

# **Study and Participant Information Sheet**

## *Youth's Digital Wellness*

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You are invited to participate in a research study conducted by the Mental Health in the Digital Age Lab, titled *Youth's Digital Wellness*. This document provides detailed information about the study to help you decide whether you want to participate.

This study has been reviewed by the Ontario Tech University Research Ethics Board #17834 on July 11, 2024.

### **Purpose of the Study:**

We're interested in how youth like you experience digital wellness. More specifically, we want to know:

1. What does digital wellness mean to you, and based on your experiences, what are the important skills for it?
2. How do your feelings influence your digital wellness?
3. Based on your experiences, what strategies would you use to promote digital wellness to your peers?

Your experiences and perspectives are unique and valuable. They help us determine ways to improve technology and digital life for you and others. We want to understand your needs and how we can help you feel good in the digital age. This research is about looking out for your mental health and making technology work better for you.

### **Inclusion Criteria:**

To participate in this study, you must:

- Be between the ages of 13 and 24 years old
- Attending high school, college, or university
- Living in Canada

### **Procedures:**

If you choose to participate, you will be asked to:

- **Fill out an online pre-and-post survey:** Each survey will take approx. 20-30 minutes to collect insights about your digital habits, perceptions, and attitudes towards digital wellness.
- **Participate in an interview:** The interview will be conducted online via Zoom and is expected to span approximately 50-60 minutes. During this session, we aim to gather insights into your experiences and perspectives on digital wellness.
- **Consider joining an optional focus group discussion:** The online focus group conducted via Zoom will delve into themes concerning digital wellness and strategies tailored for youth, with an anticipated duration of around 60 minutes.

### **Duration of Participation:**

Your participation in the study, which encompasses the pre-and-post surveys, individual interviews, and optional focus group discussions, is anticipated to require 2-3 hours from September 2024 to March 2025.

### **Voluntary Participation:**

Participation in this study is **entirely voluntary**. You have the right to withdraw at any time without penalty or consequence. Your decision to participate or not will not affect your current or future relationship with Ontario Tech University.

### **Confidentiality:**

Your responses and personal information will be kept strictly confidential. All data collected will be anonymised, and access will be restricted to authorized personnel only. You will not be named in any reports, publications, or presentations that may come from this study.

### **Risks:**

- **Privacy and Confidentiality (Low Risk):** Potential risk of participant privacy breaches in online interactions. We aim to mitigate this risk with anonymisation.
- **Emotional Distress (Low Risk):** Engaging in discussions about digital wellness may evoke emotional responses, which will be managed through clear explanations, sensitive facilitation, and psychotherapist support if needed.

### **Benefits:**

- **Increased Awareness and Understanding:** Gain deeper insights into digital wellness, fostering self-reflection and personal growth.
- **Personal Empowerment:** Voice opinions and experiences, fostering a sense of control over digital lives.
- **Contributing to Research:** Actively contribute to knowledge advancement in digital wellness, enriching data for future research.

- **Informing and Educational Initiatives:** Insights inform the development of educational initiatives, interventions, and programs promoting digital wellness.

**Consent Form:**

If you wish to take part in this study, kindly fill out the consent form provided here:

<https://www.surveymonkey.com/r/BLWBGSY>

**Contact Information:**

If you have any questions or concerns or would like more information about the study, please feel free to contact:

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If you have any questions about your rights as a participant in this study, complaints, or adverse events, please contact the Research Ethics Office at (905) 721-8668 ext. 3693 or at [researchethics@ontariotechu.ca](mailto:researchethics@ontariotechu.ca).