarah Ashworth, co-convenors of the module.

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

Participation in this study is entirely voluntary. Refusal to participate will not affect you in any way. If you decide to take part in the study, you will need to sign a consent form, which states that you have given your consent to participate.

If you agree to participate, you may nevertheless withdraw from the study at any time without affecting you in any way and without explain your reason.

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: 024 76 522746

Will my taking part be kept confidential?

No identifiable person names will be used in the transcriptions and writing of the research reports and papers.

The first time students will access the online wellbeing WEMWBS test, they will be randomly allocated a student research number that will be different from their student number. The number will appear on the screen and subsequently emailed to them. This number will identify them throughout the research project.

The only person that will access information that link the student number/student name to the student research number will be Sarah Asworth (Head of Mental Health and Wellbeing Services and module convenor), and it will only happen in case the student will request a meeting with one of them for debriefing the information obtained as results of the WEMWBS tests. In such case, the same confidentiality framework applied for MH and W services/ Counselling services will be applied.

If a student will take part to focus groups/interview, at the beginning of such activity, the researcher will rename each participant with their research student number (participant 1, 2, 3 etc. - each participant will receive a piece of paper with their number that they will clearly display in front of themselves). We will clearly ask participant at the beginning to refer to

each other utilising the numbers. If by mistake a participant will refer to another participant utilising their names or making any reference that could lead to participant's identification, we will omit any of these information in the transcription.

During the interviews, the interviewer will never name the participant but they will refer to them via the student research number. If by mistake the interviewer will refer to the participant utilising their name or if the participant or the interviewer will make any reference that could lead to the participant's identification, we will omit any of these information in the transcription.

What will happen to the results of the study?

The module will be evaluated through the collection and analysis of quantitative and qualitative data. This will allow us to evaluate the individual and broader impacts of the module from student perspectives. Results will be disseminated through reports, publications, events and seminars at Warwick as well as through active participation in relevant national and international conferences.

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): **Insert your HSSREC reference number here (given to you when your study is approved) and include the date on your approval letter from HSSREC.**

What if I want more information about the study?

If you have any questions about any aspect of the study, or your participation in it, not answered by this participant information sheet, please contact:

Dr Elena Riva E.Riva@warwick.ac.uk

Thank you for taking the time to read this Participant Information Sheet.