

## **Participant Information Sheet**

### **Invitation**

I would like to invite you to take part in my research study as part of my third-year undergraduate project. Before you decide I would like you to understand why the research is being done and what it would involve for you. Please take the time to read the following information clearly and do ask if anything is not clear or if you would like more information.

### **What is the purpose of this study?**

The research aims to assess the different effects which stress can have on an individual's health when working in the construction industry. This research is only for employees working in Construction, regardless of their sector or role.

### **Why have I been invited?**

This study has been forwarded to you on behalf of the myself, Deborah Oduntan, as you have identified as a suitable participant in my research. They have not provided me with your name, address, company or any personal details so I am unable to identify you.

### **Do I have to take part?**

No - participation is completely voluntary. It is up to you to decide if you want to volunteer for the study. This study will be described in this information sheet. If you agree to take part, you will be asked for your consent before beginning the study.

### **What will happen to me if I take part?**

If you decide to participate, you will answer a series of questions with some asking for additional information if you wish to add. The questionnaire should take approximately 15 minutes and no longer than 30 minutes. There will be no information retrieved or published which has the potential to identify you. There are no right or wrong answers to these questions so please answer honestly.

### **Expenses and payments**

There will be no payment given if you decide to go ahead with the questionnaire.

### **Anything else I will have to do?**

You will not need to do anything else following this questionnaire, in regard to this research.

**What data will be collected?**

The results from the questionnaires will be used to identify the causes of stress in the workplace, examine whether the role of an individual affects their level of stress and review whether employees are aware of any policies and procedures their company may have in place for individuals suffering from mental health.

**What are the possible disadvantages and burdens of taking part?**

There are no foreseeable risks/disadvantages or benefits associated with participating in this study. Through taking part in the study you will help my education.

This therefore means that if the thought of answering questions related to mental health and its treatment makes you uncomfortable, you can decide not to participate. If you decide not to participate, there will not be any negative consequences. Also, if you decide to participate, you may stop participating at any time and you may decide not to answer any specific question(s).

**Will my data be kept confidential?**

Yes – the raw data will only identify you by number and will be completely confidential. The raw data will be kept securely on a password protected research folder and retained for a minimum of 10 years. When it is no longer required, the raw data will be disposed of securely. The anonymous data which does not identify you, will be publicly shared at the end of the project and made open access.

**What will happen if I don't want to carry on with the study?**

As a volunteer, you are welcome to end your participation at any time and do not need to provide any justification for this. If you decide to stop participation early, you will be asked if you are content for the data collected thus far to be retained and included in the study. However if you prefer, then any data collected can be destroyed and not included in the study. Once the research has been completed, and the data analysed, it will not be possible to withdraw your data from the study.

**What happens if there is a problem?**

If you have a query, concern or complaint about any aspect of this study, in the first instance you should contact the researcher Deborah Oduntan ([up849850@myport.ac.uk](mailto:up849850@myport.ac.uk)), if appropriate. If you have a complaint, you can contact the research supervisor Kenneth Awinda

([Kenneth.awinda@port.ac.uk](mailto:Kenneth.awinda@port.ac.uk)). If your complaint is not resolved, you can contact the Head of Department Stephanie Barnett ([stephanie.barnett@port.ac.uk](mailto:stephanie.barnett@port.ac.uk)). If the complaint remains unresolved, please contact the University Complaints Officer ([complaintsadvise@port.ac.uk](mailto:complaintsadvise@port.ac.uk)).

### **Who has reviewed the study?**

Research involving human participants is reviewed by an ethics committee to ensure that the dignity and well-being of participants is respected. This study has been reviewed by the Faculty Ethics Committee and has been given favourable ethical opinion.

### **Concluding Statement**

Thank you for taking the time to read this information sheet. If you do decide to participate, your consent will be sought. You must give full consent to participating in the study as well as the consent to use your data in the final report.

1. I confirm that I have read the above study information and I understand that I may be asked questions in regard to my own mental health.
2. I confirm that I have taken the opportunity to consider the information provided about the study, including any potential risks.
3. I understand that my participation is completely voluntary and that I am free to withdraw at any time without giving a reason.
5. I understand that the results of this study will be published in the form of a research report and that I can request a copy of the report when complete by contacting the researcher. I give my permission for my anonymous data, which does not identify me, to be disseminated in this way.

By continuing with the study, you are consenting to participate in this study, as it is described on the participant information sheet.