

Letter of Information

Study Title:

U-Flourish: Developing and evaluating student mental health support pathways and transitions
Well-Being Platform (*powered by i-spero*)

Principal Investigator:

Dr. Anne Duffy
Division of Student Mental Health
Student Health Services
Department of Psychiatry
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Funder:

have access to the data following data transfer. However, the HSREB may require access to study records to monitor the ethical conduct of the research.

Data will be securely stored on university servers for a minimum of 5 years after study close and de-identified data will be stored in a secure university research data repository indefinitely. We may collaborate with other researchers at other institutions to analyze de-identified study data. Researchers from inside and outside of Canada can apply to access this de-identified information for research purposes only.

What if I change my mind about being in the study?

Your participation is voluntary, and you are free to withdraw at any time. You can stop using our digital well-being resources at any point. Even if you choose to take part, you can withdraw from the study and have all your data removed without penalty and without giving a reason at any time until the point of publication. In addition, you can decline to participate in any aspect of the research without impact on your academic standing. You just need to tell us by emailing flourish@queensu.ca. Furthermore, you can delete your i-spero account or digital resource accounts with the app providers at any time. Your decision whether or not to be part of the study will not affect your access to other university supports or your academic standing.

How do I find out what was learned in this study?

This study is expected to complete by September 2026 unless renewed funding is secured. If you would like a brief summary of the results, please write to us by email to request information. We will share findings in manuscripts and on social media and our website:

<https://www.queensu.ca/u-flourish>

Questions about the study?

Any questions about study participation may be directed to the investigators and their research team through the study email: flourish@queensu.ca. Alternatively, you could contact the lead investigator Dr. Anne Duffy at 613-533-2508 directly. If you have any concerns about your rights as a research participant please contact - Dr. Dean A. Tripp, Chair of the Queen's University HSREB at 1-844-535-2988 (toll free in North America) or email HSREB@queensu.ca.

We want to thank you for considering taking part in this research! The responses you and other students provide will identify areas where we can improve education and health promotion resources to support well-being and academic success among university students.

IMPORTANT MENTAL HEALTH SERVICES INFORMATION

~~SECRET - INFORMATIONAL - HUMAN RESOURCES DEVELOPMENT CANADA - 1-800-943-8291~~ HQFH3UHYHQWLRQD QG5HVSRQVH6HUUYLFHV, \RXDU

IN A LIFE OR DEATH EMERGENCY

If you are experiencing suicidal thoughts and think that you might be unable to keep yourself safe, visit your nearest hospital emergency department or call 911.

IF YOU ARE IN CRISIS

If you are in crisis and cannot wait to receive medical attention or are unsure what to do, call Addiction and Mental Health Services KFL&A at 613-544-4229 (local) or Crisis Services Canada at 1-833-456-4566 (Canada-wide) ~~SECRET - INFORMATIONAL - HUMAN RESOURCES DEVELOPMENT CANADA - 1-800-943-8291~~ BT/F10 10 Tf1 0 0 1 217.1 481.4 Tm0 g0 G[)JT&TQ EMC136080362Q

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