

## **Information leaflet research project Traffic Lights “Student Health Check: instrument for self regulation”**

Dear participant,

You are about to participate in the research: “Student Health Check: **instrument for self regulation**’. Before you begin, it is important that you are informed of the procedure for this research project. Please read the following information carefully.

### **Research goals**

This project investigates the effect of self regulation in students, aimed at maintaining motivation and health and continuing to perform when incurring (temporary) setbacks. When asked, students report more stress, health problems and a poorer quality of life and health than their non-studying peers. In general, students have a tendency to solve problems by themselves and anonymously, initially. Self regulation is aimed at achieving certain goals and concerns controlling cognitive and emotional processes. Various strategies can be deployed for this, such as seeking help, active and constructive problem solving and problem avoidance (including alcohol and drug use). To bring self regulation to your attention we offer you a validated digital questionnaire, with which ‘traffic lights’ and personal feedback are generated. You can compare your scores to the variation in results of your fellow students. After three weeks the effectiveness of the questionnaire and the personalised feedback on the perceived health and self regulation is measured. In the future this instrument could play a role in the prevention or worsening of problems. The knowledge for the research was gathered from the health sciences, medical science, psychology and didactics.

### **Procedure**

You will be asked to fill in a digital questionnaire in which you will at least go through the sections health (general, psychological and physical), lifestyle (including tobacco, alcohol and drug use), and the student’s quality of life. It will take you approximately 20 minutes to complete the questionnaire. Immediately after sending in your answers, you will receive personalised feedback at the email address you have given us. In that report you will be able to set your own scores off against the variation in results of other students. The feedback further consists of warnings (‘traffic lights’), information and possible referrals. When a certain threshold is not crossed, you will be shown a green traffic light. You will be shown a red traffic light if you belong to the 10% of most deviating scores in that section. An amber traffic light is shown when the threshold is not crossed, but the score is bordering on the threshold. This traffic light may encourage self-reflection. After six months you will receive a second invitation to fill in the questionnaire in order to monitor your health, lifestyle and quality of life.

### **Inconvenience and risks**

Filling in the questionnaire will not cause you any inconvenience. There is a risk that you are shown one or more red traffic lights in your feedback and receive feedback for which the scores on health, lifestyle and quality of life are less positive than for your average fellow student. We will therefore contact you again twice to see how you are. Approximately three weeks after you have received your feedback we will check the effect of the procedure and ask you if you are in any need of help. We will also contact you again after six months and, if necessary, invite you to discuss any problems you may have with us.

Being confronted with a traffic light may be uncomfortable, but it does mean that you will receive information, tips and referrals from us on how to turn a negative situation into a positive one. The initiative to act upon this lies with you.

### **Confidentiality of the research data**

The data from this research project may be used for publications in scientific journals or for publicity or commercial ends. Your personal details will not be used for this and your anonymity remains guaranteed under all circumstances. The researchers will also process your results anonymously. After publication your data may be kept in a data file (this is often a requirement for publication). We will ensure that this data cannot be traced back to you directly and can only be accessed by certified researchers for scientific research. When retaining your data is no longer necessary, the data will be destroyed.

### **Voluntariness**

If you decide not to take part in this research project now, there will be no consequences. If you decide to abandon the research at any time during the test, there will be no consequences for you either. There is also the option of withdrawing your consent for the use of your data, up to 24 hours after you have completed this test. In short, you are free to withdraw from this research project at any time and without stating a reason. In the event that you decide to no longer take part in the project, or to withdraw your consent within 24 hours after taking the test, your data will be deleted from our files and destroyed.

### **Reimbursement**

In exchange for your participation you will receive a personal report regarding your health, lifestyle, quality of life and self-regulating ability. This report contains personalised feedback by way of traffic lights: you can compare your own scores to the variation in the results from other students. You will also receive information and tips on how to improve your situation.

### Further inquiries

If you would like more information on the research project, please contact the researcher drs. C.M. van der Heijde (telephone: 020-5255306 or email: [c.m.vanderheijde@uva.nl](mailto:c.m.vanderheijde@uva.nl), Oude Turfmarkt 151, 1012 GC Amsterdam, room 3.01).

If you have a complaint concerning this research project, please contact the member of the Ethics Committee for the Psychology Department of the University of Amsterdam, mr. dr. W.P.M. (Wery) van den Wildenberg (telephone: 020 5256686; or e-mail: [W.P.M.vandenWildenberg@uva.nl](mailto:W.P.M.vandenWildenberg@uva.nl), Weesperplein 4, 1018 XA Amsterdam, room: 6.20).

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### Informed consent

'Ik verklaar hierbij op voor mij duidelijke wijze te zijn ingelicht over de aard en methode van het onderzoek, zoals uiteengezet in de informatie die mij beschikbaar is gesteld in de daartoe bestemde informatiebrochure. Mijn vragen over dit project zijn naar tevredenheid beantwoord.

Ik stem geheel vrijwillig in met deelname aan deze studentengezondheidstest. Ik behoud daarbij het recht deze instemming weer in te trekken zonder dat ik daarvoor een reden hoef op te geven en beseft dat ik er op elk moment mee mag stoppen. Indien mijn onderzoeksresultaten gebruikt zullen worden in wetenschappelijke publicaties, dan wel op een andere manier openbaar worden gemaakt, zal dit volledig geanonimiseerd gebeuren. Mijn persoonsgegevens zullen niet door derden worden ingezien. Tevens kan ik 24 uur na dit onderzoek, alsnog mijn toestemming intrekken om gebruik te laten maken van mijn gegevens. Ik zal dan contact opnemen met [studentenartsen@gmail.com](mailto:studentenartsen@gmail.com). Mijn gegevens worden dan verwijderd uit de bestanden en vernietigd.

- vink dit vakje aan om je toestemming te geven en verder te gaan met de vragenlijst
- vink dit vakje aan om je toestemming te geven in de toekomst benaderd te kunnen worden via dit door jouw opgegeven emailadres

*do not fill in here*