

INFORMATION CONSENT

Name of the research project

Studies and Wellbeing 2021 – UH/LTDK

Aim of the study

This study is conducted as a collaboration between student organizations and the faculty. Our aim is to explore factors related to wellbeing, stress, and related factors among the students in Medicine, Dentistry, Psychology, Logopedics and Translational medicine.

The aim of the “Student part” provided by the student organizations, is to promote wellbeing of the students in their studies and to explore their coping in particular, during distance learning. The goal is also to develop the activity of the student organizations to promote students’ wellbeing.

The aim of the “Faculty part”, provided by the faculty of medicine, is to explore how individual and environmental factors, such as family, economic situation, social support, learning strategies and lifestyle factors, such as sleep and daily rhythm, exercise and nutrition, are related to stress, well-being and study performance of our students. Further, we investigate the extra load related to the Covid-19-pandemic. Our long-term goal is to develop methods to promote well-being and studies in our faculty.

Research methods

All undergraduate students at the faculty will be invited to the study in spring 2021.

The study will be conducted as a digital survey. The first part (“Student part”) will be used directly by the student organizations. In that part, we ask your experiences related to your studies as well as your education program and study year, but not any personal identification (such as age, gender or background education).

The second part (“Faculty part”) belongs to the faculty’s “Studies and wellbeing “–survey, the goal of which is to explore factors related to wellbeing, study performance and related factors among the students, and to develop different ways to support the students during their studies. The study has been accomplished earlier during the years 2017-2019. The survey in 2021 will add questions on wellbeing and stress factors related to the COVID-19-pandemic.

In the end of the survey we will also ask for permission to link the survey to earlier Studies and Wellbeing surveys (yrs 2017-2019, if the student has participated in one of them), to access information on entrance examination, study register, and any subsequent contact. You can also participate in the study even if you do not give your permission to these.

Description of the research situation

It will take about 60 min to answer the digital survey. Participant may also answer some of the question, if he/she wishes to.

Implementation and time table

The survey data will be collected during the spring of 2021. The study register data will be collected until 2030 in case the participant gives his/her permission. Any future studies with a new survey will require a separate permit.

Voluntary participation

Participation in the research is voluntary. Participation or non-participation does not affect the studies. The consent can be cancelled and the study can be interrupted any time without giving any specific reason.

Participants will not receive any compensation for their participation.

Potential risks and their prevention

The study is conducted as a digital Webropol survey, which is non-invasive and does not cause any remarkable risks for the participants. After collection of data, the first and the second part of the survey are separated. They will be stored and analyzed separately.

The first part ("Student part") will be used directly by the student organizations. In that part, we ask about your experiences related to your studies as well as your education program and study year, but not about any personal identification (such as age, gender or background education).

The second part ("Faculty part") belongs to the faculty's "Studies and wellbeing"-survey. The potential data security risks are minimized by applying coded data in the analysis and secure storage of all data. No individual outside the research group can access the data.

Reporting the results

The student organizations are responsible for compilation of the results from the Student part. After the survey, the organizations will share a summary of the results to the students.

Results from the Faculty part are reported at group level at various forums (web pages for studies, staff and education meetings, meetings with students and students organizations) as well as scientific reports. No information of individual students will be published in the reports.

Further information about the research from research assistant Tiina Härkönen (ltdk-ophyvinvointi@helsinki.fi; tfn 050 311 6173).

In addition, further information can be obtained from the Vice Dean for Education, prof. of Psychiatry Tiina Paunio as well as from the representatives of the student organizations:

LKS: Erika Kuosa, Merimaija Kasanen ja Jonna Heimonen

Thorax: Melinda Karkola and Nicolina Nyman

HLKS: Kim Klaile and Alisa Toivanen

Foni ry: Kristiina Virkkilä

Kompleksi: Alma Suutari and Jaakko Nokkala

Impactus: Emilia Lahtinen

VIA THIS LINK YOU CAN PARTICIPATE IN THE SURVEY IN FINNISH, SWEDISH OR ENGLISH

<https://link.webropol.com/s/opiskeluhyvinvointi2021>

YOUR INFORMATION IS STRICTLY CONFIDENTIAL. ALL RESEARCH DATA WILL BE HANDLED VIA A STUDY CODE AND NO PERSONAL DATA WILL BE GIVEN TO TEACHERS OR OTHER PERSONNEL INVOLVED IN EDUCATION.