Project Title: Mental Health Knowledge in the Workplace

Researcher(s): Sean Tucker and Janelle Gerard, Centre for Management Development (CMD). Sean Tucker is also the Saskatchewan WCB, Associate Director of Research.

Purpose of the Research:

- The purpose of this study is to test an online mental health resiliency training program. This survey is being offered before and after completion of this program to a group of employees who have received the training and to a group of employees who have not received the training. Those who have not received the training, will be provided with training once its efficacy is demonstrated. The results of the research may be published and presented at conferences.

Procedures:

- Participants are invited to complete two short online surveys (less than 5 minutes each) between April 2019 and January 2020.

Funded by:

- Saskatchewan Workers Compensation Board (WCB). The WCB has provided remuneration to the research team.

Potential Risks:

- The survey asks about psychological and emotional health. Information on accessing mental health supports is provided.
- Your employer and supervisor will not be aware of who has participated (or not) in the study.

Potential Benefits:

- This research will enable us to examine employee knowledge and perceptions of mental health in the workplace.
- At the conclusion of the project, findings from the study will be provided to the Government of Saskatchewan Public Service Commission, the Workers Compensation Board (WCB), and the University of Fredericton in both a presentation and final written report, and may be published in a peer-reviewed journal. The PSC will share a summary of the study results with employees in all participating ministry units.

Compensation:

- Participants have a chance to win one of 50 Tim Hortons gift cards valued at $10.
Confidentiality:

- The survey does not ask you to self-identify. You will be asked to identify your ministry department, whether you are new to your ministry, and if you have supervisory responsibilities.
- Only the researchers listed above will have access to the survey data.
- No ISP, email address, or any other identifying employee information will be collected.

Storage of Data:

- Data will be stored on a password protected online survey tool (SurveyMonkey), two password protected computers, which are stored in locked offices at the University of Regina. The data will be stored indefinitely.
- Although very unlikely, SurveyMonkey, like other data collection websites, could be subject to a data breach from a third party (hacking) or be subject to "authorized" data access under existing or new anti-terrorism laws. This survey has been set up to NOT collect IP addresses.

Right to Withdraw:

- Your participation is voluntary and you can answer only those questions that you are comfortable with. You may withdraw from the survey for any reason.
- If you wish to withdraw your data, this must be done prior to submitting the survey. Once your survey has been submitted, we will have no way of identifying your data, as all responses are anonymous, and so your data cannot be withdrawn after it has been submitted.

Questions or Concerns:

- This project was approved by the Research Ethics Board at the University of Regina. If you have any questions or concerns about your rights or treatment as a research participant, you may contact the Chair of the University of Regina Research Ethics Board at 585-4775 or by e-mail: research.ethics@uregina.ca.
- Contact the researcher(s) using the below information:
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