

CONSENT TO PARTICIPATE IN THIS RESEARCH STUDY

This research project is designed to explore your work experiences and how they might be related to your wellbeing. You are invited to participate in a survey that asks a series of questions about your work, including questions about the experiences you have at work, your attitudes toward your work, the feelings you experience at work, as well as some questions about work-family balance and your overall wellbeing, such as your satisfaction in life. We anticipate that the survey will take between 30 and 45 minutes to complete. The research leader (Principle Investigator) for this project is Matt Bloom. Matt is an associate professor at the University of Notre Dame. You will also be able to download and use a mobile application on your smart phone or tablet. The app will show your wellbeing profile, and it will provide you with evidence-based practices that you can use to improve or sustain your wellbeing. We will keep logs of the practices you use so we can learn more about the practices that work best.

We pledge the following:

- We will protect your answers by keeping them confidential and anonymous. We will only share aggregate data—no personal information will ever be shared. Your survey records will be kept on secure computers that are approved and monitored by the University of Notre Dame.
- We will ensure that there are no negative consequences of your participation. We do not foresee any risks, but we will be vigilant in preventing any from occurring. If any risks emerge, we will notify you immediately by email.
- We will compile aggregate results and share them with all participants.
- We will work with participants to translate our research into real, meaningful practices.
- We will be active advocates for the participants of our study.

Your participation is entirely voluntary: you may decline to answer any questions you choose and you may stop participating at any time. There are no penalties if you decide to withdraw from participation, nor will you be denied any benefits you are entitled to if you stop your participation. Your relationship with the University of Notre Dame will not be affected if you decline to participate or stop the survey. You must, however, be 18 years or older to participate.

You will receive some benefits for participating. After completing the survey you will receive an immediate feedback about your responses. We will also provide you with links to information and resources about the science of wellbeing. In addition, as our project progresses, you will have access to our findings from this study.

If you have any questions or concerns, please contact Matt Bloom or any member of the research team at wellbeing@nd.edu or (574) 631-7755. You may obtain more information and the research team and the research project at wellbeing.nd.edu.

If at any point you have concerns, but do not feel comfortable contacting the research team, you may also contact the Office of Research Compliance at (574) 631-1461 or compliance@nd.edu.

You are about to make a decision about whether or not to participate in this study. If you select the “I agree to participate in this survey” you are agreeing to begin participating in this study and you are also acknowledging that you are at least 18 years of age. Again, you may stop participating at any time during this survey. If you have decided to not participate, simply close your web browser.