



Letter of Information

Study Title: U-Flourish Student Well-Being and Academic Success Research

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Background and purpose of the study

You are invited to participate in a study to understand **what helps students flourish in regard to their mental health and academic outcomes**. We also want to identify **barriers and gaps students experience if they access mental health care**. This study is funded by the Canadian Institutes for Health Research and has been reviewed for ethical compliance by Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board (HSREB).

What will happen in the study?

Your participation in 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 fall study survey by clicking on the link below. The survey asks about your background, past emotional experiences, lifestyle, physical and mental health, and school experience. There will also be questions about the impact of the COVID-19 pandemic on your wellbeing and academic life. 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.

A brief follow-up survey asking about your well-being, academic experience and barriers to care will be sent by an email link in March. Each survey is expected to take less than 10 minutes to complete – but there is no time limit and you can take as much time as you like.

To understand the association between health, lifestyle, and academic outcomes, your survey responses will be linked via your student email to university administrative (e.g. program of study) and academic data (e.g. course grades) for each year of undergraduate study. As we are funded to collect survey data through the next two years, we will reach out to you again in the spring of 2022. You do not have to agree to complete subsequent surveys if you do not wish.

Your survey responses will also be linked to administrative data from your electronic medical record (EMR) at student health services via your student number. This will allow us to evaluate the transition to mental health care for students in the study who try to access mental health care. Extracted data will be strictly limited to routinely collected health administrative data needed to estimate wait times and pathways to and through mental health related appointments (e.g. time to see family doctor, counsellor or mental health consultant). The research team will not extract any personal health data such as diagnoses or treatment.

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 factors are associated with academic success. This information will help us to improve resources and services to support students.

Payment or reimbursement:

At the completion of each survey (fall and spring), students may opt to enter a draw for iPads (10 available for undergraduate students who complete the survey).

Confidentiality and use of research data:

Please be assured that your survey answers and linked data are strictly confidential. No individuals 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 administrative academic and health data through student email addresses. Academic outcome data linked in this study will include 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 de-identified data. Encrypted password protected data files will be stored on password-protected computer. Only the research team will have access to the research data. However, the HSREB may require access to study records to monitor the ethical conduct of the research. Data will be stored in a secure repository for a minimum of 5 years after study close.

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

Your 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 supports.

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

This study is expected to complete by approximately April 2024. If you would like a brief summary of the results, please write to us by email to request information. We will share findings in manuscripts and through the Queen's Journal, social media and our website:
<https://www.queensu.ca/studentwellness/health-promotion/u-flourish-student-health-project>.

Questions about the study?

Any questions about study participation may be directed to the investigators and their research team through the study email: flourish@queensu.ca. Alternatively, you could contact the lead investigator 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 HSREB at 1-844-535-2988 (toll free in North America) or email clarkaf@queensu.ca.

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