



An online study investigating the associations between behavioural techniques, self-care behaviours and wellbeing.

Dear University of Manchester student,

We are looking for participants to take part in a research study which is investigating the associations between behavioural techniques, self-care behaviours and wellbeing in University students.

The study will last for two weeks and you would be asked to complete two online questionnaires before starting the study, another questionnaire after seven days and then a final questionnaire at the end of the study. The questionnaires should take no more than 15 minutes to complete at each stage.

The intervention will involve completing a wellbeing planner every evening for two weeks (this should take no longer than 5 minutes each night) and you may be asked to develop a specific technique to put your wellbeing plans into action. You will receive reminders via the survey software periodically to remind you to complete the questionnaires/intervention.

To take part you must be:

- A University of Manchester student (please use your university email address if you decide to sign up).
- 18 or over.

Unfortunately you cannot participate if any of the following apply to you:

- You are already engaged in formal University wellbeing initiatives (except for the Student Wellbeing Champion scheme).
- Are diagnosed with a mental health condition (e.g. clinical depression or generalised anxiety disorder).

You are in no way obliged to take part but your participation would be much appreciated.

If you meet the criteria above and would like to take part, please follow this link to read the participant information sheet and if you decide to participate, enter your details:

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

If you would like more information, please read the participant information sheet (at https://ljmupsych.qualtrics.com/jfe/form/SV_4ZmRbEcrbciMEBg) and contact either Katie Urnevitch (k.m.urnevitch@2019.ljmu.ac.uk) or Dr Caroline E. Brett (C.E.Brett@ljmu.ac.uk).

Thank you.