



BLOCK 2 Participant Information

Participant Information

Our Overarching Aims

Thank you for your interest in our research, exploring factors associated with **adult wellbeing**. We want to know more about the conditions under which individuals thrive and feel fulfilled. We are investigating brief interventions aimed at increasing mental wellness in the general population.

Procedures which focus on psychological strengths (seeking to boost mental health) are termed Positive Psychology Interventions (PPIs). These interventions take a novel approach to the study of human psychology...

Instead of focusing on how individuals go wrong (struggle, suffer and develop



mental illness), ***the emphasis is on how individuals go right*** (learn, grow and develop resiliency). Stated another way, the field of Positive Psychology is concerned with the scientific study of optimal human functioning. It does not draw on the "disease model" of human behaviour, focusing rather on the factors that enable individuals to thrive and build the best in life.

In a nutshell, we are concerned with ***maximising the good, rather than exploring the bad.***

What does the Science say?

High levels of wellbeing, such as feeling good and functioning well, are associated with improved outcomes across all areas of our life. Not only have many brief positive interventions been shown to enhance measures of wellbeing - such procedures have ALSO been shown to ***decrease risk of mental health difficulties!***

In other words:

As wellbeing increases 
likelihood of psychological problems decreases 

This renders wellbeing research especially important. If we can improve our understandings of "psychological wellness" - refining the tools we have to amplify aspects of positive functioning - we are simultaneously lowering risk of mental health problems later on.

What's in it for me?

If you volunteer for this study, you will have the opportunity to receive (a) evidence-based resources about how to improve your wellbeing, as well as (b) personalised feedback about where your wellbeing scores fall relative to the general population.

Most people who receive insight into their own functioning find it a valuable way to pinpoint where their strengths and difficulties exist (compared to group norms). This is often experienced as a valuable, informative and fascinating experience.

Become a part of our team and learn more about your particular strengths and difficulties, and how to improve your general wellbeing!

Who are we looking for?

We are looking for healthy volunteers **aged 18 or over to take part.** Because our study is concerned with members of the general population, we ask that ***only individuals who are NOT currently experiencing the acute effects (impairing symptoms) of a psychological disorder(s) please apply.***

Given this study involves reading and writing, **English language fluency** is also a prerequisite.

What's Involved?

Participation is entirely online and is divided into 4 parts:

Part 1

(approx. 20 mins)

To start, you'll fill out a survey asking about your demographic details (e.g., age/gender), your emotions, behaviour patterns, values, sense of meaning/purpose, and life satisfaction.

Part 2

(approx. 30 mins)

Following this, you'll be emailed a link directing you to a brief online activity. ***It is essential that you complete Part 2 (writing activity) within 7 days of Part 1 (surveys).***

You will be randomly assigned (by chance) to 1 of 3 writing tasks. No matter which you are assigned to, you will be instructed to reflect and write about aspects of your life and personal experience. Directly afterward, you will answer some more questions about your mood and how you felt during your writing task.

We ask that you spend a minimum of 20 minutes on your writing activity (research shows that people must be engaged in what they are writing about to achieve the effects we are looking for). It should take you around 5 minutes to answer the short series of questions directly after this task.

Research suggests that certain writing activities can have a strong positive effect on your mood and life satisfaction. There also appears to be a link between these outcomes and the amount of time individuals spend exploring the themes that are important to them. For this reason, you'll be asked to continue thinking about your writing topic in the weeks following your completion of the writing activity (Part 2 of study). You will be emailed a copy of your work and are encouraged to continue building on your thoughts in your own time.

Parts 3 + 4

(approx. 15 mins x 2)

(approx. 15 mins each)

At 2 follow-up points (1 week + 1 month after doing the writing task) you will be emailed a link directing you to the same short survey described above.

Total Participation Time

In total, this makes participation time is less than 90 minutes, though this is divided into short intervals (approx. 15-30 mins each) and spread over 1 month.

Allocation of Student Credit Points

The two follow-up surveys will take roughly 15 minutes to complete each time. These are the primary outcome measures of this study and it is thus **critical that you complete all 4 parts of this study** (otherwise we will be unable to include any of your data in our research).

Please Note: Students will receive all 6 participation points after they have responded to the final follow-up survey (completed all 4 parts of this study).

Are there any risks?

There are no foreseeable risks associated with participating in this research project. However, sometimes just thinking about our mood or stress levels can be upsetting. To ensure you have access to mental health support if you are feeling distressed, a list of relevant services will be made available to everyone participating in the study. Participants will incur no costs associated with this project and will not be paid for participating.

What if I change my mind?

Taking part in this research project is completely voluntary. If you decide to take part and then change your mind, you can withdraw from the project at any time. If you are a Curtin student, choosing not to take part will in no way affect your relationship with the University, staff or colleagues. You are free to withdraw from the project at any time without any negative consequences.

Confidentiality

Any information you provide will be recorded and stored in the strictest of confidence. The information collected in this research will be re-identifiable (coded). This means that we will collect data that can identify you, but all of your identifying information will be replaced with a code when we analyse the data. That is, all electronic data and questionnaires will be completely deidentified (coded with your participant ID number) and password-protected.

Any hardcopies of study material will be kept by the principal investigator in a locked room at Curtin University (securely stored for 7 years following the study, after which it will be destroyed). Your identifying information will be kept at a separate location from your completed questionnaires/written responses. So we won't have any idea who you are as we interpret your scores.

Only the research team will have access to the information we collect in this research and, in the event of an audit or investigation, staff from the Curtin University Office of Research and Development. Any information we collect will be treated as confidential and used only in this project unless otherwise specified. The results of the study may be published in scholarly journals. Your name, or any other identifying information, will not

be mentioned in any written reports of this study.

If you are interested in obtaining a summary of the results please contact the researchers after November 2019, when results are likely to have been finalised.

Click the following link if you would like to download a copy of this information: [Wellbeing study participant information](#)

BLOCK 3 Consent

CONSENT

By clicking the "I Consent to Participate" box at the bottom of this page, ***I consent that I have:***

- Read, the information statement version listed above and I understand its contents. I believe I understand the purpose, extent and possible risks of my involvement in this project.
- I voluntarily consent to take part in this research project. I have had an opportunity to ask questions and I am satisfied with the answers I have received.
- I understand that this project has been approved by Curtin University Human Research Ethics Committee and will be carried out in line with the National Statement on Ethical Conduct in Human Research (2007). I understand that if I

would like a copy of this consent form, I can download it from the "Consent Form" hyperlink below.

- I also understand that all information provided is treated as strictly confidential and will not be released by the investigator unless required to do so by law.
- I have been advised that any material I provide during the course of this study will be deidentified. I have been notified regarding what data is being collected, how it will be utilised, and how it will be dealt with upon completion of the research. I agree that research data gathered for the present study may be published provided my name or other identifying information is not used.

Click here if you would like to download a copy: [Consent Form](#)

Declaration by researcher: I have supplied information about this study and consent requirements to the participant. In indicating his/her consent by clicking the "I Consent to Participate" box at the bottom of this page, I believe the participant understands the purpose, extent and possible risks of their involvement in this project.

Chief Investigator

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Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number: HRE2018-0132). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.

Please indicate your understanding of the information displayed here and on previous pages by selecting the option below. Click the arrow to continue

I Consent to Participate in this Study