

Participant Information Leaflet

Name of Study: A survey of suicidality and help seeking among students at TCD

Site	Trinity College Dublin
Principal Investigator(s) and Co-Investigator(s) (insert names, titles and contact details)	<p>Dr Louise Doyle, Associate Professor, School of Nursing and Midwifery, Trinity College Dublin, louise.doyle@tcd.ie</p> <p>Dr Brian Keogh, Associate Professor, School of Nursing and Midwifery, Trinity College Dublin, keoghbj@tcd.ie</p> <p>Mr Chuck Rashleigh, Student Counsellor, Trinity Student Counselling Services, Trinity College Dublin, rashlec@tcd.ie</p> <p>Ms Lucia Nwabueze, Asst Psychologist, Trinity Student Counselling Services Trinity College Dublin, nwabuezl@tcd.ie</p> <p>Ms Naoise Webb, Asst Psychologist, Trinity Student Counselling Services Trinity College Dublin, webbna@tcd.ie</p> <p>TCDSU Welfare and Equality Officer, Trinity College Dublin, Studnets Union, Trinity College Dublin, welfare@tcdsu.org</p> <p>Ms Laura Brosnan, Assist Psychologist, Trinity Student Counselling Services, Trinity College Dublin, brosnala@tcd.ie</p>
Data Controllers	Trinity College Dublin
Data Protection Officer	Data Protection Officer Secretary's Office Trinity College Dublin Dublin 2

Introduction

You are being invited to take part in a research study that is being completed by the Student Counselling Services, the Trinity School of Nursing and Midwifery, the Students' Union and the College Health Service. The study is led by Dr Louise Doyle, Mr Chuck Rashleigh and Ms Lucia Nwabueze.

Before you decide whether you wish to take part, please read this information sheet carefully. Don't feel rushed or under pressure to make a quick decision. You should understand the risks and benefits of taking part in this study so that you can make a decision that is right for you. You may wish to discuss it with your family, friends or GP.

This information sheet has five main parts:

Part 1 – The Study

Part 2 – Confidentiality

Part 3 – Costs, Funding and Approval

Part 4 – Further Information

Part 1 – The Study

Why is this study being done?

Self-harm and suicidal behaviour are serious public health issues that affect students and can impact on their lives. We are conducting this online survey to see how many students at Trinity College Dublin (TCD) are affected by suicidal thoughts, self-harm or have attempted to end their own lives. We also want to know the type of support that they received if they were affected by self-harm or suicidal behaviour. We need this information to make sure that the student support services that are provided by TCD are attuned to the needs of students who are affected by self-harm and suicidal behaviour. Taking part in the study will involve the completion of an online anonymous survey that will take 10 – 15 minutes to complete. We understand that this is a very sensitive subject and that some of the questions might be upsetting for you to think about. If you are affected and need some support, we have provided the contact details of services that will provide you with support. You can complete the survey if you are a **registered student at Trinity College Dublin** (Access, foundation, undergraduate, postgraduate and research) and you are at least **18 years old**.

Why have I been invited to take part?

You have been invited to take part because you are a registered student at Trinity College Student. All students (undergraduate, access programme, foundation, postgraduate and research students) can take part. We want as many students as possible to complete the survey. Only complete the survey if you are at least 18 years old.

Do I have to take part? Can I withdraw?

You don't have to take part in this study. It is entirely voluntary. If you decide not to take part, it won't affect your studies at TCD in any way. If you do not wish to complete the survey, you can close your browser and ignore or delete the email that was sent to invite you to take part. This is an anonymous survey, and we are not collecting any information that will identify you. For that reason, if you do complete and submit the survey, you will not be able to withdraw as we will have no way of identifying your survey from the other students who take part.

What happens if I change my mind?

Taking part in this study is entirely voluntary and you do not have to complete the survey if you do not want to. If you complete the survey and submit, you will not be able to withdraw your participation as we have no way of identifying which survey is the one that you filled in.

How will the study be carried out?

This is an online survey that will take place in October 2022. If you decide to complete the survey, please click the link at the end of this webpage which will take you to a consent form and then the survey questions. Please read each question carefully and click the response that you feel matches your experience. We will be asking you some questions about you, some questions about your experience of depression and anxiety, questions about self-harm and suicidal behaviour and some questions about any help or support you used if you were affected. We have been very careful to make sure that your responses to the question will not identify you.

What will happen to me if I decide to take part?

If you decide to take part, you will be asked to complete the survey online at a time and location that is convenient to you. No other actions are required. Once you submit the survey your responses will be added to the other students' responses. You will not be contacted further.

What will happen to the results?

The data from this survey is anonymous and will not contain any identifying information. It will be stored online in an encrypted, password-protected folder and only the researchers will have access to it. The data will only be retained for as long as it takes us to analyse and report the findings. At that point, the data will be deleted.

Are there any benefits to taking part in this research?

Taking part in this study will not directly benefit you. However, research performed with your information may help us to better understand the prevalence of self-harm and suicidal behaviour (how many people are affected) and their support needs.

Are there any risks to me or others if I take part?

Some of the questions in this survey are about self-harm and suicide and it may be upsetting for you to think about that subject especially if you or a person you know has been affected. **If you feel that thinking about self-harm and suicide will be too upsetting, then you should not complete the survey.** If you complete the survey and feel that you would like to talk to someone about any of the issues raised, we have provided a list of services for you to contact for free and confidential support.

Will I be told the outcome of the study? Will I be told the results of any tests or investigations performed as part of this study that relate to me?

Publications and reports coming from this project will be published in journals, conferences, and / or on the TCD Student Counselling Services website research section. You will not be identified in any of these publications.

Part 2 – Confidentiality

The information that we are collecting from you is anonymous as the data we will have is **unidentifiable**. Your privacy is important to us. We will take many steps to make sure that we protect your confidentiality. Even though the data we are collecting is anonymous, we will take steps to make sure that it is secure and that only the researchers involved in the study will access it.

The anonymous data will be stored on an encrypted, password protected folder.

A **Data Protection Impact Assessment** was carried out to assess the level of risk and to ascertain that the questions that we are asking are truly anonymous.

All of the researchers involved are aware of their responsibilities as part of data protection law.

What are my rights?

Your participation in this study is entirely voluntary. Once you submit your survey you will not be able to withdraw your data as we will not be able to identify your survey among other participants. Personal data as defined by GDPR is not being collected as part of this study.

Part 3 – Costs, Funding and Approval

Has this study been approved by a research ethics committee?

Yes, this study has been approved by the Faculty of Health Sciences Research Ethics Committee. Approval was granted on 27 September 2021.

Who is organising and funding this study? Will the results be used for commercial purposes?

This study has received no funding. The results will not be disclosed for commercial purposes.

Is there any payment for taking part? Will it cost me anything if I agree to take part?

No, we are not paying students to take part in the study. It will not cost you anything to take part in this research.

Part 4 – Further Information

Who should I contact for information or complaints?

If you have any concerns or questions, you can contact:

- Principal Investigator: Dr Louise Doyle.

Will I be contacted again?

If you would like to take part in this study, please click the link which will take you to the consent form and then the survey. Once you finish the survey you will be asked to submit the online form. The researchers will not contact you again once you have submitted the survey.

THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION

If you have found any of the information in this document upsetting and would like to talk to someone, support from the Student Counselling Services is available:

Contact: student-counselling@tcd.ie

Opening Hours: Mon – Thurs, 09:00 – 17:30, Fri, 09:00 – 17:00

Emergency appointments available by request weekdays (excl. Bank Holidays and University closures)

Out of hours: Your nearest A&E Department - <https://www.hse.ie/eng/services/maps>

Text “TCD” to 50808 (Crisis Text Line)

Pieta House - <https://www.pieta.ie/contact/>, Freephone 1800247247, Text HELP to 51444