

# INFORMATION SHEET

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

### Online survey of Australian occupational therapy, physiotherapy and speech pathology undergraduate university students

#### Project Overview

This research project aims to contribute to the current knowledge base on resilience of university students by specifically investigating resilience in allied health students. The role of spirituality, as well as other variables such as previous exposure to adversity, point of time in course and other selected demographic characteristics as predictors of resilience will be examined. *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.* 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.

#### Participation Procedure

Undergraduate students studying occupational therapy, physiotherapy and speech pathology at Australian universities are being invited to participate in an anonymous online survey which consists of demographic questions including which discipline you are studying, your age, the size of your class cohort, and then specific questions from standardised instruments about life adversities you may have experienced, your resilience and strategies you use to cope.

Completion of the survey will take approximately 15 minutes. As this survey is anonymous and we are not asking which university you attend, participation in this project will not affect your academic standing within your university or your association with CQUniversity.

#### 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.


You may experience inconvenience in giving up your time to complete this online survey. 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 or the student counselling service provided by your university.

#### Confidentiality / Anonymity

The survey will not collect any identifying information; your responses will be anonymous.

At the completion of the survey, you can choose to be directed to a separate link. That separate link will allow you to nominate your contact details if you would like to:

- Go into a draw for a chance to win a \$50 Coles/Myer gift voucher and/or
- Be invited to participate in the interview part of this research
- Register your permission for the research team to *possibly* contact you for a follow-up semi-structured interview to obtain further in-depth information about this topic.



Any contact details provided through the above processes will be collected and stored separately to your survey responses.

Data will be securely stored in accordance with the CQUniversity Code of Conduct for Research and 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 and a PhD thesis. You will not be able to be identified in any way as your survey responses will remain totally anonymous.

### **Consent**

Your consent to participate in this project will be obtained through your agreement to the Electronic Consent below.

### **Right to Withdraw**

Your participation in this research survey is voluntary. You may withdraw at any time prior to completing the survey simply by closing the survey window on your web browser. However, any responses already completed will be included in this research. If you wish to withdraw after submitting the survey, the information you have already provided cannot be deleted. This is because we will not be collecting any identifiable information from you within the survey and therefore, will not be able to identify your information for deletion.

### **Feedback**

A short summary of the project's findings in plain English will be available in June 2026. If you would like to receive this summary, you will have the opportunity to provide your details at the end of the survey.

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### **Questions/ Further Information**

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

*Please contact Central Queensland University's Division of Research (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.*

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

### **ELECTRONIC CONSENT:**

Moving to the Informed Consent block in the survey confirms that:

- You have read the above information
- You voluntarily agree to participate; and
- You will view the Informed Consent form to give your consent for the data you provide in the following survey to be used for the assessment and research purpose described above