

Participant Information Sheet

The effect on resilience and wellbeing of adults in relation to sport participation

What is the project about?

This research seeks to explore the changes in resilience and wellbeing as a result of participation in sports, team and individual based

This study will explore:

1. The changes in wellbeing as a result of sport participation.
2. Impact of sport on resilience
3. Changes in depression, anxiety and stress over time
4. The changes in personal and relational competence with or without social interaction through sport

Who is undertaking the project?

Third year psychology students at Macquarie University are undertaking this project as a placement research project. Lyn is the Director of the Resilience Centre and this project uses the Resilience Report, produced by the Resilience Centre, as the tool for participants to engage with the research project.

What will I be asked to do?

This study involves completing three questionnaires in the online resilience report. The time taken will be approximately 30 minutes. The 3 questionnaires consist of a Resilience Doughnut tool (RD), a Depression, Anxiety and Stress Scale (DASS) and a Resilience Scale for Adults (RSA).

What are the benefits of the research project?

The research study, accompanying the Resilience program, will evaluate the potential benefits of raising awareness of the process of building resilience through sport participation. It is hoped the study will evaluate what enables participants to strengthen their existing connections and enhance their emotional and mental wellbeing.

What if I change my mind about participation in the research?

Being in this research study is completely voluntary and you can withdraw any time prior to submitting the completed questionnaires. However, once questionnaires have been submitted anonymously, responses can only be withdrawn by contacting the researcher administering the test.

Will anyone else know the results of the project?

All aspects of the study, including results, will be strictly confidential and only the researchers will have access to information on participants. 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.

Who do I contact if I have questions about the research project?

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

lyn@theresiliencecentre.com.au or (02) 9869 0377