

Enhancing student success: supporting the mental wellbeing of mature-aged university students from regional and remote Australia

PARTICIPANT INFORMATION SHEET

Chief Investigator (CI)

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1. Invitation

You are invited to participate in a research study investigating proactive approaches that support the mental wellbeing of mature-aged undergraduate university students who are from regional and remote areas in Australia.

2. What is the purpose of this study?

This study aims to:

- better understand the issues and factors that impact (positively and negatively) on the wellbeing of mature-aged undergraduate university students who are from regional and remote areas in Australia;
- identify proactive strategies and approaches to support student wellbeing;

In order to:

- develop evidence-based, strength-based sets of guidelines for students, staff and institutions.

3. How is the study being funded?

The study is funded by the National Centre for Student Equity in Higher Education (NCSEHE).

4. Why have I been invited to participate?

You have been invited to participate because you:

- i) were more than 20 years of age when you commenced your undergraduate course/program, which is how 'mature-aged' is being defined in this project;
- ii) are an undergraduate university student at an Australian university;
- iii) are from a regional or remote area in Australia.

Your participation is voluntary, and your choice to take part or not take part will not affect your grades or the services you receive.

5. What will I be asked to do?

You will be asked to complete an online survey. The survey will take 20-30 minutes to complete.

6. Are there any possible benefits from participation in this study?

We do not expect immediate benefits for participants in this study. However, this study will advance our knowledge about proactive approaches to supporting student wellbeing and the findings will inform the development of guidelines for students, staff and universities, as well as recommendations for universities and policy makers, so you may benefit from these guidelines/recommendations in the next few years. Certainly, we hope that future students will benefit from your participation in this survey.

7. Are there any possible risks from participation in this study?

No, we don't expect that there are any risks in you participating in this study. However, if answering any of the questions causes you any discomfort, please be reminded of the availability of counselling services at your university.

8. What if I change my mind during or after the study?

If you change your mind and decide you don't want to participate in online survey, you do not have to give a reason or let us know. You can simply choose not to participate in the survey or not to 'submit' the survey.

If you change your mind after clicking on 'submit', it will be too late to withdraw. The surveys are anonymous and we won't know which one belongs to you.

9. What will happen to the data when this study is over?

The information collected as part of this project will be stored on a University of Tasmania server, which is password-protected and only accessible to the research team. The data from the survey might be used by the Chief Investigator (CI) (and/or colleagues as permitted by the CI) in future research that has a similar focus.

10. How will the results of the study be published?

All data in this study will be anonymous. The findings from this research project will be published in the project report on the NCSEHE website towards the end of 2020. The link is:

<https://www.ncsehe.edu.au>.

You may like to subscribe to the NCSEHE website to receive updates about NCSEHE projects, which will include updates about this project.

11. What if I have questions about this study?

If you have any queries, concerns or issues with this study, please feel free to contact the research team – our details are at the bottom of this Participant Information Sheet.

This study has been approved by the Tasmania Social Sciences Human Research Ethics Committee. If you have concerns or complaints about the conduct of this study, you can contact the Executive Officer of the HREC (Tasmania) Network on (03) 6226 2975 or email ss.ethics@utas.edu.au. The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote H0018332.

12. How can I agree to be involved?

Completing and submitting the online survey indicates that you agree to be involved.

13. Full research team contact details

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