



CONSENT TO PARTICIPATE IN RESEARCH
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Awaken U: Mixed method research of mindfulness in undergraduate development.	
Principal Investigator(s) and/or Co-Investigator(s):	2
Dr. Rebek, Dr. Rouleau, Dr. Murugan, & Research Assistant Contact: awakenu2021@gmail.com	
PURPOSE OF THE RESEARCH:	2
<ul style="list-style-type: none">● Explore undergraduate personal development as physically distanced students during COVID-19 for future pedagogical recommendations and improvements.	
RESEARCH PROCEDURES:	3
<ul style="list-style-type: none">● 1-2 hour time expectation each week for 8 weeks, the program involves mindfulness activities and creative prompts delivered through zoom calls that may be watched synchronously or on your own time.● Data will be collected through survey and artifact collection submitted by you using a pseudonym.● At the end of the eight weeks, some participants will be invited to partake in a focus group or interview upon extended consent to participate.	
POTENTIAL RISKS & DISCOMFORTS TO PARTICIPANTS/INFORMANTS:	3
<ul style="list-style-type: none">● Minimal risk.● Introspection may reveal uncomfortable underlying emotions.● Possible social risk if you are identified by other participants.	

POTENTIAL BENEFITS TO PARTICIPANTS/INFORMANTS AND/OR TO SOCIETY:	4
<ul style="list-style-type: none">• Providing insight to policy makers, post-secondary institutions, educators, and human resource trainers to develop and improve practices and pedagogies.	
COMPENSATION FOR PARTICIPATION:	4
<ul style="list-style-type: none">• No participant compensation.	
CONFIDENTIALITY AND/OR ANONYMITY:	4
<ul style="list-style-type: none">• Identities of participants will only be accessible to those authorized, but anonymity on the internet cannot be guaranteed. Duty to report may apply if potential threats to yourself or others are revealed.• Pseudonym: you will choose a pseudonym to replace your name for data collection.• Surveys: Google Form email tracking is off, only your pseudonym will identify you.• Zoom calls: you may remain off camera and use your pseudonym as your name.• Data will be stored on a USB in the locked NORDIK research office for 5 years.	
PARTICIPATION AND WITHDRAWAL:	5
<ul style="list-style-type: none">• Participation is entirely voluntary, all degrees of engagement are appreciated.• You may withdraw at any time up to the final member checks (when researchers ask you if your contribution data is an accurate representation of your experience).• Researchers may withdraw you from the study if circumstances warrant doing so.	
FEEDBACK OF THE STUDY RESULTS TO THE PARTICIPANTS/INFORMANTS:	5
<ul style="list-style-type: none">• You may opt-in to be emailed a summary report and digital archive at the earliest possible time.	
SUBSEQUENT USE OF DATA:	5
<ul style="list-style-type: none">• You may opt-in to be contacted for future studies.• Academics may contribute further by building upon the anonymous data available in the publication.	
RIGHTS OF RESEARCH PARTICIPANTS/INFORMANTS:	6
<ul style="list-style-type: none">• If you have any questions, contact the Research Ethics Board that approved this project.• Please see mental health resources in order to minimize risks.	



CONSENT TO PARTICIPATE IN RESEARCH

Title of Research Project:

Awaken U: Mixed method research of mindfulness in undergraduate development.

Principal Investigator(s) and/or Co-Investigator(s):

You are invited to participate in a research study conducted by...

Dr. Jody-Lynn Rebek, Ph.D. (Assistant Professor, Algoma University),
rebek@algonau.ca or 705-542-3011

Cameron Mihell (Research Assistant Student), cmihell@algonau.ca or 705-206-0085

And with assistance from Algoma University professors Dr. Nicolas Rouleau
(nicolas.rouleau@algonau.ca) and Dr. Nirosha Murugan (nmurugan@algonau.ca).

PURPOSE OF THE RESEARCH:

You are invited to take part in a research project entitled the Mindful Personal Development of Undergraduate Students. This form is part of the process of informed consent. It will inform you about this research project, the risks and benefits, and the participation requirements to help you decide whether you wish to participate in this research study. It describes your right to withdraw from the study, and who to contact during the study should you have any concerns, questions, etc. Take time to understand this document, by reading it carefully and internalize the information provided. Please contact the researcher, Dr. Jody Rebek, if you have any questions about the study or require more information included within this document.

This research focuses on undergrad personal development. The purpose of this study will be to explore undergraduate students' engagement as physically distanced undergraduate students due to COVID-19. This will help to further define the effectiveness of self-development approaches, and also define approaches that students find most effective in learning of 'self'. In addition, the study will assess student engagement and student pedagogical recommendations to create improvements and standards for future teaching and research in personal development and leadership (Owen, 2011).

RESEARCH PROCEDURES:

This virtual study will last eight weeks and require about 1- 2 hour commitment each week, consisting of optional group calls, pre-, mid-, and post-surveys, mindfulness activities and creative prompts such as artistic expression and writing. The researcher will invite participants to contribute to the development of the mindfulness program by selecting their preferences on a number of variables (eg. mindfulness practices), and the researcher will organize the program based on the feedback received. Prior to and after the program, data will be collected online through artifacts provided (artwork, journals), surveys, and select interviews. All information will be captured confidentially, using a pseudonym of your choice. The master key linking your pseudonym to your name, this signed consent form, and your email address will be withheld by Dr. Rouleau throughout the study. We recommend you keep your pseudonym in a safe spot so you can remember it throughout the study, but Dr. Rouleau can assist you in retrieving your pseudonym if you forget. Some participants will also be invited to a focus group at the conclusion of the study. A facilitator will ask you approximately 8- 10 questions to gain an understanding of your experience. Some students will also be invited to participate in a personal interview, to gain a deeper understanding of your personal experience.

POTENTIAL RISKS & DISCOMFORTS TO PARTICIPANTS/INFORMANTS:

Although the risks involved in this study are minimal, there is a potential to experience psychological stress due to the self-reflective nature of the study. Participants should note that introspection in any form can reveal underlying emotional turmoil, therefore, the mindfulness could have adverse effects on individuals with pre-existing mental health conditions that may be further strained due to COVID

19 isolation (Hanley, Abell, Osborn, Roehrig, & Canto, 2016; Hamza, Ewing, Heath, & Goldstein, 2020). These mental health risks should be considered in conjunction with how COVID-19 physical distancing has affected you, and you should self-screen if necessary. A link is provided below to help you self-screen, and you will be asked in this consent form to agree to continue to monitor your mental health and ask for help if necessary. Students with a psychiatric history, such as schizophrenia, are advised to not participate (Hanley, Abell, Osborn, Roehrig, & Canto, 2016). You may also withdraw your participation at any time throughout the study and mental health support will be available prior to, throughout, and following the study in the event that difficult emotions arise.

While the researcher will take all possible precautions to ensure the identities of participants are kept confidential, there is a potential social risk for participants in this study that may be a byproduct of a group of participants that are familiar with each other. If you would like to reduce this risk you are free to keep your cameras off and microphones muted in favour of the chatbox function on zoom.

POTENTIAL BENEFITS TO PARTICIPANTS/INFORMANTS AND/OR TO SOCIETY:

The primary benefit of this research is to provide insight to policy makers, post-secondary institutions, educators, and human resource trainers regarding specific practices for



intrapersonal development from the student's perspective. This insight may inform and influence the development and delivery of future leadership development programs, and postsecondary programming. In addition, this research may assist educators in understanding the key competencies required for intrapersonal leader development, and identify practices and pedagogies that are effective in strengthening the leadership knowledge, skills and/or abilities within students.

COMPENSATION FOR PARTICIPATION:

Participants will not receive compensation of any kind.

CONFIDENTIALITY AND/OR ANONYMITY:

Confidentiality is ensuring identities of participants are accessible only to those authorized to have access. Only the researcher, her assistant, and the contributing researchers will have access to the data collected as part of the study (audio-recordings, transcripts, surveys, and any artifacts collected). All of this data will be retained in password-protected files.

When you complete google forms, the email tracking will be turned off and you will only be asked to identify with your chosen pseudonym. During optional zoom calls and interviews, you may change your name to your pseudonym and keep your camera and mic off if you want. Upon completion of this research study, the researcher will store data on a USB in the research office for 5 years. All email correspondence and data will be deleted from the researchers' devices at the end of the study, and participant emails will be permanently removed from the researcher's email accounts. Anonymity on the internet cannot be guaranteed- information stored in USA-based surveys (such as Google forms) are subject to the US Patriotic Act. This allows USA law enforcement agencies, with or without a court order, to access the records of Internet service providers. Similarly, the Anti-Terrorism Act of Canada allows Canadian law enforcement officials to access the records locally, once they are repatriated to Canada for analysis. Additionally, if any information provided in your responses alludes that the safety of yourself or any others is at risk, researchers will have the legal obligation to notify authorities.

All participants will choose a pseudonym and any direct quotations taken from the focus group will be attached only to your pseudonym. Any and all identifying information (organization, program of study, position, etc.) will be removed from the report. Pseudonyms will be used in every instance when reporting results and when you provide information. The master key linking participant names to their chosen pseudonym will be maintained by the research assistant in a password protected file and will be maintained for 5 years on a USB in the research office, Northern Ontario Research, Development, Ideas & Knowledge (NORDIK), if you opt-in to be considered for subsequent studies. The research assistant will audio-record and transcribe the information shared as the study progresses. The audio-recordings will be secured in a password-protected data



file in the researcher's locked office. This consent form includes a checkbox of whether or not you indicate agreement to the use of an audio-recording device.

PARTICIPATION AND WITHDRAWAL:

As a participant/informant you may withdraw (i.e., not longer to participate) from the study at any point up to the final member checks. The member checks will be done to ensure the contributions you made to the study are reflective of your experience and you approve of the representation. In addition, the researcher may withdraw you and/or your data or contribution from this research if circumstances warrant doing so.

Participation is entirely voluntary, and it is up to you to decide whether you would like to participate. If you choose not to participate or if you decide to withdraw at any time during the study once it has started, there will be no negative consequences for you during or following the study. All degrees of engagement are appreciated- the minimum contribution you will be expected to make to be included in the study are the surveys.

FEEDBACK OF THE STUDY RESULTS TO THE PARTICIPANTS/INFORMANTS:

A short report that summarizes the findings will be created for participants. Data will be for the most part, in summarized form and in instances where direct quotations or data is shared, it will be reported using their chosen pseudonym. This summary report will be shared via email if you opt-in to be emailed, as well as a link to the digital archive where the report may be found upon publication at the earliest possible time.

SUBSEQUENT USE OF DATA:

The information in this research may be revisited by means of a future follow up study by the original researcher if the opportunity presents itself and participants are willing. To be considered for subsequent studies, you can opt-in in this consent form for your contact information to be maintained on a USB in the research office. Academics in the field of research may contribute further by building upon the anonymous data available in the publication.



RIGHTS OF RESEARCH PARTICIPANTS/INFORMANTS:

If you have questions regarding your rights as a research participant, contact: Research Ethics Board, HumanEthics@umanitoba.ca or ethics@algomau.ca.

You are welcome to ask questions at any time during your participation in this research. If you would like more information please contact the associate researcher, the researcher or her supervisor at the coordinates mentioned above.

Participants are asked to continuously monitor their mental health throughout the study. Please visit the Canadian Psychological Association to review wellness signs to look for: <https://cpa.ca/psychology-works-fact-sheet-student-wellness-and-covid-19/>

In order to minimize associated risks, all participants will have access to counseling services throughout the study. Participants will be encouraged to download the I.M. Well app for free 24/7 access to support, and will be given direct contact to counselling services at their respective universities. University of Manitoba students call 204-474-8592 to schedule a counselling session, and are encouraged to visit the following website for more information and resources:

<https://umanitoba.ca/student-supports/counselling-resources-students>

The following resources are available across Canada at anytime:

- Good 2 Talk student helpline: 1-866-925-5454
- Canada Suicide Prevention Line: 1-833-456-4566



SIGNATURE OF RESEARCH PARTICIPANT AND/OR LEGAL REPRESENTATIVE

I understand the information provided to me regarding the Qualitative Research of Meditative Inquiry in Undergraduate Leader Development as described herein. My questions have been answered to my satisfaction, and I therefore agree to participate in this study. I have a copy of this consent form for my own records.

**If you are unable to complete this form electronically, consent may be given with a return email stating that you are giving consent.*

NAME OF PARTICIPANTS/INFORMANTS:

- Yes No I agree to monitor my mental health and ask for help if necessary.
- Yes No I agree to be audio-recorded during the focus group.
- Yes No I agree to the use of quotations using my chosen pseudonym.
- Yes No I would like to receive a copy of the results of this study.
- Yes No I agree to be contacted for subsequent studies.
- Yes No I agree to the use of Google Forms to fill out my survey responses.
- Yes No I understand that the Zoom conferences are optional and will be used for data collection if I choose to join.

NAME:	SIGNATURE:
DATE:	

SIGNATURE OF INVESTIGATOR OR DESIGNATE

I acknowledge the above represents the terms under which the research will be conducted.

NAME:	SIGNATURE:
DATE:	

REFERENCES

- Hamza, C. A., Ewing, L., Heath, N. L., & Goldstein, A. L. (2020). When social isolation is nothing new: A longitudinal study psychological distress during COVID-19 among university students with and without preexisting mental health concerns. *Canadian Psychology/Psychologie Canadienne*, doi:<http://dx.doi.org.ezproxy.algomau.ca/10.1037/cap0000255>
- Hanley, A. W., Abell, N., Osborn, D. S., Roehrig, A. D., & Canto, A. I. (2016). Mind the Gaps: Are Conclusions About Mindfulness Entirely Conclusive? *Journal of Counseling & Development*, *94*(1), 103–113. <https://doi-org.ezproxy.algomau.ca/10.1002/jcad.12066>
- Owen, J. E. (2011). Considerations of student learning in leadership. In S. R. Komives, J. Dugan, J. E. Owen, C. Slack, & W. Wagner (Eds), *The handbook for student leadership development*, (2nd ed., pp. 109-133). San Francisco, CA: Jossey-Bass.