

Participant Information Sheet

Researcher:

Dr Olivia Evans, Prof Mark Rubin, Dr Stephanie Hardacre, Dr Lillian Smyth, and A/Prof Tegan Cruwys (researchers at the Research School of Psychology, College of Health & Medicine, ANU), and Prof Maria Raciti (researcher at the University of the Sunshine Coast).

Project Title: Your relationships, feelings, and social experiences during the past week

General Outline of the Project:

- **Description and Methodology:** You are invited to take part in the current research project, which is investigating university students' relationships and feelings during the past month. You will be asked to complete a short survey that asks some questions about yourself, your feelings, your relationships with others, and your social media use. Upon completion of this survey, you will be given the option to enter a prize draw and to potentially take part in a follow-up study.
- **Participants:** Six hundred domestic undergraduate university students at two Australian universities who are enrolled in an internal mode course are being asked to participate in this online survey.
- **Use of Data and Feedback:** The data will be used to better understand university students' relationships and feelings, and to produce reports, peer-reviewed published articles and conference presentations. A summary of the research will be made available to participants at this link: https://www.dropbox.com/sh/0rqyxanxnhft8j5/AADB0fCJlcDu5uuK-UBBM_Lxa?dl=0
- **Project Funding:** This research is supported by a research grant from the Australian Research Council.

Participant Involvement:

- **Voluntary Participation & Withdrawal:** Your participation in this research is voluntary. You may decline to take part and you may withdraw from the research without providing an explanation at any time up until you submit your responses to the researchers at the end of the survey. If you wish to stop completing the survey, you may do so at any time. To stop the survey, simply close your browser. You may also refrain from answering any specific question that you do not wish to. Only those people who give their informed consent at the end of the survey will be included in the project. If you choose to withdraw, the data you have provided prior to withdrawal will be destroyed and not used.
- **What does participation in the research entail?** The research involves completing an online survey in your own time using any device that has internet access. During the survey you will be asked to respond to a series of multiple-choice and open-ended questions about yourself, your feelings, your relationships with others, and your social media use.
- **Location and Duration:** Participation involves completing an online survey which will take approximately 30 minutes, using any device that has internet access.
- **Remuneration:** As a gesture of our appreciation for your participation, upon completing this survey you have the option to be entered into a prize draw to win 1 of 60 \$30 digital gift vouchers (meaning you will have at least a 1 in 10 chance of winning a gift voucher). Participants who want to enter into the prize draw will need to submit their university email address in a separate survey. Participants who do not want to enter the prize draw do not need to submit their email address. Your email address will be stored separately to your survey data so that the data remains anonymous. You may indicate that you wish to withdraw your responses from the research at the end of the survey and still be included in the prize draw if you wish. Hence, even participants who withdraw from the research after completing the survey are eligible to participate in the prize draw.

- **Risks:** This research contains questions on mental health, isolation and loneliness, which may be distressing to some people. If at any time you wish to withdraw from the study, you are able to do so by closing the browser. You are also not required to answer any questions that may make you feel uncomfortable. If you would like to speak to someone about any distress you may be experiencing, then you may contact Lifeline's free national counselling service at 13 11 14 or Beyond Blue's helpline on 1300 22 4636.
- **Benefits:** We expect that this research will improve understanding of university students' relationships, feelings, and social media use, and well as provide you with insight into how psychological research is conducted. You will also have a 1 in 10 chance of winning a digital gift voucher should you choose to enter the prize draw. More broadly, it is hoped that the results of the study will provide insight into how to improve the wellbeing of university students in the future, thus positively affecting both current and future generations of students.

Inclusion criteria:

- **Participant Eligibility:** Those over 18 years of age who are attending university are eligible to participate in this study, specifically those that are undergraduate students, domestic students, and who were enrolled and taking courses at university during Semester 1, 2022.

Exclusion criteria:

- **Participant Limitation:** Those not attending university are not eligible to participate in this study, nor are postgraduate students, international students, and external and distance university students.

Confidentiality:

- **Confidentiality:** Your confidentiality will be protected as far as the law allows. Email address data for the prize draw will be collected separately to the survey data to ensure that you cannot be identified, and the address provided will only be used to advise if you are a winner in the prize draw. If you choose to be contacted regarding participation in a follow up study, the address provided will only be used to contact you about completing this additional follow up study. You may contact the researchers at any time to have your email address removed from the research. Your email address will only be accessible to the ANU research team.

Privacy Notice:

In collecting your personal information within this research, the ANU must comply with the Privacy Act 1988. The ANU Privacy Policy is available at https://policies.anu.edu.au/ppi/document/ANUP_010007 and it contains information about how a person can:

- Access or seek correction to their personal information;
- Complain about a breach of an Australian Privacy Principle by ANU, and how ANU will handle the complaint.

Data Storage:

- **Where:** Deidentified raw data will be securely stored on password-protected computers in the School of Psychology at the Australian National University.
- **How long:** All deidentified research data will be retained and securely stored for at least five years following publications arising from the research.

- **Handling of Data following the required storage period:** After the storage period, the deidentified data will be archived at the Australian Data Archive (www.ada.edu.au) for use in later research, including potentially by other researchers.

Queries and Concerns:

- **Contact Details for More Information:** Any requests for information or queries regarding the study participants should be directed to stephanie.hardacre@anu.edu.au
- **Contact Details if in Distress:** If you would like to speak to someone about any distress you may be experiencing, then you may contact Lifeline's free national counselling service at 13 11 14 or Beyond Blue's helpline on 1300 22 4636.

Ethics Committee Clearance:

The ethical aspects of this research have been approved by the ANU Human Research Ethics Committee (Protocol 2021/817). If you have any concerns or complaints about how this research has been conducted, please contact:

Ethics Manager
The ANU Human Research Ethics Committee
The Australian National University
Telephone: +61 2 6125 3427
Email: Human.Ethics.Officer@anu.edu.au