



To appear at the beginning of the Electronic Survey

Date: _____

LETTER OF INFORMATION (LOI)

Flourish Student Mental Health Research:

Pathways to mental health and academic outcomes in undergraduate university students

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Background and purpose of the study

You are invited to participate in a study that seeks to understand why some first year students flourish and others do not in regard to their mental health and academic outcomes. This study is supported by a grant from the Canadian Institutes for Health Research and has been reviewed for ethical compliance by the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board

What will happen in the study?

In this survey study, participants are asked questions about their background, family relationships, past emotional experiences, lifestyle (such as physical activity, substance use), physical and mental health, and academic outcomes. There may be some questions that are upsetting to you and you can skip these if you wish. At the end of the survey there is a list of campus resources that you might find helpful should you need emotional and/or academic support.

This study is voluntary. If you decide not to participate this will not impact your academic standing in any way. If you decide to take part, you will be asked to complete the survey by clicking on the link below. A follow-up survey will be sent by an email link in March. Each survey is expected to take about 10 minutes to complete – but there is no time limit and you can take as much time as you like. Because the aim of this study is to understand the association between past and present health, lifestyle, and academic outcomes, your survey responses will be linked to specific academic data such as your course grades.

Are there any risks to doing this study?

Some of the questions that we ask may cause upset or bring up painful memories. If you experience any distress from participating in this study you may stop the survey at any time or skip any upsetting questions. If your distress continues after leaving the survey we have provided a list of supportive services on campus that can be helpful and that you might consider contacting. There is also a 24-hour Crisis Line available at 613-544-4229.

Are there any benefits to doing this study?

We do not expect participants to directly benefit from the study. However, we hope that the findings will help us better understand the health needs of university students and what personal and lifestyle factors



are associated with academic success. Ultimately this information will help us to improve resources and services for students.

Payment or reimbursement:

Participants who complete the first survey will have \$5.00 added to their university meal card and students who complete both of the surveys are eligible to enter a draw to win one of 10 iPads. Participants will be drawn randomly and a notification sent to you via your Queen's student email.

Confidentiality and use of research data:

Please be assured that your survey answers and linked academic data are strictly confidential. No individual's answers will be identified in any report or made available in anyway to the extent permitted by applicable laws. Qualtrics survey responses are SSL encrypted and access to Qualtrics survey accounts by authorized university personnel are SSO/password protected. The survey response records will be linked to academic data through student email addresses. Academic outcome data linked in this study will include for example course grades, overall grade percentage, rate of failed courses, and any instance of academic probation or suspension.

Reports of this study will use group data and will not discuss individual information. Study data will be assigned a unique identifier so that individuals cannot be identified in any analysis. We may collaborate with other researchers at other institutions to analyze the de-identified data. Encrypted password protected datafiles will stored on password-protected computers at Queen's University. Only the research team will have access to the research data. Data will be stored in a secure repository for a minimum of 5 years after the close of the study.

What if I change my mind about being in the study?

Participation is voluntary and you are free to withdraw at any time. If you have completed the first survey you can email or call the investigators and ask to be withdrawn from the study. In cases of withdrawal, no new data will be collected or linked to other data from that point on. If you do not want to answer some of the questions you do not have to, but you can still be in the study. Your decision whether or not to be part of the study will not affect your academic standing or your access to university support services.

How do I find out what was learned in this study?

This study is expected to be completed by approximately April 2020. If you would like a brief summary of the results, please write to us by email to request information. We will also share key findings from the study in peer reviewed journals and through the Queen's Journal and social media.

Questions about the study

Any questions about study participation may be directed to the investigators and their research team at the email: flourish@queensu.ca. Alternatively you could contact the lead investigators Dr. Christopher Bowie at 613-533-6000 x78478 or Dr. Anne Duffy at 613-533-2508 directly. If you have any concerns about your rights as a research participant please contact - Dr. Albert Clark, Chair of the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board at 1-844-535-2988.

We want to thank you for considering to take part in this research study. The responses you and other first year students provide will identify areas where we can improve services and resources to better help students flourish.