

# INFORMATION SHEET

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## Understanding resilience in emerging allied health professionals: What matters? Insights to inform future resilience curricula

### Voluntary semi-structured interviews with Australian occupational therapy, physiotherapy and speech pathology students

#### Project Overview

This interview is part of a larger project and follows the online survey component. This research project aims to contribute to the current knowledge base on resilience of university students by specifically investigating resilience in allied health students. In the online survey, we asked you about the role of spirituality, as well as your previous exposure to adversity, point of time in your course and demographic information. You are invited to participate in this interview because you expressed an interest in doing so after completing the survey.

This semi-structured interview is designed to obtain a deeper understanding of your perspective and experience as a university student in an allied health discipline, giving you the opportunity to share your experience of things that keep you motivated with your studies, strategies that keep you grounded and focused, any particular stressors that make your study challenging, and any other insights you may wish to share. It is anticipated that these findings will contribute to foundation knowledge to inform the future design of university-based resilience interventions for allied health professional students.

*Please note that this research does not view spirituality as a religious concept; rather it is a multidimensional construct involving our connectedness with others, with nature, and how we make meaning out of our lives.*

#### Participation Procedure


The interview will consist of twelve open-ended questions about your experience at university, including your thoughts on adversities, factors that challenge you and factors that support you. Sample questions include: *“Would you please tell me a bit about if and how your overall resilience levels have changed (reduced or increased) during your studies?”* and *“Since your commencement at university, please tell me about any adversities you’ve had to manage”*. The interview will be conducted on a platform called NeoRehab, which health clinicians use because of its’ ease of use (you don’t require an account). The interview’s audio will be recorded with your consent so that it can be transcribed.

Completion of the interview will take around 45 minutes. The interview will be held via NeoRehab at a time organised with the researcher. We are not asking which university you attend, and therefore participation in this project will not affect your academic standing in any way.

#### Benefits and Risks

There may be no direct benefit to you for participating in this project. However, it is expected that this project may benefit students in allied health disciplines by providing foundation knowledge to inform the future development of university-based resilience supports. We know studying in the allied health disciplines where practicum placements feature, can be a stressful experience.

There is no anticipated risk to you greater than that of inconvenience for the time taken to complete the online interview.



You may experience inconvenience in giving up your time to complete this interview. We do not anticipate that participation in this research will cause you any undue discomfort beyond that experienced in normal day to day living. However, if you are concerned or if responding to the questions raises issues for you, please consider viewing the support available at [www.lifeline.org.au](http://www.lifeline.org.au) or contacting your General Practitioner. Other contacts that may be helpful are: [www.headspace.org.au](http://www.headspace.org.au), and [www.beyondblue.org.au](http://www.beyondblue.org.au).

## **Confidentiality**

The interview will not collect any identifying information; your responses will be confidential. A summary of the themes that arise from the interviews will be provided to any participants who wish to have them.

The data will be securely stored in accordance with CQUniversity policy. It is anticipated that the data may be of value to future research, as such the data is not intended to be disposed of.

De-identified data may be shared with other researchers (including those based overseas) and used in future research projects, including cross-disciplinary research, and may be published openly (e.g., in an open access repository). Other researchers will not have access to your name or other identifying data.

## **Outcome**

The results of this research will be disseminated in the form of journal articles and conferences. You will not be able to be identified in any way as your interview responses will remain totally anonymous and de-identified.

## **Consent**

Your consent to participate in this project will be obtained through your completion of the accompanying Informed Consent Form.

## **Right to Withdraw**

Your participation is voluntary. You are free to end the interview, without penalty, by informing the interviewer. Any data already provided will be withdrawn. If you complete the interview, once data analysis has commenced, it will not be possible to withdraw your data.

## **Feedback**

A short summary of the project's findings in plain English will be available in June 2026. To request a copy, please indicate this on the consent form.

## **Questions/ Further Information**

If you have any questions about this project, please contact the Chief Investigator, Desley Simpson, via [desley.simpson@cqu.edu.au](mailto:desley.simpson@cqu.edu.au).

*This project has been approved by the CQUniversity Human Research Ethics Committee, approval number 0000023803*

*Please contact Central Queensland University's Research Division (Tel: 07 4923 2603; E-mail: [ethics@cqu.edu.au](mailto:ethics@cqu.edu.au)) should there be any concerns about the nature and/or conduct of this research project.*