



Resilience Report

Information Statement for the Research Project: Evaluating the Effectiveness of a Resilience Program in an organisational setting

You have been invited to participate in research project identified above which is being conducted by Lyn Worsley. Lyn is the Director of the Resilience Centre in Epping and she is conducting the study to evaluate the effectiveness of the program in a variety of organisational settings.

Why is the Research being done?

The study examines the effectiveness of using a program based on the Resilience Doughnut model to promote resilience. Lyn Worsley, who is the author of the resilience model, has trained psychologists and provisional psychologists in the resilience program.

What would you be asked to do?

This study involves completing two questionnaires prior to the delivery of the program aimed at raising resilience. The questionnaires will be administered online and psychologists from the Resilience Centre will conduct the programs. The time taken will be 30 minutes of questionnaires before the program commences and again at the completion of the program.

The 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 likert 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 likert scale. The Resilience doughnut tool consists of your response to positive statements about family, friends, work and personal strengths.

What choice do you have?

Being in this study is completely voluntary and you are not under any obligation to complete the questionnaires. You can withdraw any time prior to submitting the completed questionnaires however once questionnaires have been submitted anonymously, responses can be withdrawn by contacting the psychologist administering the test.

Your decision whether or not to be involved will not affect your involvement in the Resilience Doughnut program.

How will your privacy be protected?

All aspects of the study, including results, will be strictly confidential and only the researchers will have access to information on participants. Names will be deleted and codes will be used to identify participants for statistical analysis.

How will the information collected be used?

A report of the study may be submitted for publication, but individual participants will not be identified in any publication. Non-identifiable data may also be shared with other parties to encourage scientific scrutiny, and to contribute to further research and public knowledge, or as required by law. Data will be retained for at least 5 years and held at the Resilience Centre.

What are the risks and benefits of participating?

The study has the benefits of raising awareness of the process of building resilience during adulthood. It is hoped the study will enable participants to strengthen their existing connections and enhance their emotional and mental wellbeing. Talking about your participation in the study is encouraged, particularly as it builds awareness of the importance of connecting with others.

It is unlikely that you will experience any distress by participating in the research, however some questions will ask you about things that you may find difficult. If you are upset at any stage whilst completing the questionnaires you do not have to continue and are free to finish the questionnaire whenever you choose.

What do you need to do to participate?

www.resiliencereport.com ABN: 49 38 750 124, The Resilience Centre, 48 Oxford Street, Epping 2121 02 9869 0377

Please read this Information Statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or you have questions, contact the researcher.

Further information

If you would like further information please contact, Ms Lyn Worsley on the following contact details:

Ms Lyn Worsley: lyn@theresiliencecentre.com.au or (02) 9869 0377

Thank you for considering this invitation.

Research - PARTICIPANT CONSENT FORM

I,
[PRINT NAME]

give consent to my participation in the research project, TITLE:
Evaluating the Effectiveness of a Resilience Program in an organisational setting

In giving my consent I acknowledge that:

1. The procedures required for the project and the time involved have been explained to me, and any questions I have about the project have been answered to my satisfaction.
2. I have read the Participant Information Statement and have been given the opportunity to discuss the information and my involvement in the project with the researcher/s.
3. I understand that I can withdraw from the study at any time, without affecting my relationship with the organisation or the researchers now or in the future.
4. I understand that participant's involvement is strictly confidential and no information will be used in any way that reveals my identity.
5. I understand that being in this study is completely voluntary – I am not under any obligation to consent.
6. I understand that my de-identified data may be shared or used in future studies.

Signed:

Participants Name:

Signed:

Date: