

Consent To Participate In Empowering Wellness

Introduction

Empowering Wellness is a 28-day, self-directed online program consisting of evidence-based interventions scientifically proven to improve well-being. The pilot of this program will include a pre and post survey, designed to determine the impact of engaging in these well-being interventions as preventative practices.

While the focus of this program is to promote and maintain well-being, it is **not a substitute for psychotherapy**. If you find you are in need of a personal counsellor, the facilitator will be happy to provide you with our agency's contact information or you can phone the front desk at 780-482-6215 ext. 0 to set up an appointment.

Information we gather from surveys is completely confidential and will aid us in further developing this program to continue empowering individuals to explore new paths to personal well-being. Information about yourself and your experiences with this program will contribute to learning about the importance of preventative well-being focused online programs and will also guide this program's ongoing development and future expansion.

Participant Requirements

You must be 18 years of age or older to participate. Participation in this program will require access to an email account and a computer or mobile device capable of connecting to the internet and opening and viewing .pdf attachments.

Facilitator Information

Alissa Caskey is currently obtaining her master's degree in Counselling Psychology from Yorkville University and is pursuing a Verified Certificate in the science of happiness from Berkley University. As a Mental Health Worker at Cornerstone Counselling, she will be the principal investigator of this study.

If you have any questions about the program, research, or about your role in participating, please contact Alissa Caskey directly at a.caskey@cornerstonecounselling.com.

Purpose

The purpose of the program is to provide participants with free, accessible guided interventions that promote well-being. These interventions are not a replacement for therapy. Rather, these weekly activities are meant to be additional tools that assist individuals in maintaining and supporting their well-being during everyday life. The

Empowering Wellness Program identifies activities and exercises that impact overall well-being by providing a clear path for you to follow, as well as reminders to help you remain on track for the whole 28-day program.

The goal of the surveys and associated study is to determine the impact of engaging in online, self-directed well-being practises, and to determine if these practices can be employed on a larger scale as population-level preventive interventions. This project will give valuable quantitative insight into the potential for online wellness practises to assist the well-being of individuals from across the community.

Procedures

The Cornerstone Counselling Empowering Wellness 28-day program leads participants through a variety of science-based well-being activities. Participants will begin by taking a brief survey prior to the beginning of the interventions. This survey consists of evidence-based scales that measure different areas of well being including connectedness, flourishing, and life satisfaction.

Participants will complete a series of four wellbeing interventions, one per week. Email reminders will be sent after each one, along with an opportunity to give feedback and answer a few simple questions on whether they have attempted activities or exercises and how they believe those activities or exercises have influenced them.

Once the four interventions are complete, participants will be asked to complete a final exit survey.

Time Commitment

Each survey phase of the program will take around 15 minutes. Interventions will vary in length.

Participation in the study requires no more time beyond the 28-day Empowering Wellness Program.

Location

All processes are carried out online.

Benefits

The interventions used in the Empowering Wellness program are meant to promote and maintain your well-being and prevent more serious health issues from developing in the long term. Studies have shown the benefits of overall well-being are not just limited to

the prevention of mental illnesses, but also include improved productivity, better relationships with others and resilience.

Participating in the surveys provides no immediate advantages. We anticipate that the survey's findings will aid the scientific and online learning communities in better understanding the potential for science-based online preventative well-being activities that reach and benefit individuals. In addition, we want to use the findings to shape, guide, and optimise future versions of Cornerstone Counselling's practises, services, and programs.

Risks/Discomforts

We do not anticipate any risks from participation in the surveys. As with any research, there is the potential that confidentiality could be compromised. We are taking actions to prevent this risk

By participating in this program, you will be taking part in self-reflective activities that may not be within your comfort zone. As such, if you are experiencing any uncomfortable feelings such as unhappiness, guilt, anger, frustration, or anxiousness and you wish to speak to someone about these feelings, please reach out.

*If you are in crisis: call the distress line at 780-482-4357

*To book an appointment with a counsellor at Cornerstone: call 780-482-6215 ext.

Confidentiality

Your survey data will be handled as confidentially as possible. If the results of this study are published or presented, individual names and other personally identifiable information will never be used.

To minimize the risks to confidentiality, we will do the following:

- Personal identifiers (e.g., names, emails) are removed immediately upon downloading survey responses from the internet. Only this de-identified data will be used in research and statistical analyses.
- De-identified data, including survey and weekly question responses, will be stored in password protected files on password-protected computers.
- Only the Cornerstone counselling staff, researchers, and approved affiliated researcher(s) will have access to your de-identified data.
- We will keep your study data as confidential as possible unless it is information that we must report for legal or ethical reasons, such as child abuse, elder abuse, or intent to hurt yourself or others.

- Identifiers will be removed from any identifiable private information. After such removal, the de-identified information could be used for future research studies, Cornerstone Counselling marketing or distributed to other investigators for future research studies without additional informed consent from the subject or the legally authorized representative.

Consent for collection and use of study data:

This research will collect data about you, referred to as Study Data. All data collected in this study is confidential and will be handled in compliance with the Personal General Data Protection Regulation (GDPR) and the Personal Information Protection Act (PIPA). The questionnaire will be administered electronically using SurveyMonkey, an online survey company in compliance with the GDPR. Data collected in this study will be stored in a secure computer, in line with current best practices in psychological research. The Research Team will collect and use the following types of Study Data for this research:

- Your age, gender, and other demographic information
- Your opinions and experiences
- Information about your response to the research procedures

The following categories of individuals may receive Study Data collected or created about you which will be confidential and stripped from any personal identifying variables before sharing the data:

- Members of the research team so they properly conduct the research
- Cornerstone Counselling staff who will oversee the research to see if it is conducted correctly and to protect your safety and rights
- The research Sponsor, Alissa Caskey, who will monitor the study and analyze the data
- Agents of the Sponsor who will assist the sponsor with data monitoring and analysis
- Other researchers, so they can perform procedures required by this research

The GDPR gives you rights relating to your Study Data, including the right to:

- Access, correct or withdraw your Study Data up until the point in which it is de-identified and analyzed.
- Withdraw your consent to use your Study Data for the purposes outlined in this form. Please understand this will only apply to new Study Data. Study Data already collected and analyzed will be unidentifiable and cannot be removed.

- Restrict the types of activities the research team can do with your Study Data.
- Object to using your Study Data for specific types of activities.

On behalf of Cornerstone Counselling, which is responsible for the use of your Study Data for this research. You can contact the Privacy Officer at s.wray@cornerstonecounselling.com if you:

- Have questions about this consent form
- Have complaints about the use of your Study Data
- Want to make a request relating to the rights listed above.

Compensation/Payment

You will not be compensated for your participation in this program.

Costs

You will not be charged for any part of this program.

Rights

Participation in research is completely voluntary. You are free to decline to take part in the project. You can decline to answer any questions and are free to stop taking part in the project at any time. Whether or not you choose to participate, to answer any particular question, or continue participating in the project, there will be no penalty to you or loss of benefits to which you are otherwise entitled.

Consent

Clicking “I consent to participate” indicates that you have read the description of the program and study, you are 18 years of age or older, and agree to participate in the processes described above.