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**Pilot Study of a Student-led Peer Support Wellbeing Programme**

**What is the purpose of the study?**

You are invited to participate in a pilot study aimed at enhancing your wellbeing as a first-year student. Ulster University have introduced a new student-centred wellbeing strategy which aims to reach students across the University. A range of materials have been designed and you can choose which ones are important to you. This project will work with Student Wellbeing to deliver these materials within the PASS scheme.

**Who is conducting the study?**

The study is being conducted by myself andstaff from the School of Psychology and Biomedical Sciences at Ulster University.

**Who can take part in the study?**

You are invited to take part if you:

● Are over 18

● Are enrolled as a Psychology student

**What will I be asked to do?**

You will be asked to complete a short survey indicating your top 12 wellbeing themes this semester. During week 1 and week 12 of the second semester you will be asked to complete four short questionnaires measuring your levels of resilience, optimism, hope, self-efficacy and mental wellbeing via Qualtrics. You will also be asked to attend your PASS sessions during semester two to engage with the weekly wellbeing themes delivered by your PASS leaders. Attendance is taken during your PASS sessions in semesters 1 and 2, and attendance will be monitored in semester 2 for programme engagement.

**Do I have to take part?**

Your participation in this study is entirely voluntary. You can decline to take part and your attendance with PASS will not be affected in any way. You will still be able to access the wellbeing materials during your PASS sessions, as normal.

**How do I withdraw from the study?**

If you decide to take part, but later wish to withdraw, please email myself using the address below. Please note, that as the week 1 and week 12 surveys will be completed on Qualtrics and no identifying information is recorded, it will not be possible to withdraw your survey data after it has been submitted.

**Are there any risks involved in participation?**

Your non-participation or withdrawal will have no impact on your PASS attendance or access to the wellbeing materials. We understand that some students may not want to avail of the current study. If you are concerned about your own wellbeing please contact Student Wellbeing (details at the end of this sheet).

**What will happen to the information collected during this study?**

No identifying information will be collected or recorded during survey completion therefore it will be anonymous. Your attendance will be collected and monitored for engagement statistics only – no identifying information will be published. Data from this study will be published in a report and in academic journals. All information from the study will be stored securely in the School of Psychology, Ulster University for 10 years and kept in accordance with the GDPR and the Data Protection Act 2018 (we have provided a separate information sheet for you which details how Ulster University will look after your personal information).

If you have any questions about the study, please contact me or Kelly (Dr Kelly Norwood) via email:

Dr Margaret McLafferty: [m.mclafferty@ulster.ac.uk](mailto:m.mclafferty@ulster.ac.uk)

Dr Kelly Norwood: [k.norwood@ulster.ac.uk](mailto:k.norwood@ulster.ac.uk)

**Would you like to talk to someone about problems you are experiencing? Please consider using the support information below (Student Wellbeing at Ulster University).**

**Compliance with GDPR and the Data Protection Act 2018**

**It’s ok not to feel ok**

**Student Wellbeing**

● **Phone: 02895367000**

● **Email:** [**studentwellbeing@ulster.ac.uk**](mailto:studentwellbeing@ulster.ac.uk)

**24 Hour Helplines**

● **Lifeline: 0808 808 8000**

● **Inspire: 0800 028 5510**

Ulster University is the sponsor or managing organisation for this study and we will use information gathered from you and/or your record in order to carry it out.

We will act as the data controller, which means that we are responsible for looking after your information and using it properly, as stipulated in GDPR and the Data Protection Act 2018.

Ulster University will keep identifiable information about you for 10 years after the study has finished, until 2030.

You can find out more about how we look after your information at:

<https://www.ulster.ac.uk/about/governance/compliance/gdpr>

As a University we use personal identifying information to conduct research to review and improve people’s health, wellbeing and care, the services they use and our understanding of the world in which we live. As a publicly funded organisation, we have to ensure that it is in the public interest when we use identifying information from people who have agreed to take part in research. This means that when you agree to take part in a study, we will use your data to conduct the research and analyse the information and findings.

We need to manage your information in specific ways in order for the research to be reliable and accurate and therefore your rights to access, change or move your information are limited.

You should note that 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 personal identifying information possible.

Health, care and other human research should serve the public interest, which means that we have to demonstrate that our research serves the interests of society as a whole. We do this by following University and appropriate UK policies and codes of practice.

The only people in the University who will have access to your personal identifying information will be those who need to contact you for the study or to carry out audits of the research.

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner’s Office (ICO).

Our Data Protection Officer is Eamon Mullan; you can contact him at [e.mullan@ulster.ac.uk](mailto:e.mullan@ulster.ac.uk).