

# Participant Information Sheet

## Date Information Sheet Produced:

17 April 2024

## Project Title:

A study on students' mindsets

## An Invitation:

My name is Isabel, and I invite you to participate in my research project. I am in the final year of my Master of Arts in psychology at Auckland University of Technology, doing my thesis. This research is to complete my MA qualification.

## What is the purpose of this research?

I am wanting to explore students' perceptions of their mindsets: that is, if students feel they have control over their own cognitive processes (growth mindset) or if their cognitive processes are set and unchangeable (fixed mindset) and how this might differ for students of different schooling backgrounds. The different schooling backgrounds we are looking at is home schooling or traditional schooling, which includes both public and private schools. This research will be valuable for parents and schools when assessing learning environments for their children/students. Findings of this research may be used for academic publications and presentations. This research contributes to the completion of my Master of Arts in Psychology at AUT.

## How was I identified and why am I being invited to participate in this research?

You are invited to participate as you have expressed interest to take part in this research by using the URL or QR code on advertisements from participating schools/schooling groups or posted on social media, or on posters around the AUT campuses, or provided this link by someone you know. To participate, you must be between the ages of 16-18 and have been a student for the past years (at least).

## How do I agree to participate in this research?

If you choose to participate in this study, simply continue onto the survey after reading this information sheet. Your participation in this research is voluntary (it is your choice) and whether or not you choose to participate will neither advantage nor disadvantage you. Consent will be assumed when you complete the survey. You can withdraw from the study at any time by exiting the browser window. However, as the study is anonymous, it is not possible for us to remove your data if you choose to withdraw from the study partway through.

## What will happen in this research?

This study involves a questionnaire that should take no longer than 15 minutes to complete. The questionnaire will ask basic questions about you and your schooling type. It will then cover a range of questions, all of which will be on agree/disagree scales. At the end of the questionnaire, you will have the option to click a link taking you to a separate survey where you can input your email to enter into a prize draw for 1 of 8 \$50 Prezzy cards. This is an optional step. This survey can be done at any time of day and is completely online and anonymous, so it can be done from anywhere with an internet-connected device.

## What are the discomforts and risks?

This survey is low risk and we do not expect it to be distressing. However, some questions on the survey involve questions about family dynamics, and feelings of loneliness which might lead to some discomfort for some participants. You have the right to withdraw from the survey at any time if it makes you uncomfortable.

## How will these discomforts and risks be alleviated?

If you need to talk to someone you can contact:

- Lifeline 0800 543 354 (available 24/7)
- Suicide crisis helpline 0508 828 865 (available 24/7)

- Youthline 0800 376 633/ text 234 (available 24/7)
- Whatsup 0800 942 8787 (available 12pm-11pm)
- Depression helpline 0800 111 757/ text 4202 (available 24/7)
- Anxiety helpline 0800 269 4389 (available 24/7)
- Rainbow youth 09 376 4155

### **What are the benefits?**

This research will assist me in obtaining my Master of Arts in Psychology as this is the final thesis project. As a thank you for your time, you will be given the option at the end of the survey to enter into a prize draw for 1 of 8 \$50 Prezzy gift cards.

### **How will my privacy be protected?**

The study is anonymous. We will not be collecting any information that could identify you. Nor will there be any form of follow-up. The data will only be used for understanding students' perceptions of their mindsets. If you choose to enter the prize draw, you will need to provide an email address to be sent the gift card. Your email collected as part of the prize draw will be kept completely separate from your survey responses to ensure anonymity. To protect the privacy of participants, while the questionnaire is ongoing, the anonymous electronic data will be stored on Qualtrics. During post analysis, electronic data will be stored on secure AUT network drives. The data from Qualtrics are numbers on a spreadsheet which cannot be used to identify any participants and is not linked to any other data we have. We will not sell the data. Non-identifiable data will be kept indefinitely and made available for future research, such as to scientific journals in the field for the purposes of ensuring the rigour of research. This is a norm in psychology research. Anyone uncomfortable with the data policy for the project should not proceed with the survey.

### **What are the costs of participating in this research?**

The only cost to you as a participant is about 15 minutes of your time needed to complete the survey.

### **What opportunity do I have to consider this invitation?**

The survey will be open until 20<sup>th</sup> June 2024.

### **Will I receive feedback on the results of this research?**

Due to the anonymous nature of the study, we will not be able to give you feedback about your individual data and responses, however, a summary of our findings will be made available on request by emailing the researcher, Isabel; whose contact details are at the end of the page. Furthermore, all schools/groups administrations that were initially contacted and sent out the survey will be given a summary of the findings.

### **What do I do if I have concerns about this research?**

Any concerns regarding the nature of this project should be notified in the first instance to the Project Supervisor, *Dr Erik Landhuis*. email: [erik.landhuis@aut.ac.nz](mailto:erik.landhuis@aut.ac.nz); telephone 09 921 9999 extension 6645.

Concerns regarding the conduct of the research should be notified to the Executive Secretary of AUTC, [ethics@aut.ac.nz](mailto:ethics@aut.ac.nz), (+649) 921 9999 ext 6038.

### **Whom do I contact for further information about this research?**

Please keep this Information Sheet for your future reference. You are also able to contact the research team as follows:

#### **Researcher Contact Details:**

Isabel Howard: [xfw0397@autuni.ac.nz](mailto:xfw0397@autuni.ac.nz)

#### **Project Supervisor Contact Details:**

Ying Wang: [y.wang@aut.ac.nz](mailto:y.wang@aut.ac.nz)