

DATE: \_\_\_\_\_\_\_\_

**APPENDIX A**

**LETTER OF INFORMATION / CONSENT**

**A Study of Perceptions, Attitudes, Knowledge, and Experience with Mental Health**

**Principal Investigator: Student Investigator:**

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**Purpose of the Study:** You are invited to take part in an online research study on mental health awareness, knowledge, and experience in students. We are hoping to understand what barriers students may face when it comes to mental health, specifically in the University setting.

**Procedures involved in the Research:** As a participant, you will be asked to read information about and answer questions concerning Mental Health services at McMaster University, and your knowledge, awareness, experiences and attitudes toward mental health. Participation will take approximately 30 minutes.

**Potential Harms, Risks, or Discomforts:** The risks involved in participating in this study are minimal. You may feel uncomfortable (uneasy, anxious) with discussing mental health and any experience you may have had with mental health. You will find at the end of the document a list of resources that you can reach out to if you are concerned about any discomfort you may feel.

**Potential Benefits:** The information from this study will contribute to our understanding of mental health concerns, attitudes, and experiences of business students. As well, it will contribute to our understanding of university mental health services. Additional possible benefits of participation is gaining self-knowledge related to ones perception and services available for mental health concerns, as well as how business research is conducted. Nonetheless, as each individual is different, there is also the possibility that you may not receive any benefit from this study.

**Payment:** For your participation, you will be entered into a draw to win a $50 CDN gift card (Amazon, Starbucks, or Walmart—winner’s choice). One draw per 50 participants will be conducted, such that if 200 people participate, 4 different draws for a $50 gift card will be administered (therefore, a 1 in 50 chance to win). To be entered in this draw, you **must** complete the survey and hit the final submit button. The winners will be contacted and informed through the DeGroote Graduate Office and will pickup their prize at the office. Thus, no participant will interact or be seen by the researchers to allow for further anonymity.

**Confidentially:** You are participating in this study anonymously. Note, because our interest is in the average responses of the entire group of participants, your responses will not be identified individually in any way. Data will be kept on a locked and password protected computer that only I and my faculty supervisor will have access to. Note, in the publication process it is possible that a journal will request the data to be available. If this is the case, the data will be shared in aggregate form to ensure that no one participant can be identifies. Alternatively, if applicable, the data will be shared *without* any identifiers to ensure your anonymity.

**Participation and Withdrawal:** Your participation is voluntary; you may decline to participate at any time. If you choose to be a part of this study, you can withdraw for whatever reason, even after signing the consent form or part-way through the survey, up until clicking the “submit” button. Please note that once you submit the questionnaire, your responses will become anonymous; therefore, it will not be possible to remove your data should you wish to withdraw after you have submitted your responses.

**Information About the Study Results:** The results from this study may be used in journal articles, presentations, or books. A summary of the results of this research will be available approximately one year from now; participants who wish to receive information about the findings of this study at that time can email [naisanim@mcmaster.ca](mailto:naisanim@mcmaster.ca). Please note that some journals require data to be shared, in the case of this requirement, the identifiers will be shred in aggregate form, or if applicable no identifiers will be shared and thus, all data will remain anonymous. All information shared with journal will be assessed to ensure that data cannot be used to identify specific persons and identifiers will not be shared.

**Questions About the Study:** If you have questions or need more in for about the study itself, contact me at:

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| naisanim@mcmaster.ca  905-525-9140 ext. 27275 |

The study has been reviewed by the McMaster University Research Ethics Board and received ethics clearance. If you have concerns or questions about your rights as a participate or about the way the study is conducted, please contact:

McMaster Research Ethics Secretariat

Telephone: (905) 525-9140 ext. 23142

C/o Research Office for Administrative Development and Support

E-mail: [ethicsoffice@mcmaster.ca](mailto:ethicsoffice@mcmaster.ca)

**List of Resources and Contacts**

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| McMaster University Services | |  | |  | |
|  | Student Wellness Center | | PGCLL 210, ext. 27700 | |
|  | Chaplaincy Centre | | MUSC 231 ext. 24207 | |
|  | Ombuds Office | | MUSC 210 ext. 24151 | |
|  | Youth Wellness Centre Mobile Team | |  | |
|  | EmPower Me | | 1-844-741-6389 | |
|  |  | |  | |
|  |  | |  | |
| Hamilton/Community Services | |  | |  | |
|  | Big White Wall | | Otn.ca/bigwhitewall | |
|  | Crisis Outreach and Support Team | | 905-972-8338 | |
|  | Good2Talk | | 1-866-925-5454 | |
|  | Barrett Centre for Crisis Support | | 1-844-777-3571  24Hr crisis line: 905-529-7878 | |
|  |  | |  | |
|  | Sexual Assault Centre-Hamilton | | 905-525-4162 | |