

## **The Mental Wellbeing of Engineering Students in the UK**

### **Invitation**

We would like to invite engineering students to take part in a PhD study that aims to gain insight into the mental wellbeing of engineering students within the UK.

The study comprises two stages: i). a short online survey and ii). A one to one interview.

### **What's involved?**

The purpose of the survey is to identify key information about the mental wellbeing of engineering students in the UK and to help design interview questions for engineering students who volunteer to participate in later interviews. You can choose to participate in just the survey, just the interview, or both parts.

If you decide to take part in this study you will be directed to an online questionnaire via the link in this email. The survey has around 25 questions and should take approximately 20 minutes to complete. Should you decide not to complete the survey your details will be excluded from the survey results.

It is an anonymous survey, however some personal information is asked for, for example your age, year of study and type of engineering course. All information you provide will be anonymised and held securely within Robert Gordon University servers in a research project file only accessible by the research team.

At the end of the survey you will be invited to leave contact details should you be interested in participating in a one to one interview (probably by telephone) to explore your experience of mental wellbeing in greater depth. The interview phase of the research is likely to be 2 months after the questionnaire has closed. The interview will last up to one hour and will be conducted by the researcher at a time of your choosing.

You can change your mind about participating in an interview at any time following signing up. If you do change your mind about participating in an interview after signing up, you can contact Dr Alexander on [l.a.alexander@rgu.ac.uk](mailto:l.a.alexander@rgu.ac.uk) and your name will be removed from the participant list. You do not have to give any reason for withdrawing from this study and this will not impact on your studies.

### **What would taking part involve?**

Participating in this study involves completing an online survey. At the end of the survey you will be invited to submit your responses anonymously and volunteer to participate in an interview. Should you change your mind about participating

at any time you can exit the survey. Your responses will be excluded from the survey analysis.

**What are the possible benefits of taking part?**

There are no anticipated benefits to you in taking part in this study. By participating, it is possible that universities will be able to be better informed when it comes to supporting engineering students' mental wellbeing from the results of this study.

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

The survey includes questions relating to how you feel and about your general mental wellbeing. It may be that if you are feeling low you may find the survey upsetting to complete. There are links to a number of sources of support throughout and if you want to speak to someone about the project you can contact Dr Alexander on [l.a.alexander@rgu.ac.uk](mailto:l.a.alexander@rgu.ac.uk)

**What will happen to the results of the research study?**

Results from the study will be included in a PhD Thesis and also publicised in academic conferences and journals.

If you wish to receive a summary of the research findings please let a member of the research team know, but it may be some time before these are available.

**Who has reviewed the study?**

All research in the School of Health Sciences is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and granted ethical approval by Robert Gordon University, School of Health Sciences Research Review Group (SRRG No: SHS/18/14)

**Who can I talk to about the study?**

The study principal investigator, Jo-Anne Tait, who can be contacted using the details at the end of this information sheet.

**What if there is a problem?**

If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions. Dr Lyndsay Alexander the study supervisor, can be contacted via the details at the end of this information sheet.

You can also make a complaint to Dr Hector Williams, convenor of the School of Health Sciences Research Review Group, Robert Gordon University, Garthdee Road, Aberdeen AB10 7QG (Email: [h.williams@rgu.ac.uk](mailto:h.williams@rgu.ac.uk)) or Mrs Dawn Mitchell,

Head of School of Health Sciences, Robert Gordon University, Garthdee Road,  
Aberdeen AB10 7QG (Email: [d.mitchell@rgu.ac.uk](mailto:d.mitchell@rgu.ac.uk)).

**Further information and contact details:**

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