

Consent Form

You are invited to participate in this research study conducted at MBRU (IRB approval number MBRU IRB-2023-270). Please take your time to read the following information carefully before you decide whether you wish to take part in this research study or not. You are encouraged to contact the study investigator via email if you need any additional information or clarification about what is stated in this form and/or in this research study as a whole.

Purpose of the research study and overview of participation:

The following questionnaire will be used for general research analytical use, only numerical results will be displayed. Your responses will be anonymous and will not be sent to any third party. Your participation is entirely voluntary.

The research studies the correlation between individual values and emotional wellbeing. Recent studies have shown an association between one's values and one's emotional wellbeing which reflects on one's working environment. The study aims to describe which values are associated with the best emotional wellbeing status to improve medical school outlooks on their students and provide support as needed to nourish these values.

Please note the following in relation to this research study:

- a) Participation in the study is entirely voluntary and you may refuse to participate without penalty or loss of benefits to which you would normally be entitled.*
- b) Your decision about whether or not to participate in the study will not affect your relationship with MBRU.*
- c) Should you decide to participate, you are free to withdraw at any time without any consequence.*
- d) Your personal information and response to this survey will be kept anonymous/confidential.*
- e) The principle of research is to obtain data and results to benefit society, and in this context, research may be published. Due to the secure and deidentified nature of data collection, the participant will not be personally identified in any publication.*

If you have any questions regarding your rights as a research participant, you may contact Mohammed bin Rashid University of Medicine and Health Sciences, Institutional Review Board at irb@mbru.ac.ae / [+97143838706](tel:+97143838706).

If you agree to take part in this research study, please be assured that the obtained information will be kept confidential. Unless required by law, only the study investigator, the MBRU-Institutional Review Board Committee (MBRU-IRB), and/or inspectors from government agencies will have direct access to your information.

If you agree with the above and are willing to participate in the research study, please complete this survey. Your participation in the survey indicates your consent.

The survey will take approximately 3-5 minutes to complete.

*Study Investigator: **Dr. Meshal Sultan (Assistant Professor)**, Email: Meshal.Sultan@mbru.ac.ae*

Thank you for your time and participation.

Survey

Participant Information Sheet

Age of Participant:

Gender of Participant: Female/Male

Year of Graduation of Participant: 2024/ 2029

Research Form

Life Values Inventory

Values are beliefs that influence people's behavior and decision-making. For example, if people believe that telling the truth is very important, they will try to be truthful when they deal with other people.

On the following pages is a list of beliefs that guides people's behavior and helps them make important decisions. Read each one and then choose the response (1-5) that best describes how often the belief guides your behavior.

If a belief in being healthy almost never guides your behavior, circle 1. If being healthy almost always guides your behavior, circle 5. If the best answer for you is between 1 and 5, circle the number 2, 3, or 4 that most accurately describes how this belief guides your behavior. Now you are ready to begin. Read each item carefully and circle only one response. Usually your first idea is the best indicator of how you feel. Answer every item. There are no right or wrong answers. Your choices should describe your own values, not the values of others.

Values	Almost never guides my behavior	Sometimes guides my behavior	Almost always guides my behavior
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Challenging myself to achieve	1	2	3	4	5
Being liked by others	1	2	3	4	5
Protecting the environment	1	2	3	4	5
Being sensitive to others' needs	1	2	3	4	5
Coming up with new ideas	1	2	3	4	5
Having financial success	1	2	3	4	5
Taking care of my body	1	2	3	4	5

Downplaying compliments or praise	1	2	3	4	5
Being independent (doing things I want to do)	1	2	3	4	5
Accepting my place in my family or group	1	2	3	4	5
Having time to myself	1	2	3	4	5
Being reliable	1	2	3	4	5
Using science for progress	1	2	3	4	5
Believing in a higher power	1	2	3	4	5
Improving my performance	1	2	3	4	5
Being accepted by others	1	2	3	4	5
Taking care of the environment	1	2	3	4	5
Helping others	1	2	3	4	5
Creating new things or ideas	1	2	3	4	5
Making money	1	2	3	4	5
Being in good physical shape	1	2	3	4	5
Being quiet about my success	1	2	3	4	5
Giving my opinion	1	2	3	4	5
Respecting the traditions of my family or group	1	2	3	4	5
Having quiet time to think	1	2	3	4	5
Being trustworthy	1	2	3	4	5
Knowing things about science	1	2	3	4	5
Believing that there is something greater than ourselves	1	2	3	4	5
Working hard to do better	1	2	3	4	5
Feeling as though I belong	1	2	3	4	5
Appreciating the beauty of nature	1	2	3	4	5
Being concerned about the rights of others	1	2	3	4	5
Discovering new things or ideas	1	2	3	4	5
Being wealthy (having lots of money, land or livestock)	1	2	3	4	5

Being strong or good in a sport (being athletic)	1	2	3	4	5
Avoid credit for my accomplishments	1	2	3	4	5
Having control over my time	1	2	3	4	5
Making decisions with my family or group in mind	1	2	3	4	5
Having a private place to go	1	2	3	4	5
Meeting my obligations	1	2	3	4	5
Knowing about math	1	2	3	4	5
Living in harmony with my spiritual beliefs	1	2	3	4	5

Positive and Negative Affect Schedule

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you GENERALLY feel this way, that is how you feel ON AVERAGE. Use the following scale to record your answers.

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
Interested					
Distressed					
Excited					
Upset					
Strong					
Guilty					
Scared					
Hostile					
Enthusiastic					
Proud					
Irritable					
Alert					
Ashamed					
Inspired					
Nervous					
Determined					
Attentive					
Jittery					

Active					
Afraid					