



Letter of Information

Study Title: **University student mental health and well-being research:
From evidence to action**
Mental health literacy online course: The science of well-being, mental health and resiliency (IDIS199)

Principal Investigator: Dr. Anne Duffy
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Background and purpose of the study

You are invited to participate in a study examining the *acceptability and effectiveness an online mental health literacy course called The science of well-being, mental health and resiliency in supporting student well-being and mental health through improved knowledge and positive behavioural change*. This study is funded by a grant from the Mach-Gaensslen Foundation and has been reviewed for ethical compliance by Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board (HSREB) (PSIY-692-20).

What will happen in the study?

Your participation in this study is voluntary. If you decide not to participate this will not impact your course standing in anyway. If you decide to take part, you will be asked to complete electronic surveys prior to starting and immediately after completing the course, as well as an optional follow-up survey eight weeks later. The electronic survey includes questions about your demographic information (i.e. age, gender, domestic or international student status), mental health knowledge, level of stress, mental health and well-being, and lifestyle (i.e. sleep, substance use). The survey immediately after the course will also include questions about your experience with and perceptions of course content. The surveys should take approximately 10 minutes to complete, but there is no time limit and you can take as long as you like.

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 that can be helpful and that you might consider contacting. You can find this list at the end of each survey and on the Queen's Student Wellness Services website (<https://www.queensu.ca/studentwellness/resources>). We have also followed all regulations in terms of safeguarding your data (see Confidentiality and Research Data section below).

Are there any benefits to doing this study?

Participants who complete the two electronic surveys before and immediately following completion of the course will be awarded an additional 2% to their final course grade up to a maximum grade of 100%. If you want to earn the additional 2% but not participate in the research, you can opt to complete a supplementary assignment, which takes equivalent time and effort to complete. Participants who complete the optional follow-up survey 8 and 12 weeks following course completion will be provided with a \$5 Starbucks gift card.

This course integrates current evidence and has been designed to improve university student mental health literacy and promote positive health behaviours. Further, we hope that the findings from this research will help develop and improve resources and services to support student mental health and well-being.

Payment or reimbursement

Participants who complete study measures at the two required time points (before and immediately following completion of the course) will be awarded an additional 2% to their final course grade up to a maximum grade of 100%. Participants who complete the optional 8 and 12 follow-up survey will be provided with a \$5 Starbucks gift card.

Confidentiality and use of research data

Please be assured that your survey answers will be kept strictly confidential. No individual answers will be identifiable. Our research team is the data controller with respect to your personal data, and as such will determine how your personal data is used in the study. The electronic surveys are hosted on a secure online platform (Qualtrics) in accordance with Queen's University data security requirements. Qualtrics is a data processor with respect to your personal data and processes this data as instructed by our research team. Qualtrics survey responses are SSL encrypted and access to Qualtrics survey accounts, by authorized university personnel, are SSO/password protected.

Encrypted password protected data files will be stored on password-protected university computers. Study data will be de-identified so that individuals cannot be identified in any analysis. Reports of this study will use group data and will not discuss individual information. Only members of the research team will have access to the data. However, the HSREB may require access to study records to monitor the ethical conduct of the research.

Data will be securely stored on university servers for a minimum of 5 years after study close and de-identified data will be stored in a secure university research data repository indefinitely. We may collaborate with other researchers at other institutions inside and outside of Canada to analyze de-identified study data. Researchers from inside and outside of Canada can apply to access this de-identified information for research purposes only.

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

Your participation is voluntary and you are free to withdraw at any time. Even if you choose to take part, you can withdraw from the study and have all your data removed without penalty and without giving a reason at any time until the point of publication. You just need to tell us by emailing flourish@queensu.ca. In cases of withdrawal, no new data will be collected from that point on. If you do not contact us to have your data formally withdrawn, we will retain the data you have submitted for analysis. 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 services or resources.

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

This study is funded until September 2023. However, we have applied for funding from CIHR to continue it and the funding decision is pending. We share findings from the study regularly through our website and in published peer-reviewed manuscripts. 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/u-flourish>

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 - Queen's University HSREB at 1-844-535-2988 (toll free in North America) or email HSREB@queensu.ca.

We want to thank you for considering taking part in this research! The responses you and other students provide will identify areas where we can improve education and health promotion resources to support well-being and academic success among university students.



IMPORTANT MENTAL HEALTH SERVICES INFORMATION

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IN A LIFE OR DEATH EMERGENCY

If you are experiencing suicidal thoughts and think that you might be unable to keep yourself safe, visit your nearest hospital emergency department or call 911.

IF YOU ARE IN CRISIS

If you are in crisis and cannot wait to receive medical attention or are unsure what to do, call Addiction and Mental Health Services KFL&A at 613-544-4229 (local) or Crisis Services Canada at 1-833-456-4566 (Canada-wide).

SEXUAL ASSAULT AND VIOLENCE

Queen's University has an office of Sexual Violence Prevention and Response Services. If you are unsure or have experienced any form of sexual assault or violence you can connect with them through:

<https://www.queensu.ca/sexualviolencesupport/>

Queen's SWS has a counsellor who specializes in sexual assault. To make an appointment, call 613-533-2506.

Sexual Assault Centre Kingston (SACK) has crisis & support services available 24/7 by phone 1-877-544-6424. [Chat and text support](#) is also available.

IF YOU ARE IN NEED OF NON-URGENT CARE

If you are concerned about your mental health and are in need of non-urgent care, there are several options you might consider.

Your family doctor

Book an appointment with your family doctor. They can offer advice or refer you to other more specific services to get help.

Queens University Student Wellness Services

If you do not have a family doctor, Student Wellness Services can offer a range of services, including counselling and medical assessment and treatment. The Counselling Service can help you address personal or emotional problems that are getting in the way of having a positive experience at Queen's University and realising your full academic and personal potential. Services are free and confidential. It is important to know that the Counselling Service is not just for those with a diagnosis: you can contact them for any reason. To make an appointment, call 613-533-2506.

For further information about the services provided by Queen's Student Wellness Services please visit:

<http://queensu.ca/studentwellness/health-services>