



University of South Australia

Participant Information Sheet

Justice and Society
University of South Australia

Sleep and Wellbeing in Boarding and Day Students

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You have been invited to participate in a research study. Before agreeing to participate in the study, it is important that you read and understand the following explanation of the study and the procedures. This form describes the purpose, procedures, benefits, risks, discomforts and alternative procedures that are available to you. If you choose to participate, you have the right to withdraw from the study at any time.

What is the study about?

The main objective of this study is to investigate similarities and differences between the sleep obtained by boarding and day students. It is well understood through previous research that sleep is a vital part of wellbeing, therefore we are also asking questions about this. We hope to identify any challenges that are associated with getting sufficient sleep and wellbeing, but also what strategies individuals use to overcome these. Currently, there is very little research into the experiences of boarders, so by understanding more about the experiences of both day and boarding students, we are hoping to be able to make recommendations which improve students' sleep and wellbeing. Additionally, this project is being completed in order to fulfill the requirements of Alex Reardon's Bachelor of Psychology (Honours) degree.

Who can participate?

Any students from Westminster School are eligible to participate.

What happens during the study?

If you agree to participate in this study, we will ask you questions about your sleep and wellbeing, which should take approximately 20 minutes through an online survey system.

All records containing personal information will remain confidential and no information which could lead to identification of any individual will be released, unless required by law. The researcher will take every care to remove any identifying material from the responses you provide as early as possible. Likewise, individuals' responses will be kept confidential by the researcher and participants will not be identified in the reporting of the research. All records containing personal information will remain confidential and no information which could lead to the identification of any individual will be released, unless as required by law. However, the researcher cannot guarantee the confidentiality or anonymity of material transferred by email or the internet.

Participants will not be identified in the reporting of the research and all records containing personal information will remain confidential. No information which could lead to the identification of any individual will be released, unless as required by law. During the study, you will be asked questions about your sleep and wellbeing. Please be aware that the disclosure of information relating to illicit substances/illegal activities and/or professional negligence will remain confidential, except in the event of legal proceedings where a court ordered subpoena is issued.

Are there any risks?

We do not anticipate that there will be any risks for you beyond those encountered in everyday life.

However, should you feel discomfort during, after or due to the questionnaires, there is support available from the researchers, from your teachers and House Heads. Additionally, Ms Collins, Head of Wellbeing, and both school psychologists are available to assist as per the school's usual support structures.

What happens at the end of the study?

Should you need to get in contact with study staff at any time, they can be reached on **0407 780 690**. If you wish to contact one of the study investigators directly you can email them: reaaj005@mymail.unisa.edu.au kurt.lushington@unisa.edu.au alex.agostini@unisa.edu.au .

What happens to the results?

All data from this study will be stored on UniSA's password-protected data repository, with hard drives as backups stored in lockable filing cabinets in office C1-04 at Magill. All information collected as part of the study will be destroyed at the end of five years. Summarised results will be stored as hard copies in C1-04, and may be used in future theses, journal publications and conferences. These results will only be presented as group averages and your responses will not be able to be traced back to you.

What will I get out of the study?

- Participants are given the opportunity to explore, identify and add to their understanding of the links between their sleep and wellbeing.
- At the end of the questionnaire, you may opt to enter yourself in the draw to win 1 of 5 \$30 EFTPOS gift-vouchers.
- Westminster School will be better informed in assisting their students improve their sleep and wellbeing.
- More will be known about sleep and wellbeing by scientists, to assist schools around Australia and globally in providing guidance and resources which are effective and evidence-based.

Voluntary participation – what happens if I say no?

Participants can withdraw from the project at any time without affecting their status now or in the future.

Before deciding whether or not to take part in this study, you may wish to discuss the matter with a relative or a friend. You should feel free to do this. It is important that you understand that your participation in this study is voluntary, as is the case with all research projects. If you do not wish to take part you are under no obligation to do so. If you decide to take part but later change your mind, you are free to withdraw from the study at any stage. Your decision to take part, not to take part, or to withdraw, will not affect your relationship with the University of South Australia or Westminster School. Once you submit your survey, however, we are unable to remove your response as it will be impossible to identify your completed survey. Subject to receiving ethics approval, this data may potentially be used for future research projects and/or databases.

How do I become a participant?

The online survey will be made available through the SEQTA learning system. If you have any questions, please email Alex Reardon: reaaj005@mymail.unisa.edu.au

By completing and submitting the online survey, you are indicating that you have read and understood the Participant Information and give your consent to be involved in the research.

UniSA Human Research Ethics Committee Contact Details

This study has been approved by the University of South Australia's Human Research Ethics Committee (203753). Should you wish to speak to a person not directly involved in the study, particularly in relation to matters concerning policies, information about the conduct of the study or your rights as a participant, or should you wish to make a confidential complaint, you may contact the Executive Officer of the University of South Australia's Human Research Ethics Committee on (08) 8302 3118 or by email humanethics@unisa.edu.au.

Participants or third parties who wish to lodge a complaint about either the study or the way it is being conducted should contact the Executive Officer of UniSA HREC in the first instance, email humanethics@unisa.edu.au or telephone (08) 8302 3118.