

## Resilience Report – Participant Questionnaire

### INFORMATION SHEET

Who is conducting the research

Associate Professor Sameer Deshpande (Principal Investigator)  
Contact Email: s.deshpande@griffith.edu.au

Alexander Campbell (Co-Investigator)  
Contact Email: alexander.campbell@griffith.edu.au

Jacqui Van de Velde (Co-Investigator)  
Contact Email: jacqui@vandevelde.com.au

Lyn Worsley (Co-Investigator)  
Contact Email: lyn@resiliencencentre.com.au

Dr. Jonathan King (Co-Investigator)  
Contact Email: jonathan@welysn.com

Tahnee Clark (Co-Investigator)  
Contact Email: tahnee@welysn.com

#### **Why is the research being conducted?**

Social Marketing @ Griffith, Lysn, and The Resilience Centre are conducting to explore the changes in resilience and wellbeing post the COVID-19 pandemic in Australia. This research aims to understand the current levels of resilience in the general adult population in Australia.

#### **What you will be asked to do**

Participation in this study involves completing three questionnaires about your wellbeing and resilience. The time taken to complete will be 30 minutes. The three questionnaires consist of a Resilience Doughnut tool (RD), a Depression, Anxiety, and Stress Scale (DASS), and a Resilience Scale for Adults (RSA). The resilience scale has statements such as “I have self-discipline,” “my life has meaning” with a 7-point scale, and the DASS has statements such as “I find it hard to wind down” and “I feel I have nothing to look forward to” with a 4-point scale. The Resilience Doughnut tool consists of your response to positive statements about family, friends, work, and personal strengths.

Participation in the study is entirely voluntary. Submission of the questionnaire to the research team is considered your consent to participate in this research project.

#### **The basis by which participants will be selected or screened**

Participants for this study will be over 18 and who have been living in Australia during the COVID-19 pandemic.

#### **The expected benefits of the research**

By taking part in this questionnaire, you will help understand current levels of resilience in Australia. The research will also give you insights into your resilience levels. Furthermore, it is hoped that the study will evaluate how participants can strengthen their existing connections and enhance their emotional and mental wellbeing. When analysed at the group level, your responses will help us recommend strategies to the Australian government, non-profit, and the healthcare sector to better address the mental health challenges that Australians suffer. We will publish these findings in academic and non-academic outlets.

#### **Risks to you**

It is unlikely that you will experience any distress by participating in the research as part of your participation in the program. However, some questions will ask you about things that you may find challenging. Suppose you are uneasy at any stage whilst completing the questionnaires, before or after the program, you do not have to continue the questionnaire and are free to withdraw from the

study whenever you choose. If you are continuing to experience a negative experience, please contact the below services.

- *Beyond Blue* - 1300 22 4636
- *Lifeline Australia* - 131114

### **Your confidentiality**

The conduct of this research involves the collection, access, storage, and use of your identified personal information. The information collected is confidential and will not be disclosed to third parties without your consent, except to meet government, legal, or other regulatory authority requirements. A de-identified copy of this data may be used for other research purposes, including publishing openly (e.g., in an open access repository). However, your anonymity will always be safeguarded. For further information, consult the University's Privacy Plan at <http://www.griffith.edu.au/about-griffith/plans-publications/griffith-university-privacy-plan> or telephone +61 7 3735 4375." Please note, our findings will not be of significance to the current or future welfare of participants, as all results and data will be de-identified.

### **Your participation is voluntary**

Participation is voluntary. Your decision to / not to participate will in no way impact upon your relationship with Griffith University, Lysn, and the Resilience Centre. You are free to withdraw from the study at any time.

### **A mechanism for distribution and return / Web backend**

This questionnaire will be distributed via email. Completed surveys are collected and entered in the SPSS software. Collected data will be stored electronically at Griffith University, and only authorised researchers will have access to this data.

### **Expressing consent**

Please retain this sheet for your later reference. Participation within the experiment and completing the three questionnaires survey is accepted as your consent to participate in this project.

### **Questions / further information**

Participants may contact Alexander Campbell for additional information about the project. Alexander can be reached at [alexander.campbell@griffith.edu.au](mailto:alexander.campbell@griffith.edu.au)

### **The ethical conduct of this research**

Griffith University conducts research in accordance with the *National Statement on Ethical Conduct in Human Research*. Any concerns or complaints about the ethical conduct of the research project can be addressed via the Research Ethics Manager on +61 7 3735 4375 or [research-ethics@griffith.edu.au](mailto:research-ethics@griffith.edu.au).

### **Feedback to you**

Reports of the findings of the research project can be obtained from Social Marketing @ Griffith. If you would like a copy of the results, please contact Alexander Campbell or via email at [alexander.campbell@griffith.edu.au](mailto:alexander.campbell@griffith.edu.au).

### **Privacy**

The conduct of this research involves the collection, access, and use of your identified personal information. The information collected is confidential and will not be disclosed to third parties without your consent, except to meet government, legal, or other regulatory authority requirements. A de-identified copy of this data may be used for other research purposes. However, your anonymity will always be safeguarded. For further information, consult the University's Privacy Plan at <http://www.griffith.edu.au/about-griffith/plans-publications/griffith-university-privacy-plan> or telephone +61 7 3735 4375.