

Participant Information Sheet

The effect on resilience and wellbeing of adults during the COVID-19 pandemic

What is the project about?

This research seeks to explore the changes in resilience and wellbeing over the time of the pandemic restrictions due to the COVID19 pandemic in 2020. Due to the lock down of services and social distancing, people are disconnected from their regular and stable connections. Some people with religious affiliations and community connections have alternative ways to connect through online services.

This study will explore: -

1. The changes in wellbeing as a result of religious and community disconnections and alternative connections.
2. The strong resources people are connecting with during the isolation stage.
3. Changes in depression, anxiety and stress over time
4. The changes in personal and relational competence during the lock down restrictions

Who is undertaking the project?

"The Mental Health & Pastoral Care Institute as part of Mary Andrews College (Australian College of Theology) is undertaking this project as a faculty research project. The goal is that the research feedback will help the Institute produce resources for the local church in the area of resilience and wellbeing during community upheaval. The faculty engaged in this project are Keith Condie (Co-Director of the Mental Health & Pastoral Care Institute) and Lyn Worsley (Honorary Research Associate). Lyn is also the Director of the Resilience Centre and this project uses the Resilience Report, produced by the Resilience Centre, as the tool for participants to engage with the research project. This research project is also undertaken in partnership with the Resilience Centre."

What will I be asked to do?

This study involves completing three questionnaires in the on-line resilience report each 4 weeks over the period of the Pandemic (approximately 6 months). The time taken will be 30 minutes.

The 3 questionnaires consist of a Resilience Doughnut tool (RD), a Depression, Anxiety and Stress Scale (DASS) and a Resilience Scale for Adults (RSA). The resilience scale has statements such as "I have self-discipline" "my life has meaning" with a 7-point scale and the DASS has statements such as "I find it hard to wind down" and "I feel I have nothing to look forward to" with a 4-point scale. The Resilience Doughnut tool consists of your response to positive statements about family, friends, work and personal strengths.

Are there any risks associated with participating in this project?

It is unlikely that you will experience any distress by participating in the research, as part of your participation in the program. However, some questions will ask you about things that you may find difficult. If you are upset at any stage whilst completing the questionnaires, before or after the program, you do not have to continue the questionnaire and are free to finish the questionnaire whenever you choose.

What are the benefits of the research project?

The research study, accompanying the Resilience program, will evaluate the potential benefits of raising awareness of the process of building resilience during a pandemic. It is hoped the study will evaluate what enables participants to strengthen

their existing connections and enhance their emotional and mental wellbeing. While the report results or the research project participation is not intended

to have a therapeutic purpose, talking about your participation in the study is encouraged, particularly as it builds awareness of the importance of connecting with others.

What if I change my mind about participation in the research?

Being in this research study is completely voluntary and you are not under any obligation to complete the questionnaires. You can withdraw any time prior to submitting the completed questionnaires however once questionnaires have been submitted anonymously, responses can only be withdrawn by contacting the researcher administering the test.

Will anyone else know the results of the project?

All aspects of the study, including results, will be strictly confidential and only the researchers will have access to information on participants. Names will be deleted, and codes will be used to identify participants for statistical analysis.

A report of the study may be submitted for publication, but individual participants will not be identified in any publication. Non-identifiable data may also be shared with other parties to encourage scientific scrutiny, and to contribute to further research and public knowledge, or as required by law. Data will be retained for at least 5 years and held at the Resilience Centre.

Will I be able to find out the results of the project?

Once analysed the information from this study and a summary of findings will be available to you. You can expect to receive this feedback in early 2021.

Who do I contact if I have questions about the research project?

If you would like further information please contact, Ms Lyn Worsley on the following contact details:

Ms Lyn Worsley: lyn@theresiliencecentre.com.au or (02) 9869 0377 or

Keith Condie: Keith@deaconessministries.org.au or 0424 712 882

Who do I contact if I become "upset" during this course?

Beyond Blue - 1300 22 4636

Lifeline Australia - 131114

What if I have a concern or complaint?

The study has been approved by the Human Research Ethics Committee at Australian College of Theology. If you have a concern or complaint regarding the ethical conduct of this research project and would like to speak to an independent person, please contact Australian College of Theology's Ethics Officer at (+61 2 92627890) or research@actheology.edu.au. Any complaint or concern will be treated in confidence and fully investigated. You will be informed of the outcome.

How do I sign up to participate?

If you are happy to participate, please complete the attached survey, scan and return via email to Lyn@theresiliencecentre.com.au

Thank you for your time. This sheet is for you to keep.

Yours sincerely,

Lyn Worsley