

Dr. Veronica Hutchings, vhutchings@mun.ca

## **Consent to Take Part in Research**

**TITLE:** Wellness in Practice: Exploring the Unique Needs of Psychologists Practicing in Newfoundland and Labrador

**RESEARCHERS:** Dr. Veronica Hutchings, Dr. Conor Baker, Dr. Tyler Pritchard, Teagan Hemsley

You are invited to take part in a research study. Taking part is voluntary. You may choose to take part or not to take part in this study. You also may change your mind at any time.

This form has important information to help you make your choice. It may use words that you do not understand. Please reach out to the researchers to explain anything that you do not understand. It is important that you have as much information as you need and that all your questions are answered. Please take as much time as you need to think about participating or not. Ask questions about anything that is not clear. It may be helpful to discuss it with your friends and family.

### **1. Why am I being asked to join this study?**

You are invited to participate because we believe that psychologists in NL may benefit from having their needs relevant to their practice assessed. Working as a psychologist in NL has its own strengths and weaknesses; we hope to better understand your needs, as a psychologist, which may be used to inform future training opportunities.

### **2. How many people will take part in this study?**

This study will take place online. About 10 people will take part. Participants will be provisionally or fully registered psychologists who currently live and practice NL.

### **3. How long will I be in the study?**

Participation involves completing a one-on-one virtual interview with another psychologist, either Dr. Conor Barker from Mount Saint Vincent University or Dr. Veronica Hutchings from Grenfell Campus, MUN, who are both researchers involved in the project. The interview is expected to last roughly 1 hour. After that, you will be invited to review a written transcript of your interview and review a document outlining the themes that came from your interview, which may take another hour. Finally, you will be asked to respond to a questionnaire where you rate how strongly you agree with each of the themes that have come from all participants and whether your view was adequately represented, which should take another hour. Your total participation in this study will take about 3 hours over the course of the summer.

### **4. What will happen if I take part in this study?**

If you agree to take part in this study, the following will take place:

Virtual one-on-one interview

- You will be asked to complete a 60 minutes in-depth interview via Microsoft Teams about your experiences as a practicing psychologist in NL. It should take about 60 minutes to complete and will be audio recorded.
- Information such as your gender and ethnicity will be collected as a part of the interviews.
- The purpose of the interview is to understand the unique practice strengths and needs of psychologists practicing in NL.
- Some of the questions may be personal. You can choose not to answer any questions.
- We will confirm the email address you wish the research team to use to send you documents and links for the remainder of this study.

Email Review (expected to happen within 1-2 weeks of your interview)

- You will be emailed:
  - a clean transcript - a text document of what was said word for word - that has your identifying information removed
  - a summary sheet of your answers to the interview questions
  - a list of quotes from your interview that may appear in final published papers
- You will be then asked
  - Do you want to add/delete/change anything in the transcript of your interview?
  - Do you agree to release the transcript to be analyzed?
  - Is there anything you want to add/delete/change in the summary your interview?
  - Do you approve of the release of the quotes provided?
  - Are you satisfied that the quotes have been properly de-identified for publication?
  - Do you consent to continue to have your revised data included in this study (as after this point your data may no longer be identifiable and therefore will be unable to be removed)?.

Theme Review (will occur after all interviews are completed)

The researcher will then send you a document describing the themes from all data (not just your own) and you will be asked

- Is your view properly represented in this document?
- Is there anything you want to add/delete/change to this document

Agreement Ranking (to occur after Theme Review)

Based on the theme review, you will be sent a link to an online questionnaire via Qualtrics to rank how strongly you agree or disagree with each of the themes on a 6 point scale: absolutely disagree, strongly disagree, somewhat disagree, somewhat agree, strongly agree, absolutely agree). After each theme you will also be asked

- Was your view was properly depicted

## **5. Are there risks to taking part in this study?**

During the interviews, you may become uncomfortable or experience some anxiety, emotional distress, and/or psychological distress due to the questions. You can choose not to answer questions, take a break, or stop answering at any time. While we expect the degree of discomfort to be minimal, the following resources are available for to support you. You can contact any of the following:

- Doorways (709) 752-4903
- Lifewise Warm Line 1-855-753-2560

- Mobile Crisis Response Team, call 811
- Adult central intake (709)-752-8888 (St. John's only)
- Bridge the gapp: <https://nl.bridgethegapp.ca/>
- Hospital Emergency Room

There is also an inconvenience of time. Your participation in this study will take about 180 minutes in total spread over the summer.

Despite protections being in place, there is a risk of unintentional release of information. Researchers will make every attempt to protect your privacy.

#### **6. What are the possible benefits of participating in this study?**

There may not be direct benefit to you from taking part in this study. We hope that the information from this study can be used to benefit psychologists in NL. We will use the information you provide to create a series of continuing education (CE) and other training opportunities for NL psychologists that provide formal Canadian Psychological Association approved CE certificate to participants.

#### **7. Compensation**

If you choose, you will be entered in a draw for a \$100 gift card from Walmart or Amazon. The odds of winning are roughly 1 in 10 (exact odds will be determined by exact number of participants).

#### **8. If I decide to take part in this study, can I stop later?**

It is your choice to take part in this study; participation is voluntary. You can change your mind at any time during the study. You do not need to give a reason why you withdraw from the study.

You can withdraw from the study by telling the interviewer you wish to discontinue and closing your browser any time. Incomplete interviews will not be included in the data analysis. This means that the researchers will no longer access or use partially completed interview data; it will be destroyed. If you decide you do not wish to participate after the interview is complete, you can reach out to the research team to have them remove your data from the analysis.

If you want us to destroy data collected from you then we will make every effort to accommodate your request. But to be sure that we are able to destroy your data, please let us know that you are withdrawing no later than when you submit the revised transcript of your interview. After that point it may no longer be possible because your data may already have been merged with other data and cannot be destroyed or removed from the study.

#### **9. What are my rights when participating in a research study?**

You have the right to all information that could help you decide to participate in this study. You also have the right to ask questions about this study at any time and have them answered to your satisfaction.

Your rights to privacy are legally protected by federal and provincial laws that require safeguards to ensure that your privacy is respected.

By consenting to the study, you are indicating that you understand the information about the research study. When you consent to participate you do not give up any of your legal rights. It does not relieve the researchers of their legal and professional responsibilities.

You have the right to be informed of the results of this study once the study is complete. The results may be published in academic journals or presented at academic conferences in the future. You can reach out to Dr. Hutchings in January 2027 (the estimated date the study will be finished) to get the results.

You will also be emailed a copy of this form when you initially contact us to express your interest in participation.

### 10. What about my privacy and confidentiality?

Protecting your privacy is important. If you decide to participate, the researchers will collect and use information from your completed interview. They will only collect and use the information they need for this study which includes demographics questions taken from Statistics Canada Demographics Standards including:

- gender
- age
- race/ethnicity
- region you practice in (e.g., eastern, central, western, Labrador)
- your perspective on practicing as a psychologist in NL

The personal information collected about you is not expected to have identifiable information. We are collecting your email in a separate questionnaire if you wish to be entered in a draw, but this will not be linked to your interview.

The interviews will be audio recorded and kept temporarily. After interviews are completed, they will be transcribed—what was said will be turned into a text document—and the recordings will be permanently deleted. All information collected during the study will be kept on a secure Microsoft Teams site account accessed by a password protected computer. It will only be accessed by the researchers. After the study closes, the transcripts will be kept for 5 years. This information will be stored on a secure Microsoft Teams account created only for this research project.

When the results of this study are published or presented at scientific meetings, your name and other personal information **will not** be used.

Even though the risk of identifying you from the study data is very small, it can never be completely eliminated. All information that identifies you will be kept confidential, and to the extent permitted by applicable laws, will not be disclosed or made publicly available, except as described in this consent document. Every effort to protect your privacy will be made. If there is a breach of your privacy resulting from your participation in this study, you will be notified.

Given that the interviews are completed online, confidentiality cannot be guaranteed. Interviewees will be asked to access the virtual interview in a quiet, comfortable space where they have adequate privacy and reliable internet access.

Data is electronically stored. All information will be analyzed and reported on a group basis in which individual responses will not be identifiable. IP addresses will not be collected. The interview software company, Microsoft Teams, hosts and records the study interviews on private and secure Canadian servers.

Communication via e-mail is not absolutely secure. We do not recommend that you communicate sensitive personal information via e-mail.

### **11. Who will see my personal information?**

Representatives from the following organizations may come to look at the study records and your personal information under the supervision of the researchers to check that the information collected for the study is correct and to make sure the study followed the required laws and guidelines:

- Representatives of the Health Research Ethics Board

#### **Your access to records**

Once transcription occurs, the information collected is not expected to have identifiable information. If you ask to access your records, the researchers will only be able to identify your interview up to when you approve the clean transcript of your interview. Access to your data cannot be guaranteed after that time. Please contact the study researchers if you have questions.

### **12. What about questions or problems?**

If you have any questions about taking part in this study, you can meet with the principal investigator who is in charge of the study. That person is:

- **Dr. Veronica Hutchings (email: [vhutchings@mun.ca](mailto:vhutchings@mun.ca))**

You can also talk to someone who is not involved with the study at all. They can tell you about your rights as a participant in a research study. This person can be reached through:

- **Ethics Office at 709-864-8871**
- **Email: [info@hrea.ca](mailto:info@hrea.ca)**
- **Web: [www.hrea.ca](http://www.hrea.ca)**

### Summary Page

The consent form will be reviewed at the start of the interview and you will be given another opportunity to ask any question you may have at that time. By consenting to participate to this study this means:

- You have had enough time to think about the information provided and ask for advice.
- All of your questions have been answered and you understand the information within this consent form. Please email Dr. Veronica Hutchings (email: [vhutchings@mun.ca](mailto:vhutchings@mun.ca)) with questions.
- You understand that your participation in this study is voluntary.
- You understand that you are completely free to refuse to participate or to withdraw from this study at any time, without having to give a reason.
- You understand that it is your choice to be in the study and there is no guarantee that this study will provide any benefits to you.
- You are aware of the risks of participating in this study.
- you do not give up any of your legal rights by signing this consent form.
- You understand that your interview will be audio recorded and transcribed.
- You understand that all of the information collected will be kept confidential and that the results will only be used for the purposes described in this consent form.
- You acknowledge that you are at least 19 years old.

By typing my name below I confirm I have read and understood the above informed consent form and I provide my consent to participate in this study and to have the research team email a link to participate in the gift card draw at their preferred email address

Name:

Email:

Please email this completed form in its entirety as an attachment to [nlpsych@mun.ca](mailto:nlpsych@mun.ca)