Experiences of university

Survey Flow

Standard: Brief and consent (6 Questions)

Standard: Demographics (12 Questions)

Standard: Scales (2 Questions)

Standard: Focus group Qs (20 Questions)

Standard: App Qs (8 Questions)

Standard: Debrief (4 Questions)

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| Page Break |  |

Start of Block: Brief and consent

Q3   
Study Brief and Information Sheet   
    
Researcher:   
Principal Investigator: Dr Sophie Homer, School of Psychology, University of Plymouth   
    
    
**What is this study about?**   
    
This study is about your experiences of university life, including your personal and social experiences.    
    
    
**What is expected of me as a participant?**   
    
During this online survey you will be asked about your social and personal experiences at university. You will be asked to consider your social connections, your social activities, and your engagement with others in and outside of university. You will also be asked about your perceptions of social connectedness and belonging, and your perceptions and experiences of loneliness, isolation, mental health, and wellbeing. You will also be asked to complete some scales about mental health, wellbeing, loneliness, isolation, connectedness, and self-esteem.    
    
The survey should take no longer than 30 minutes to complete. Please find somewhere quiet and free of distractions, so that you can complete it all in one go. You will have the chance to enter a prize draw for some Amazon vouchers at the end of the survey.   
    
    
**How does the Amazon voucher prize draw work?**   
    
At the end of the survey, you will have the opportunity to enter a prize draw for some Amazon vouchers. Available to win are one £50 voucher, two £20 vouchers and one £10 voucher. All of these vouchers will be won by people who participate in this online survey. If you would like to enter the prize draw, please indicate this at the end of the survey and provide an email address. Please see below for details about anonymity and confidentiality. Once the study is complete, everybody who entered the prize draw will be entered into the draw. One email address will be selected at random for each of the voucher prizes. The winner will be contacted via email.

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Q2 **Will my participation be anonymous and confidential?**   
    
All data you provide will remain completely anonymous and you will not be asked to provide any identifiable information. We may want to disseminate the data and analysis by publishing it in academic journals and presenting it orally and/or via poster at conferences and events, including both academic and public events. We will also make the data freely available by hosting it online for other researchers to analyse. Scores will be reported as totals or averages and so it will not be possible to trace individual responses back to you.    
    
Responses to qualitative questions may be reproduced or published but will remain anonymous. We will not publish or present names or any identifiable information, and it will not be possible to link any of the analysis, or any individual quotes, back to you. We will store all data on secure systems (Qualtrics) during data collection. Once data collection is complete, we will remove data from these systems and store them on secure University systems (OneDrive) for ten years in line with university policy.   
    
If you choose to enter the prize draw, you will be asked to provide an email address so that we can contact you if you win a voucher. Email addresses will be stored separately to the survey data, so it will not be possible to link email addresses to individual survey responses. Email addresses will only be used by the Researchers, and only for the purposes of the prize draw. Under no circumstances will we share your email address with anyone else.    
    
During data collection, we will store the email addresses on secure systems (Qualtrics). Once data collection is complete, we will remove the email addresses from these systems and store them on secure University systems (OneDrive) whilst we conduct the prize draw. Once the prize draw is complete and the winners have been contacted, we will destroy the database containing the email addresses.

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Q3 **Is there any risk?**   
    
You will be asked to consider your social and personal experiences at university, including your experiences of social connectedness, loneliness and isolation. You will also be asked about mental health and wellbeing in relation to these experiences. For some, these may be sensitive topics. There is no pressure for you to consider these topics if you do not wish to. If this is the case, please do not proceed with the study and close your browser window now. If you do choose to participate, you do not have to answer a question if you do not wish to. You can withdraw from the study at any time (see below).    
    
**Can I withdraw?**   
    
You may withdraw from the study at any time, without penalty. If you would like to withdraw, simply close your browser window. If you would like to withdraw your data after the study, please inform the Researcher within two weeks.    
    
**Will this affect my relationship with the University of Plymouth?**   
    
No. Participation is entirely voluntary and participating (or withdrawing) does not affect your relationship with the University in any way. You can participate or withdraw at any time without prejudice to your relationship with the University or any staff, and without prejudice to any assessment of your academic performance.

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Q33 **Who do I contact with questions or concerns?**   
    
If you have any questions or concerns, please contact the Researcher, in the first instance. If you do not feel that your issue has been adequately resolved, you can contact the Principal Investigator, Dr Sophie Homer: sophie.homer@plymouth.ac.uk If you still do not feel that your issue has been adequately resolved, you can contact the University of Plymouth, Faculty of Health: Medicine, Dentistry, and Human Sciences Ethics Committee at FOHEthics@plymouth.ac.uk or on 01752 586992.    
    
Thank you for your interest in this study. If you choose to participate, you will now be asked to indicate your informed consent. If you consent to participate, you will be instructed throughout and debriefed at the end.

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Q28 Researcher:   
Principal Investigator: Dr Sophie Homer   
    
Thank you for taking the time to read the Information Sheet. If you are happy to take part, please confirm the following:

|  |  |  |
| --- | --- | --- |
|  | I consent (1) | I do not consent (2) |
| I understand the nature of the study, including the focus on potentially sensitive topics such as loneliness, mental health, and wellbeing. (1) |  |  |
| I understand that I do not have to answer a question if I do not want to, and that I can withdraw from the study at any time, without penalty, simply by closing my browser window. (2) |  |  |
| If I had any questions, they have been answered to my satisfaction. (3) |  |  |
| I agree to data being held initially on secure platforms (Qualtrics) before being moved to secure University systems (OneDrive). (5) |  |  |
| I agree to data being held on secure University systems (OneDrive) for up to ten years in line with university policy (participants will be anonymous and not identifiable). (6) |  |  |
| I agree to anonymised raw data, analyses, and quotes being reproduced, disseminated, and published (e.g. in presentations or journal publications, and in an online repository for other researchers to access freely). (7) |  |  |

Skip To: End of Survey If Researcher: Principal Investigator: Dr Sophie... [ I do not consent] (Count) >

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Display This Question:

If Researcher: Principal Investigator: Dr Sophie... [ I consent] (Count) = 7

Q39 If you agree to all of the above and would like to participate in the study, please click below to begin.

End of Block: Brief and consent

Start of Block: Demographics

Q56 Unique participation code: Please answer the following questions honestly, or in such a way that you will remember later. This code will allow you to withdraw your data should you wish to, once it has been anonymised.

* What is the last letter of your first name? (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What is the last letter of your surname / family name? (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What is the month of your birth? (E.g. for September, use 09) (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What is the first letter of your middle name? (If you do not have a middle name, use X) (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Enter the code here: For example, John Peter Smith, born in January, would be: NH01P (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q57 Please make a note of this code now.

* I have made a note of the code (4)

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Q60   
The following questions are about you. We are interested in your experiences of university and we are collecting demographic information to help us better understand and contextualise your experiences.   
You do not have to answer a question if you do not want to. If you do not wish to answer a question, please select ‘I would prefer not to say’ from the options.  

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Q61 What is your age?

▼ I would prefer not to say (4) ... 99 (86)

Q62 How would you describe your gender?

* Male (1)
* Female (2)
* Non-binary / third gender (3)
* I would prefer not to say (4)
* Other - please state below (OPTIONAL) (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Q72 Which university did/do you go to?

* University of Plymouth (1)
* Other - please state below: (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I would prefer not to say (3)

Q63 What stage of study are you in?

* First year undergraduate (1)
* Second year undergraduate (2)
* Third year undergraduate - currently on placement (3)
* Final year undergraduate (4)
* Postgraduate - Research (5)
* Postgraduate - Taught (6)
* I just finished my undergraduate degree (9)
* I just finished my postgraduate degree (10)
* Prefer not to say (7)
* Other- Please state below (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q64 What are you studying?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q65 What is your mode of study?

* Part-time (1)
* Full-time (2)
* Prefer not to say (3)

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Q68 How would you describe your ethnicity?

* White (1)
* Black (20)
* Asian (21)
* Mixed race (22)
* Other (23)
* Prefer not to say (24)

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Q69 Do you consider yourself to have a disability?

* Yes - Please state below (OPTIONAL) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No (2)
* Prefer not to say (3)

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Q70 Do you describe yourself as LGBTQ+?

* Yes - Please state below (OPTIONAL) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No (2)
* Prefer not to say (3)

End of Block: Demographics

Start of Block: Scales

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UCLA   
Please indicate how often each of the statements below is descriptive of you.  
  
  
A = indicates “I often feel this way”   
B = indicates “I sometimes feel this way”   
C = indicates “I rarely feel this way”   
D = indicates “I never feel this way

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | D - NEVER (1) | C - RARELY (2) | B - SOMETIMES (3) | A - OFTEN (4) |
| 1. I am unhappy doing so many things alone (1) |  |  |  |  |
| 2. I have nobody to talk to (2) |  |  |  |  |
| 3. I cannot tolerate being so alone (3) |  |  |  |  |
| 4. I lack companionship (4) |  |  |  |  |
| 5. I feel as if nobody really understands me (5) |  |  |  |  |
| 6. I find myself waiting for people to call or write (6) |  |  |  |  |
| 7. There is no one I can turn to (7) |  |  |  |  |
| 8. I am no longer close to anyone (8) |  |  |  |  |
| 9. My interests and ideas are not shared by those around me (9) |  |  |  |  |
| 10. I feel left out (10) |  |  |  |  |
| 11. I feel completely alone (11) |  |  |  |  |
| 12. I am unable to reach out and communicate with those around me (12) |  |  |  |  |
| 13. My social relationships are superficial (13) |  |  |  |  |
| 14. I feel starved for company (14) |  |  |  |  |
| 15. No one really knows me well (15) |  |  |  |  |
| 16. I feel isolated from others (16) |  |  |  |  |
| 17. I am unhappy being so withdrawn (17) |  |  |  |  |
| 18. It is difficult for me to make friends (18) |  |  |  |  |
| 19. I feel shut out and excluded by others (19) |  |  |  |  |
| 20. People are around me but not with me (20) |  |  |  |  |

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SWEMWBS   
  
  
Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks.   
  
  
Key-   
1 = None of the time   
2 = Rarely   
3 = Some of the time   
4 = Often   
5 = All of the time

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 - NONE OF THE TIME (1) | 2 - RARELY (2) | 3 - SOME OF THE TIME (3) | 4 - OFTEN (4) | 5 - ALL OF THE TIME (5) |
| 1. I’ve been feeling optimistic about the future (1) |  |  |  |  |  |
| 2. I’ve been feeling useful (2) |  |  |  |  |  |
| 3. I’ve been feeling relaxed (3) |  |  |  |  |  |
| 4. I’ve been dealing with problems well (6) |  |  |  |  |  |
| 5. I’ve been thinking clearly (7) |  |  |  |  |  |
| 6. I’ve been feeling close to other people (9) |  |  |  |  |  |
| 7. I’ve been able to make up my own mind about things (11) |  |  |  |  |  |

End of Block: Scales

Start of Block: Focus group Qs

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Q35 Earlier on this year, we conducted a series of focus groups with students to find out what factors had an impact on their social connectedness with others, and what contributed to their feelings of isolation. We will now ask you some questions about these factors, and the impact that they might have had on your ability to connect with others during your time at university.

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WiderCommunity1 Did you have a part-time job or a volunteering position during your degree? Please tick all that apply.

* Yes - a paid position related to my degree (1)
* Yes - a voluntary position related to my degree (2)
* Yes - a paid position unrelated to my degree (3)
* Yes - a voluntary position unrelated to my degree (4)
* No - I did not have a part-time job nor a volunteering position (5)
* I would prefer not to say (6)

Display This Question:

If Did you have a part-time job or a volunteering position during your degree? Please tick all that... != No - I did not have a part-time job nor a volunteering position

WiderCommunity2 To what extent do you agree with the following statement?

|  |  |  |
| --- | --- | --- |
|  | 0 - Not at all | 100 - Extremely |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| My part-time job or voluntary position improved my social connectedness during my degree () |  |

|  |  |
| --- | --- |
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OnlinePresence1 How long on average do you spend on social media?

* More than 5 hours each day (8)
* About 5 hours each day (9)
* About 4 hours each day (10)
* About 3 hours each day (11)
* About 2 hours each day (12)
* About 1 hour each day (13)
* Up to 1 hour each day (14)
* A few hours a week (15)
* A few hours a month (16)
* Less than an hour a month (17)
* I have social media accounts but it's very rare (if ever) I log into them (18)
* I do not have social media accounts (19)
* I would prefer not to say (20)

Display This Question:

If How long on average do you spend on social media? != I do not have social media accounts

OnlinePresence2 Do you use social media for university? For example, to keep up with news and information about university, and/or to connect with others who are at your university?

* Yes (1)
* No (3)

Display This Question:

If How long on average do you spend on social media? != I do not have social media accounts

Onlinepresence3 When using social media, are you more of an active user or more of a passive user?

* I am more of an **active** user - I frequently post, comment, 'like', and interact (1)
* I am more of a **passive** user - I mainly just read others' posts (2)

OnlinePresence4 What is your opinion of using social media for connecting with people at university? (For example, School Facebook pages or course group chats on Facebook Messenger)

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Opportunities1 Please think about your time at university and respond to the following question

|  |  |  |
| --- | --- | --- |
|  | Not at all / Never | All the time |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| How often did/do you use the university facilities to socialise with your peers other than during lectures? Such as the SU, coffee shops, the library etc. () |  |

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| Page Break |  |

Accessibility1 How likely are/were you to attend social events at university?

|  |  |  |
| --- | --- | --- |
|  | 0 - Not at all / Never | 100 - Definitely / All the time |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| Likelihood to attend social events () |  |

Accessibility2 Thinking about attending social events while at university, to what extent do/did the following make you **less likely to attend social events?**

|  |  |  |
| --- | --- | --- |
|  | 0 - Not at all | 100 - Completely |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| Location - too far away for me to travel () |  |
| Location - too difficult for me to get to () |  |
| Location - not accessible () |  |
| Cost - too expensive () |  |
| Cost - a reasonable price but I didn't/don't have the money spare () |  |
| Alcohol - other people would be drinking () |  |
| Alcohol - pressure / expectation for me to drink () |  |
| Others - not fitting in with the other attendees () |  |
| Others - not having anyone to go with () |  |

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Accessibility4 Where did/do you live while at university?

* In university or private halls (1)
* In a shared house or flat (2)
* In a house or flat by myself close to university (walking distance) (3)
* In a house or flat by myself further away from university (not walking distance) (4)
* At home with my family close to university (walking distance) (5)
* At home with my family further away from university (not walking distance) (6)
* Other (please specify) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I would prefer not to say (8)

Display This Question:

If Where did/do you live while at university? = In a house or flat by myself further away from university (not walking distance)

Or Where did/do you live while at university? = At home with my family further away from university (not walking distance)

Accessibility5 How long is/was your commute to university?

* Less than 10 minutes (1)
* Between 10 and 30 minutes (4)
* Between 30 minutes and one hour (5)
* Between one and two hours (6)
* More than two hours (7)

Accessibility6 We are interested in the link between your living arrangements and your experiences of feeling socially connected and/or lonely at university. Please rate the following statements from 0 - Not at all to 100 - Completely.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 0 - Not at all | 100 - Completely | Not Applicable |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| My living arrangements had an effect on how socially connected I feel/felt at university () |  |
| My living arrangements make/made me feel **more socially connected** at university () |  |
| My living arrangements make/made me feel **more lonely** at university () |  |

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Before pandemic Were you at university before the COVID-19 pandemic hit? (i.e. around or before March 2020)?

* Yes (1)
* No (2)

Display This Question:

If Were you at university before the COVID-19 pandemic hit? (i.e. around or before March 2020)? = Yes

MentalHealthBeforeCV Please think about your experiences of university **before the COVID-19 pandemic.** To what extent did you experience the following?

|  |  |  |
| --- | --- | --- |
|  | 0 - Not at all / Never | 100 - Extremely / All the time |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

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| --- | --- |
| Fear of missing out on social activities () |  |
| Anxiety about attending social activities () |  |
| Feeling lonely () |  |
| Feeling socially connected to others () |  |

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MentalHealthSinceCV Please think about your experiences of university **since the COVID-19 pandemic.** To what extent did/do you experience the following?

|  |  |  |
| --- | --- | --- |
|  | 0 - Not at all / Never | 100 - Extremely / All the time |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| Fear of missing out on social activities () |  |
| Anxiety about attending social activities () |  |
| Feeling lonely () |  |
| Feeling socially connected to others () |  |

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| Page Break |  |

MentalHealth5 Which of the following is true of you?

* I did not attend any social events at university due to feeling anxious (1)
* I missed out on many social events at university because of feeling anxious (2)
* I missed out on a few social events at university because of feeling anxious (3)
* I felt anxious about social events, but I still attended them (4)
* I did not feel anxious about any social events at university (5)
* I would prefer not to say (6)

Display This Question:

If Which of the following is true of you? != I did not feel anxious about any social events at university

MentalHealth6 Of all the social events you were given the opportunity to attend at university, which one made you feel the most anxious?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Display This Question:

If Which of the following is true of you? != I did not feel anxious about any social events at university

MentalHealth7 If possible, please briefly explain what it was about this event that made you feel anxious:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Groups1   
Thinking about only the friends that you met during university, how did you meet them? Please select all that apply.

* From your accommodation (1)
* From your course (2)
* From your job (3)
* From friends of friends (4)
* From societies (5)
* From social media (6)
* Does not apply (7)
* Other (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Start of Block: Debrief

Q36   
Thank you for participating in this study. Please read the following information and take a screenprint for your records. You will be able to enter the Amazon voucher prize draw on the last page.    
    
**Study background**   
    
Improving the mental health of university students is a priority in the Higher Education sector. Loneliness is associated with mental ill-health in the general population, and it has been identified as a main cause of mental ill-health in students (McIntyre et al., 2018). Therefore, the Student Mental Health Charter highlights the importance of improving social connectedness at university (Hughes & Spanner, 2019). It is important to improve social connectedness in all students, not just those who experience mental ill-health. This is because social connectedness plays a role in preventing the onset of mental ill-health (Kleiber et al., 2018).    
    
**Study rationale**   
    
This study sought to investigate students’ experiences of social connectedness, loneliness, and wellbeing at university. We gained some in-depth insights into students’ experiences from a recent focus group, and this study aimed to see whether the themes identified in the focus group data would apply to a larger sample of students. Eventually, we would like to use these insights to inform the development of a social app for students.

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Q40 **Anonymity and confidentiality**   
    
All data you provided will remain completely anonymous. We may want to disseminate or publish data, but scores will be reported as totals or averages and so it will not be possible to trace individual responses back to you. Responses to qualitative questions may be reproduced or published but will remain anonymous. We will store all data on secure systems (Qualtrics) during data collection. Once data collection is complete, we will remove data from these systems and store them on secure University systems (OneDrive) for ten years in line with university policy. We will make anonymised data open-access (freely available) for other researchers to use by hosting it in a secure online repository.    
    
If you choose to enter the prize draw, you will need to provide an email address so that we can contact you if you win a voucher. Email addresses will be stored separately to the survey data, so it will not be possible to link email addresses to individual survey responses. Email addresses will only be used by the Researchers, and only for the purposes of the prize draw. Under no circumstances will we share your email address with anyone else. During data collection, we will store the email addresses on secure systems (Qualtrics). Once data collection is complete, we will remove the email addresses from these systems and store them on secure University systems (OneDrive) whilst we conduct the prize draw. Once the prize draw is complete and the winners have been contacted, we will destroy the database containing the email addresses.    
    
If at any point you wish to withdraw your data, please contact us with your participation code and we will destroy your data. Please note that accepting a voucher (if you win the prize draw) does not negate your right to withdraw your data.

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Q41   
If you have any questions or concerns, please contact the Researcher, in the first instance. If you do not feel that your issue has been adequately resolved, you can contact the Principal Investigator, Dr Sophie Homer: sophie.homer@plymouth.ac.uk If you still do not feel that your issue has been adequately resolved, you can contact the University of Plymouth, Faculty of Health: Medicine, Dentistry, and Human Sciences Ethics Committee at FOHEthics@plymouth.ac.uk or on 01752 586992.    
    
**Help or advice**   
    
If you would like help or advice regarding mental health, you should contact your GP. Some other points of contact:  
 University Student Services: <https://www.plymouth.ac.uk/student-life/services/student-services/counselling>  
 Mind Mental Health Charity: [www.mind.org.uk](http://www.mind.org.uk) 0300 123 3393  
 Samaritans: <http://www.samaritans.org/> 116 123

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Q42 **Amazon voucher prize draw**   
    
Thank you again for completing the survey. You now have the opportunity to enter a prize draw for some Amazon vouchers. Available to win are one £50 voucher, two £20 vouchers and one £10 voucher. All of these vouchers will be won by people who participated in this online survey. Once the study is complete, everybody who entered the prize draw will be entered into the draw. One email address will be selected at random for each of the voucher prizes. The winner will be contacted via email. Please note that accepting a voucher (if you win the prize draw) does not negate your right to withdraw your data. Good luck! Thank you very much for taking part.   
    
If you would like to take part in the draw, please drop your email address below.

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End of Block: Debrief