

PARTICIPANT INFORMATION SHEET E

**Study title:** Stress online: Developing an online method for measuring stressful life events and difficulties

**Invitation:** You are invited to take part in a research study. However, before you decide to participate, it is important for you to understand why the research is being done and what it will involve. Please take your time to read the following information carefully, and discuss it with others if you wish. Please ask if there is anything that is not clear or if you would like more information. Take your time to decide whether or not you wish to take part.

**What is the purpose of the study?** This research aims to develop a sophisticated online measure of life stress. The information you give us will allow us to explore how life events and difficulties are related to health and other life outcomes.

**What do I have to do?** If you choose to take part you will be asked to fill in a number of online questionnaires now and then again in 3-4 weeks. On each occasion from your first log in you will have 72 hours to complete and submit the online questionnaires, after this the system will reset and you will have to start again. The questionnaires will cover demographic information (age, gender, ethnicity etc.), physical and mental health and any life events or difficulties that you might have experienced in the last 12 months. We will also ask you for access to your course grades and exam results.

**Contact for Further Information:** Thank you for reading this information, participating in this study contributes to a better understanding of life events and their effects on health and other outcomes.

If you have any questions please contact Ruth Spence at R.Spence@mdx.ac.uk or through the following address at Middlesex University:

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Alternatively, you can contact Antonia Bifulco at A.Bifulco@mdx.ac.uk or through the same address.