An investigation into the prevalence and nature of wellbeing for PGR students

Participant Information Sheet (PIS)

This PIS should be read in conjunction with The University privacy notice.

This project has been approved by the University of Manchester's Research Ethics Committee.

[Reference number: 2018-5203-7923]

Please read this information sheet carefully before deciding whether you would like to take part in this research project at this time. Participation is voluntary – it is up to you whether you take part. If you have any questions, please contact the lead researchers directly;

Principal investigator: Dr Sarah Peters - Sarah.Peters@manchester.ac.uk
Research Assistant: Rebecca Crook - Rebecca.Crook@manchester.ac.uk

Division of Psychology and Mental Health, Faculty of Biology, Medicine and Health, University of Manchester, Room 1.25, Coupland 1 Building, Coupland Street, Manchester, M13 9PL

Dr Peters is not a clinician and is unable to provide further support and advice around managing mental health at university. If you are looking for information, support or advice, please consult the student support team at the university or the Student Mental Health Forum at: http://www.smhf.manchester.ac.uk/uom/counselling/.

Who will conduct the research?

- Dr Sarah Peters – Senior Lecturer in the Division of Psychology and Mental Health at the University of Manchester
- Dr Patricia Gooding – Senior Lecturer in the Division of Psychology and Mental Health at the University of Manchester
- Dr Doron Cohen – Lecturer in the Division of Psychology and Mental Health at the University of Manchester
- Rebecca Crook – Research Assistant in the Division of Psychology and Mental Health at the University of Manchester

The research is part of a larger project that is funded by The Office for Students and in collaboration with Research England.

What is the purpose of the research?

The purpose of this study is to identify the prevalence of wellbeing amongst PGRs at the University of Manchester, to understand what factors might contribute to this, to explore what factors predict/prevent help-seeking, and to use this information to develop strategic and sustainable cultural change regarding wellbeing and mental health provision for the University’s large and diverse PGR population.
Why have I been invited to take part?

We are inviting all current PGRs at the University of Manchester to take part.

Do I have to take part?

Participation is voluntary. You do not have to take part. You should read this information sheet and if you have any questions, please email the lead researchers - Sarah.Peters@manchester.ac.uk or Rebecca.Crook@manchester.ac.uk.

What would I be asked to do if I took part?

If you choose to take part in the study you will be asked to complete an online questionnaire relating to your experience as a postgraduate researcher, particularly focusing on your wellbeing and mental health, specifically about your wellbeing, resilience, and coping strategies. This will take approximately 20 minutes to complete.

This is a three part study. You are being invited to complete the Time 1 questionnaire now. We will ask you to complete the Time 2 questionnaire in six months’ time, and the Time 3 questionnaire in nine months’ time. To enable us to do this, at the beginning of the survey we will ask you to provide your preferred email address. Unless you express otherwise, your email address will only be used to contact you to invite you to take part in the second and third stages of the study, and to provide information about wellbeing services when you complete or exit the questionnaire.

What happens if I do not want to take part or if I change my mind?

It is up to you to decide whether or not to take part. If you do decide to take part you will be asked to tick a box indicating that you consent to take part in the study. If you decide to take part you are still free to withdraw at any time without giving a reason and without detriment to yourself. However, it will not be possible to remove your data from the project once analysis has begun. This does not affect your data protection rights. If you would like to withdraw your data from the study, you can do this up to one week after you have completed the survey, after which the data will be anonymised; please email the lead researchers if you wish to withdraw your data during this time.

What are the possible risks of taking part?

There are no risks envisaged with you taking part in this study; however, when completing the questionnaire you will be asked to reflect on your wellbeing and mental health. Support services will be signposted at the beginning and end of the questionnaire in case you wish to contact anyone about any issues that arise whilst completing the questionnaire.

What are the possible benefits of taking part?

Findings will be used to develop strategic and sustainable cultural change regarding wellbeing and mental health provision for the University’s large and diverse PGR population. All respondents who complete the questionnaire will be invited to enter a prize draw to win one of five Amazon vouchers.
What will happen to my personal information?

In order to undertake the research project we will need to collect the following personal information/data about you:

- Your preferred email address

**Only the research team will have access to this information.**

We are collecting and storing this personal information in accordance with the General Data Protection Regulation (GDPR) and Data Protection Act 2018 which legislate to protect your personal information. The legal basis upon which we are using your personal information is “public interest task” and “for research purposes” if sensitive information is collected. For more information about the way we process your personal information and comply with data protection law please see our [Privacy Notice for Research Participants](https://www.manchester.ac.uk/discover/privacy-information/).

For more information please visit the university’s Privacy and information governance page at: [https://www.manchester.ac.uk/discover/privacy-information/](https://www.manchester.ac.uk/discover/privacy-information/).

Will my participation in the study be confidential?

Your participation in the study will be kept confidential to the study team and those with access to your personal information as listed above.

Any identifiable information will only be available to the research team and on password protected computers. Once your response data has been taken from the online questionnaire, you will be assigned a participant ID number known only to the research team, and any identifiable information will be kept in a separate document to your questionnaire responses. **Under no circumstances will your response information be used for any other purpose than the described research** (e.g. decisions about PGR progression or complaints).

Will my data be used for future research?

At the end of the questionnaire you will be asked if you are happy for your preferred email address to be saved so that you can be contacted to participate in any future research around postgraduate wellbeing and mental health, this is optional and you are able to opt-out of this by simply selecting ‘no’.

What is the duration of the research?

Expected total duration of your participation in this research study is 9 months; 3 questionnaire completions at 0 months, 6 months, and 9 months. Each questionnaire will take approximately 20 minutes and you can exit at any point.
What will happen to the results of the study?

Findings from this research study might be published in peer reviewed academic journals, reported to internal and external colleagues, and presented in conference presentations.

Who has reviewed the research project?

This project has been reviewed by the University of Manchester Research Ethics Committee 5.

What if I want to make a complaint?

**Minor complaints**

If you have a minor complaint then you need to contact the researcher(s) in the first instance.

- **Sarah Peters (Principal Investigator) at:**
  - email: Sarah.Peters@manchester.ac.uk
  - tel: +44 (0)161 275 2558

- **Rebecca Crook (Research Assistant) at:**
  - email: Rebecca.Crook@manchester.ac.uk

**Formal complaints**

If you wish to make a formal complaint or if you are not satisfied with the response you have gained from the researchers in the first instance then please contact

The Research Governance and Integrity Manager, Research Office, Christie Building, University of Manchester, Oxford Road, Manchester, M13 9PL, by emailing: research.complaints@manchester.ac.uk or by telephoning 0161 275 2674.

What do I do now?

Please take as much time as you need to consider your participation in this study and return to this page when you have considered the information above and are happy to participate.

If you would like to participate in the study, please follow the link provided that will take you to the questionnaire.

If you have any queries about the study then please contact the researcher(s)-

- **Sarah Peters (Principal Investigator) at:**
  - email: Sarah.Peters@manchester.ac.uk
  - tel: +44 (0)161 275 2558

- **Rebecca Crook (Research Assistant) at:**
  - email: Rebecca.Crook@manchester.ac.uk