

Letter of Information

Study Title:

U-Flourish: Developing and evaluating student mental health support pathways and transitions

(<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 for each completed optional survey at the end of the academic year in May.

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 (pre-course and immediately following course completion) will be awarded an additional 2% to their final course grade up to a maximum grade of 100%. Participants who complete both of the optional 8 and 12-week follow-up surveys, sent after course completion, will receive a \$5 Starbucks e-gift card.

Confidentiality and use of research data

Please be assured that your survey answers will be kept strictly confidential. Participants confidentiality will be protected to the extent permitted by the applicable laws. 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) that meets all 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. In addition, you can decline to participate in any aspect of the research without impact on your academic standing. 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.

HSREB Approved: August 1st, 2023

IF YOU ARE IN NEED OF NON-URGENT CARE

If you are not in need of 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