

Participant Information Sheet

Date Information Sheet Produced: 08/07/2024

Project Title

Conceptualising the mental wellbeing of male construction workers in Aotearoa New Zealand.

An Invitation

Kia Ora, I'm Mohsin Ali, a doctoral student at Auckland University of Technology (AUT). I'm undertaking a research study to understand how intimate partner relationships and work-related factors affect the mental wellbeing of construction workers. I am conducting this research with my PhD supervisors, Dr Wendy Wrapson, Associate Professor Tula Brannelly, and Associate Professor Liesje Donkin, who are all at AUT.

I've worked in construction too, and I really care about construction workers' wellbeing. I'm therefore inviting you to join my study, which means we'd have a face-to-face interview, just talking. It's totally up to you what you share with me, and you can stop the interview at any time. You won't be at a disadvantage if you decide not to take part.

What is the purpose of this research?

When we talk about **intimate partner relationships** in this research, we mean romantic connections like marriages, dating, or living together with your partner. It doesn't matter if you're in a relationship with someone of the same gender, another gender, or are in a diverse relationship – everyone's welcome! I'm looking at how these relationships, combined with work factors, impact the mental wellbeing of men in the construction industry. This research is about creating practical knowledge that values and reflects the experiences and insights of those in the sector. In addition to this research contributing to my PhD, the findings will be used for academic publications and presentations; however, nothing published about this study will reveal who took part in the research.

This study is being funded with a scholarship from MATES in Construction (Australia) <https://mates.org.au/construction/>.

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

I am aiming to involve 10 to 15 participants. You are seeing this information because you have shown an interest in the study.

You can take part if you identify as male and:

- are 18 years or older,
- work in the construction sector in New Zealand, and
- can speak English.

How do I agree to participate in this research?

If you're interested, reach out to me by email (mohsin.ali@autuni.ac.nz) or phone (0221698144). I'm here to provide more information and answer any questions you might have.

What will happen in this research?

If you decide to take part, we'll have a 1-to-2-hour face-to-face interview. Just call me, or email, and we'll find a time that works for both of us. Before we start the interview, you'll sign a Consent Form. This form says you understand what the research is about and that you agree to be part of it. If a face-to-face interview is not viable for you, it may be possible to conduct the interview online.

During the interview, I'll ask about your experiences and thoughts on how intimate partner relationships and work factors affect your mental wellbeing. The interview will be recorded, but you'll get a chance to

check the transcript for accuracy, and you can ask for changes if needed. In appreciation of your time, you will receive a **\$50 gift voucher** upon completion of the interview.

I might also invite you for a second, shorter follow-up interview at a later stage. This would be aimed at refining my understanding of your experiences and ensuring the research accurately reflects your perspective. If you agree to participate in this additional interview, you will be offered a \$30 gift voucher upon its completion. Your participation in this second interview is entirely voluntary, and it will be your choice whether you take part in this additional session.

You can leave the study any time you want. If you choose to leave, you can decide whether to have any data linked to you removed or let it be used. Keep in mind, once the findings are out, removing your data might not be possible.

What are the discomforts and risks?

Taking part in this research isn't expected to cause you major discomfort or risks. Still, sharing information could make you feel vulnerable or uncomfortable. You might also worry about privacy and how your participation could affect your job or relationships. But remember, you don't have to answer any question if you're not comfortable doing so and all the information you share will be kept confidential. However, if something is disclosed during the interview which is of concern regarding a person's safety at work, the researcher has a responsibility to report back to his PhD supervisors who will decide whether this information should be disclosed to the employer.

How will these discomforts and risks be alleviated?

To ease any discomfort, we can hold the interview where you feel most comfortable. Also, I will conduct the interview in a manner that allows you to have control over what information you share with me.

AUT Student Counselling and Mental Health is able to offer three free sessions of confidential counselling support for adult participants in an AUT research project. These sessions are only available for issues that have arisen directly as a result of participation in the research and are not for other general counselling needs. To access these services, you will need to:

- drop into our centre at WB203 City Campus, email counselling@aut.ac.nz or call 921 9998.
- let the receptionist know that you are a research participant, and provide the title of my research and my name and contact details as given in this Information Sheet.

You can find out more information about AUT counsellors and counselling on <https://www.aut.ac.nz/student-life/student-support/counselling-and-mental-health>

You can also contact the support services listed at the bottom of this information sheet.

What are the benefits?

Your involvement in this research will help shine a light on a topic that hasn't been studied much. Very little is known about how intimate partner relationships and work factors affect the mental wellbeing of male construction workers. Your input is crucial because it not only adds to what is known but could also lead to better ways of supporting the mental wellbeing of workers in the construction industry. A summary of findings from this research will be available to you, and the findings will also be shared with people in the industry who need to know.

How will my privacy be protected?

Your details won't be linked to what you share in this study. Instead, you'll have an identification code. While I'll know your name, your identity won't be in any recorded material. Your interview data will be stored for six years but won't be connected back to you in any way.

What are the costs of participating in this research?

There won't be any costs for you, apart from 1 to 2 hours of your time.

What opportunity do I have to consider this invitation?

After you've had time to read and think about this information, you can let me know if you want to take part. Contact me (Mohsin Ali) using the details below. Once I've interviewed enough people, I won't be able to accept any more participants.

Will I receive feedback on the results of this research?

Sure, if you want, I'll send you a short report about what we find when the study is completed.

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 Wendy Wrapson, at wwrapson@aut.ac.nz or call 09 921 9999 ext. 6136.

Concerns about the conduct of the research should be notified to the Executive Secretary of AUTEK, ethics@aut.ac.nz, 09 921 9999 ext 6038.

Whom do I contact for further information about this research?

Keep this sheet and a copy of the Consent Form for reference. You can contact me or my supervisor as follows:

Researcher Contact Details: Mohsin Ali, mohsin.ali@autuni.ac.nz, Ph: 022 169 8144

Project Supervisor Contact Details: Dr. Wendy Wrapson, wwrapson@aut.ac.nz, Ph: 09 921 9999 ext. 6136.

Where to get help:

If you would like to talk to someone about your situation, the following services are available:

- You can call or text 1737 anytime for help from a trained counsellor.
- The alcohol and drug helpline is open 24/7; just dial 0800 787 797.
- You can reach out to the Depression Helpline at 0800 111 757 or text 4202.
- The Lowdown is a texting service (5626) offering support to help young people recognise and understand depression or anxiety.

**Approved by the Auckland University of Technology Ethics Committee on *23 February 2024*, AUTEK
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