

LIVERPOOL JOHN MOORES UNIVERSITY PARTICIPANT INFORMATION SHEET



Title of Project: The effect of implementation intentions on engagement in self-care behaviours and wellbeing: A randomised controlled trial.

Researcher: Katie Urnevitch

Supervisor: Dr Caroline E. Brett

You are being invited to take part in a research study. Before you decide it is important that you understand why the research is being done and what it involves. Please take time to read the following information. Ask us if there is anything that is not clear or if you would like more information. Take time to decide if you want to take part or not.

1. What is the purpose of the study?

The study aims to investigate the impact of a self-regulatory behavioural change technique on engagement in self-care behaviours and wellbeing.

2. Who can take part?

Anyone who is a student at the University of Manchester and is over the age of 18. Unfortunately you cannot take part in this study if you have a diagnosed mental health condition or you are already engaged in University of Manchester wellbeing initiatives (for example, you are a Student Wellbeing Champion).

3. Do I have to take part?

No. It is up to you to decide whether or not to take part. If you do you will be given this information sheet and asked to give your consent. You are still free to withdraw at any time and without giving a reason. Please note that once your data has been submitted, it can no longer be withdrawn as all data is anonymous. A decision to withdraw will not affect your rights and if you feel you do not want to take part in the study anymore then you are free to stop at any time. You do not have to answer any questions you feel uncomfortable with.

4. What will happen to me if I take part?

The study will last for two weeks. If you decide to take part in the study, before beginning you will be asked to complete a demographics questionnaire and give your consent.

At the start of the study, you will be asked to complete two questionnaires. One will be about your general wellbeing over the last seven days and will include questions such as "to what extent do you receive help and support from others when you need it?". The second questionnaire will ask you to tick boxes from a selection of self-care behaviours (for example, connecting with friends/family) to indicate which ones you have done in the last seven days. You will also be asked to provide an email address for the purposes of the follow-up study.

On starting the study you will be given materials to help plan your self-care behaviours. You'll need to do this every night for the two weeks (it should take no more than five minutes to do each evening).

After seven days you will be asked to complete two questionnaires.

At the end of the study (14 days from when you started), you will be asked to complete the general wellbeing questionnaire and the self-care behaviour questionnaire again. You may be asked additional questions about your experiences over the last two weeks. All questionnaires should not take more than 15 minutes to complete at each stage. You will also be given a debrief sheet to explain more about the aims of the study.

5. Are there any risks / benefits involved?

There may be a slight risk that you may find some of the questions upsetting if you are not comfortable with being asked about your wellbeing. If you do not wish to answer a particular question, you can skip that question. Or if you become upset whilst completing the questionnaires, you can stop the study.

Should you wish further information, help or support with any of the issues raised in the study, you can access support either online, remotely or in person from the University of Manchester. Details of the range of support services can be found at: www.studentsupport.manchester.ac.uk/taking-care/support-services/.

6. Will my taking part in the study be kept confidential?

Any information you provide will be kept strictly confidential. You do not have to provide a name on any questionnaires or information sheets and therefore the information you provide cannot be identified with your name.

You are requested to provide the researcher with a signed or initialled consent form. This will be kept by the researcher separate from the any other information you provide. This will be stored securely and destroyed within 24 months of completion of the study.

7. Has this study been approved by an ethics committee?

LJMU Psychology Research Ethics Panel has assessed the research study and approved it.

8. Who to contact with enquires about this study?

Researcher: Katie Urnevitch (k.m.urnevitch@2019.ljmu.ac.uk). MSc Positive Psychology and Wellbeing, Faculty of Health, Liverpool John Moores University.

Supervisor: Dr Caroline E. Brett (C.E.Brett@ljmu.ac.uk). Senior Lecturer in Health Psychology, Liverpool John Moores University.

TO PARTICIPATE IN THIS STUDY, PLEASE VISIT:

https://ljmupsych.qualtrics.com/jfe/form/SV_4ZmRbEcrbciMEBg

Data Protection Notice

Liverpool John Moores University is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Liverpool John Moores University will process your personal data for the purpose of research. Research is a task that we perform in the public interest. Liverpool John Moores University will keep identifiable information about you for 5 years after the study has finished.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the study to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information at by contacting secretariat@ljmu.ac.uk.

If you are concerned about how your personal data is being processed, please contact LJMU in the first instance at secretariat@ljmu.ac.uk. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>