

LETTER OF INFORMATION

Study title: **Exploring momentary experiences of psychological rest among varsity athletes**

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Introduction

Participants are being invited to participate in a research study exploring university varsity athletes' experiences of psychological rest from sport and school. This letter provides information to help prospective participants make an informed choice. Participants are advised to read this document carefully and ask the researchers any questions they may have. Participants are encouraged to discuss their participation with friends, family, Elders, or any others before choosing. All participants questions should be answered before they decide whether to participate in this research study. This study has received ethical approval by the Queen's University General Research Ethics Board (GREB). Participation is voluntary, and participants can decide to not participate in any part of the research without any impact on their relationship with Queen's University or their team. Participants can also change their mind at any time. Whatever choice is made, participants will not give up any legal rights or benefits.

Study Purpose

The purpose of this study is to describe varsity athletes' momentary experiences of psychological rest, including the quality, contexts, and activities associated with those experiences. By better understanding the context of psychological rest, we can better support athletes in achieving higher quality rest, more often, which should support their wellbeing and training.

Study Procedures

This project is being conducted through the Performance Lab for the Advancement of Youth Sport (PLAYS) within the School of Kinesiology and Health Studies at Queen's University. If participants agree to participate in this study, they will be asked to engage in a briefing session to explain the study, followed by a main study period of seven days where they will complete repeated brief

questionnaires throughout the day. The briefing session will take 15-20 minutes, occur in the PLAYS briefing room in the School of Kinesiology and Health Studies building, and will involve (a) reviewing the study and consent form, (b) completing a brief demographic and baseline questionnaire, and (c) reviewing and practicing the study procedures, which will include downloading the study app (SEMA3). During the seven-day main study period, the study app will prompt participants seven times per day (once randomly within each two-hour block of the day, from 8 AM to 10 PM) to complete a very brief questionnaire (1-2 minutes each). Each questionnaire will ask about the participants' current setting and activities and their current perceived state of rest and stress. The participants' answers to these questions will be de-identified, meaning a linking code will be stored separately and securely from their responses.

To participate in this study, participants must:

- (1) Be 18 years of age or older,
- (2) Be a currently participating member of a Queen's University varsity athletic team,
- (3) Own a smartphone AND be willing to download the app for this study (Participants can check out the app now on [IOS](#) or [Android](#)),
- (4) Be able to read and complete surveys in English on a smartphone app.

Study Risks & Benefits

This study poses minimal risk to participants. Participants may perceive a risk to their privacy when answering the experience sampling questionnaires, which ask participants where they are, who they are with, and what they are doing. However, to minimize this risk, these questions either use a standard list of responses (i.e., dropdown menu for 'where' and 'with whom') or require only simple answers (e.g., "eating dinner" for 'what'). Further, participants are not asked to provide any specific or personal information regarding their activities. There are no physical or long-term risks anticipated.

Participants in this study will gain greater awareness of the contexts (places, people, activities) that promote better rest. Each participant can choose to receive a report of their individual results after the study. We hope that the results of this study may benefit our understanding of how to better support student-athletes' psychological rest as a means of promoting their well-being and, possibly, performance.

Study Cost and Incentives

There is no cost to participants for participating in this study.

For participation in this study, participants will receive a \$15 Amazon gift card for completing over 50% of experience sampling questionnaires (i.e., 25 or more) or a \$30 Amazon gift card for completing over 85% responses (i.e., 42 or more). Incentives will be administered to participants following their participation in the study via email where they will receive a link to access their gift card.

Study Confidentiality

All the information collected during the research study will remain strictly confidential to the extent permitted by the applicable laws. If prospective participants decide to enroll in this study, the research team will only collect the information needed. This includes participants' age, gender, racial/ethnic identity, sport team, year of study in order to accurately describe the demographics of

the sample. Email addresses for each participant will also be collected to allow for communication regarding study instructions, reminders, and delivery of compensation. The participants choice to participate in the study will not affect their relationship with Queen's University or their team.

This informed consent form and demographic information will be collected and stored using secure, Queen's-affiliated accounts with Qualtrics and OneDrive, respectively, only accessible by the research team. The daily surveys comprising the main portion of the study will be collected and stored using SEMA3 (link to their privacy policy: <https://sema3.com/privacy.html>). Participants will be de-identified in SEMA3 and the information required to match participants to their unique identifier code will be stored in a secure Queen's affiliated OneDrive that is only accessible to the research team.

The study data will be stored for a period of 10 years. Upon study completion, all study data and records used to develop the study results for publication will continue to be kept in a secure location accessible only to the research team for at least 10 years, as per Queen's University Policy. Once the data is no longer required for publication or research purposes, it will be deleted by the principal investigator, and if they are no longer with Queen's University, the supervisor.

The results of this research study data may be published or shared during scientific meetings. Participants will not be identified during the dissemination of study results or publication. All efforts will be made to protect participants privacy, and the likelihood that someone may identify participants is small, however it cannot be eliminated.

Questions

If participants have questions about this study or if they suffer a research-related injury, they can contact the principal investigator, Stuart Wilson, via email at stuart.wilson@queensu.ca, or the project supervisors, Dr. Luc Martin, via email at luc.martin@queensu.ca, or Dr. Jean Côté, via email at jc46@queensu.ca. For ethics concerns please contact GREB at 1-844-535- 2988 (Toll free in North America) or email researchethics@queensu.ca.

To sign up for the study, please contact the lead investigator, Stuart Wilson, via email at stuart.wilson@queensu.ca and express your interest in participating.