



## **Mental Health and Wellness in K-12 Staff Affected by Childhood Adversity Consent Form for Educators**

### **Who is conducting the study?**

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### **Why should you take part in this study?**

This current study is investigating whether there is a correlation between the adverse experiences of educators when they were children and their current mental health and wellness as adults. The current survey will collect information about both (adverse childhood experiences and current mental health).

The hope is that this research can be used to further our understanding of the needs of educators in general and those affected by childhood trauma in particular.

### **How is the study done?**

If you agree to participate, you will be asked to complete an online survey that:

- Requests some demographic information from you so that we can describe the sample of teachers participating in this study
- Requests information on your current mental health
- Requests information (in the form of yes/no answers) on your childhood

The survey should take 15-25 minutes to complete.

### **How will the study's results be shared?**

Upon completion, the findings of this study will be published and freely available on UBC's cIRcle digital repository (<http://circle.ubc.ca>). The results of this study may also be published in scholarly journals at a future time. The findings of the study will also be distributed to study partners (e.g. school boards and unions/professional organizations who have agreed to distribute the survey). Finally, you may also request the findings of the study by directly contacting the Graduate Student.



### **Is there any way being in this study could be bad for you?**

Because this is an online survey, there are minimal risks to participants. The most significant potential risk would be harm to your mental health and wellness: because the Maltreatment and Abuse Chronology of Exposure (MACE) instrument asks questions related to childhood adversity that you may have experienced, it is possible that, in remembering childhood experiences, you may experience vicarious trauma or re-traumatization. The survey includes questions of a sensitive nature, asking about (but not limited to) topics such as physical, sexual, and emotional abuse, bullying, and scarcity of food and clean clothing.

At the end of this survey, you will be provided with a link to the British Columbia Ministry of Mental Health and Addictions website (<https://wellbeing.gov.bc.ca>). You will also be provided with the following phone numbers if you would prefer to access help via phone:

KUU-US Crisis Response Service: 1-800-588-8717

Call for culturally-aware crisis support for Indigenous peoples in B.C.

Crisis Line: 1-800-SUICIDE (1-800-784-2433)

Call if you are experiencing feelings of distress or despair, including thoughts of suicide.

310 Mental Health Support: 310-6789 (no area code)

Call for emotional support, information, and resources specific to mental health.

### **How will your privacy be maintained?**

Information collected will only be accessed by the research team, which consists of the Principal Investigator and Graduate Student.

This research is anonymous: you will not be asked for any identifying information, including your name, the school at which you work, the city in which you live, or any contact information including email or phone number.

UBC uses Qualtrics as the provider for online surveys. This survey complies with the BC Freedom of Information and Privacy Act (FIPPA) because the data is kept secure and is stored and backed up in Canada only. Research files will be stored securely on a password-protected and encrypted computer.

### **Who is funding the survey?**

This survey is not being funded.

### **Who can you contact if you have questions about this study?**

If you have questions or concerns about the questions on the survey, you may contact Al Friesen, the Graduate Student, or Dr. Mercer, the Principal Investigator, at the phone number or email address listed at the top of this form.



**Who can you contact if you have concerns or complaints about this study?**

If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or if long distance e-mail [RSIL@ors.ubc.ca](mailto:RSIL@ors.ubc.ca) or call toll free 1-877-822-8598.

**Participant consent**

By completing the questionnaire, you are consenting to participate in this research. Because no identifying questions will be asked, once you submit the questionnaire, it will not be possible to withdraw from this study. This is because it will not be possible to link your name or email address to the data you have submitted.