

PLAN

Questionnaires to be administered at the start of the project (Time 1), halfway through the project (Time 2), and at the end of the project (Time 3). Focus groups to be conducted at the start of the project (Time 1) and at the end of the project (Time 3). The research sample is opportunistic (based on availability and willingness to take part).

Ethical approval for the study was obtained from the HUM REC. Standard procedures appropriate to the nature of the evaluation were followed in terms of recruitment, dealing with data and debriefing. Questionnaires to be distributed online using Qualtrics and can be completed before the FG, during the break between FG and GWC's introduction, or after both. Ask for return within a week and send a prompt halfway through the week for non-returns. Focus groups take place online..... All sessions to be recorded with participants consent, and notes to be taken.

FIRST FOCUS GROUP PLAN (TIME 1)

THIS WILL BE A SEMI-STRUCTURED FOCUS-GROUP

RUNNING ORDER IS:

1. RESEARCHER INTRODUCTION: RR, Year 3 Psychology student working with GWC UEA and VS UEA, bit of chat.

2. FOCUS GROUP OVERVIEW; INFORMATION; GROUND RULES

- What's a focus group? It's a conversation, in a group, that covers areas of interest. So, in this focus group we'll be having a conversation about areas of interest to this project. We're gathering this information because we want to know what you think about your experiences with the project before it starts, and when it finishes (there's another focus group at the end of the project). This group today will probably take around 30-40 minutes but we can see how it goes; it will be recorded and some notes will be made, everything said in the group should remain confidential among the group. There are no right or wrong answers, we just want to know what you think. We'll cover a range of areas, things like what you are looking forward to about the project and anything you are not looking forward to, your views on mental health as it relates to the project and there will be an opportunity for you to ask questions at the end. If there are any questions you don't want to answer at any point, you can just say I don't want to answer, and if you want to drop out at any time you can do so, there is no penalty for dropping out and it will not affect your reputation in the group, or your participation in the project in any way. After the session researchers will go through the conversation and we will use key quotes for our research report which may ultimately be published e.g. in research journals or at conferences. No individuals will be identifiable from the quotes used – any names will be removed, but also any other information that is potentially individuating. Because the session is a recorded conversation and will be anonymised afterwards you cannot remove your data from the recording or the report afterwards. Any questions? Happy to carry on? (est. 10 mins)

3. GROUP INTRODUCTIONS (DO NOT RECORD) (Do note who is there though – we will want to note at the end of the project who has and hasn't attended both groups) (est 2 mins)

4. RECORDING BEGINS NOW – TELL THEM

5. FOCUS GROUP BEGINS (est 30-40 mins)

a. WHAT HAS ATTRACTED YOU TO TAKE PART IN THE PROJECT? WHAT ARE YOU LOOKING FORWARD TO ABOUT IT?

- typical prompts will be things like: *Can you say a bit more about that? Can you give me an example?* Other follow up prompts should be linked to mental-health/wellbeing if this has not already come up e.g. *'The project is linked to wellbeing and mental health – has that influenced your interest in it in any way?'*

b. DO YOU HAVE ANY CONCERNS ABOUT TAKING PART IN THE PROJECT? IS THERE ANY PART OF IT YOU ARE NOT LOOKING FORWARD TO?

- typical prompts will be things like: *Can you say a bit more about that? Can you give me an example?* Other follow up prompts should be linked to mental-health/wellbeing if this has not already come up e.g. *'The project is linked to wellbeing and mental health – do you have any concerns about that element of it?'*

c. WHAT DO YOU THINK WILL MAKE IT EASIER OR MORE DIFFICULT FOR YOU TO KEEP INVOLVED WITH THE PROJECT OVER TIME?

- typical prompts will be things like: *Can you say a bit more about that? Can you give me an example?*

d. FROM WHAT YOU HAVE LEARNED ABOUT THE PROJECT SO FAR, AT THIS STAGE, WOULD YOU RECOMMEND IT TO OTHERS?

e. IS THERE ANYTHING ELSE YOU WANT TO SAY OR ASK ABOUT ANY ASPECT OF THE PROJECT SO FAR?

6. END- ANY QUESTIONS ABOUT THIS FOCUS GROUP (est 5 mins)

7. STOP AND SECURE RECORDING

8. DEBRIEF (est 5 mins)

Thank you for taking part in this focus group. Your comments will help us show what people taking part in the project think about it. We can then use this information to help support our future applications for funding for other similar projects. Results from the focus group will be included in a final report for the project in a way that makes no sure no individuals can be identified. If you have any questions about the focus group please contact GWC or VS. Please also note the availability of the following sources of support if you are concerned about your own wellbeing or those of another student:

- The UEA embedded wellbeing teams: <https://my.uea.ac.uk/divisions/student-and-academic-services/student-services/wellbeing/faculty-embedded-teams>
- University Wellbeing Services: <https://my.uea.ac.uk/divisions/student-and-academic-services/student-services/wellbeing>
- Nightline: <https://norwich.nightline.ac.uk/>
- The University Medical Service: <https://www.umsuea.co.uk/>

SECOND (final) FOCUS GROUP PLAN (TIME 3)

THIS WILL BE A SEMI-STRUCTURED FOCUS-GROUP

RUNNING ORDER IS:

1. RESEARCHER INTRODUCTION: RR, Year 3 Psychology student working with GWC and VS, bit of chat.

2. FOCUS GROUP OVERVIEW; INFORMATION; GROUND RULES

- What's a focus group? It's a conversation, in a group, that covers areas of interest. So, in this focus group we'll be having a conversation about areas of interest to this project. We're gathering this information because we want to know what you think about your experiences with the project. This group today will probably take around 30-40 minutes but we can see how it goes; it will be recorded and some notes will be made, everything said in the group should remain confidential among the group. We'll cover a range of areas, things like what you think are the positives and negatives of the project and your experiences with it, your views on mental health as it relates to the project and there will be an opportunity for you to ask questions at the end. If there are any questions you don't want to answer at any point, you can just say I don't want to answer, and if you want to drop out at any time you can do so, there is no penalty for dropping out and it will not affect your reputation in the group, or your relationship with the project in any way. After the session researchers will go through the conversation and we will use key quotes for our research report which may ultimately be published e.g. in research journals or at conferences. No individuals will be identifiable from the quotes used – any names will be removed, but also any other information that is potentially individuating. Because the session is a recorded conversation and will be anonymised afterwards you cannot remove your data from the recording or the report. Any questions? Happy to carry on? (est. 10 mins)

3. GROUP INTRODUCTIONS (DO NOT RECORD) (Do note who is there though – we will want to note at the end of the project who has and hasn't attended both groups) (est 2 mins)

4. RECORDING BEGINS NOW – TELL THEM

5. FOCUS GROUP BEGINS (est 30-40 mins)

a. WHAT DO YOU THINK HAS WORKED WELL, AND WHAT DO YOU THINK HAS NOT WORKED SO WELL ON THE XXX PROJECT

- typical prompts will be things like: *Can you say a bit more about that? Can you give me an example? What have you enjoyed? What have you not enjoyed? What have you found easy? What have you found difficult?* Other, follow up prompts should be linked to mental-health/wellbeing if this has not already come up e.g. *'The project is linked to wellbeing and mental health – has that influenced your experience of it in any way?'*

b. THIS PROJECT HAS DEALT WITH BOTH SPECIFIC MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION, AND GENERAL WELLBEING ISSUES TO DO WITH DIFFICULT LIFE SITUATIONS. DO YOU FEEL THAT THESE ARE DISCRETE PHENOMENA, OR IS THE DISTINCTION MORE OF CONTINUUM OR SPECTRUM?

FOLLOW UP QUESTION: HAS THIS CHANGED THROUGHOUT THE COURSE OF THE PROJECT? *Prompts: Could you say a little bit more about that? Can you give me an example?*

c. MANY OF THE RESPONSES FROM THE PREVIOUS FOCUS GROUP AND FROM THE QUESTIONNAIRES ADDRESSED THE IMPORTANCE OF EDUCATION AROUND MENTAL HEALTH AND KNOWING HOW AND WHEN TO SUPPORT OTHERS. HOW WOULD YOU SUPPORT OTHERS WHO MAY BE GOING THROUGH A DIFFICULT PERIOD?

FOLLOW UP QUESTION: HAS THIS CHANGED SINCE THE BEGINNING OF THE PROJECT? Prompts: *do you feel differently about your peers/the university/who you would go to for help? Has your sense of how you would support someone who has been having a difficult time changed?*

d. THINKING ABOUT YOUR OWN WELLBEING: IF YOU FOUND YOURSELF IN A CHALLENGING PERIOD OR FACING A PROBLEM, WHO WOULD YOU ASK AND WHY?

FOLLOW UP QUESTION: DO YOU THINK THIS HAS CHANGED THROUGHOUT THE COURSE OF THE PROJECT? Prompts: *do you feel differently about your peers/the university/who you would go to for help? Has your sense of how you would support someone who has been having a difficult time changed?*

b. ARE THERE ANY OTHER WAYS YOUR THINKING OR BEHAVIOUR REGARDING M/H AND WELLBEING HAVE CHANGED SINCE YOU BECAME INVOLVED WITH THE PROJECT? Prompts – *do you engage with the university differently? Have your perceptions of mental health in history/arts/literature/media changed in any way? Has the project changed your sense of who you would go to if you felt you needed help, or if you knew someone who did? Do you feel like the project has impacted on your sense of well-being or mental health in any way?*

c. CAN YOU SUGGEST ANY IMPROVEMENTS THAT COULD BE MADE TO THE IMAGINING WELLNESS PROJECT TO MAKE IT BETTER IN FUTURE?

FOLLOW UP QUESTION: THINKING BACK ABOUT THE ZINES WE LOOKED AT USING DIFFERENT LITERARY TEXTS, THE ASYLUM RECORDS AND THE FILMS FROM THE EAST ANGLIAN FILM ARCHIVE: WOULD YOU LIKE TO COMMENT ON ANY OF THESE TEXTS?

Typical prompts will be things like: *Can you say a bit more about that? Can you give me an example?*

d. WOULD YOU RECOMMEND THIS PROJECT TO OTHER STUDENTS?

- typical prompts will be things like: *Can you say a bit more about that? Can you give me an example? Can you tell me why?* Other follow up prompts should be linked to mental-health/wellbeing if this has not already come up e.g. *'to what extent do you think the project can help people experiencing mental health issues, or who are experiencing challenges around well-being?'; 'Are there any potential downsides to taking part?' Are there any groups of students who*

you think would particularly benefit, or not benefit from it? What about people in general? People who aren't students for example?

e. IS THERE ANYTHING ELSE YOU WANT TO SAY OR ASK ABOUT ANY ASPECT OF XXX PROJECT SO FAR?

6. END- ANY QUESTIONS ABOUT THIS FOCUS GROUP (est 5 mins)

7. STOP AND SECURE RECORDING

8. DEBRIEF (est 5 mins)

Thank you for taking part in this focus group. Your comments will help us show what people taking part in the project think about it. We can then use this information to help support our future applications for funding for other similar projects. Results from the focus group will be included in a final report for the project in a way that makes no sure no individuals can be identified. If you have any questions about the focus group please contact GWC or VS.

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- University Wellbeing Services: <https://my.uea.ac.uk/divisions/student-and-academic-services/student-services/wellbeing>
- Nightline: <https://norwich.nightline.ac.uk/>
- The University Medical Service: <https://www.umsuea.co.uk/>