



IRISH
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An Chomhairle um
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JIGSAW
Young people's
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Supporting Student Mental Health in Schools Project Information

Who is doing this project?

This project is being carried out by University College Dublin in collaboration with Jigsaw, The National Centre for Youth Mental Health. This project received ethical approval from University College Dublin's research ethics committee.

What is this project about?

This project aims to explore how confident secondary school staff in Ireland feel about addressing mental health in school and delivering mental health related content. This project will also explore what kind of concerns staff have about talking about mental health with students. This project will help us to understand how staff feel about addressing mental health and will also help us to design and evaluate future school mental health interventions.

Why have I been asked?

You've been asked to take part because you are an adult working with adolescents in a secondary school in Ireland. This study is open to anyone who works directly with young people in a post-primary school in Ireland, that includes teachers, tutors, principals, guidance counsellors, chaplains, sports coaches and so on.

Do I have to take part?

No. Participation is completely voluntary. If you choose not to take part in the survey, there will be no negative consequences for you.

What does taking part involve?

If you are happy to take part, you will be asked to fill in a short survey. The survey will take you approximately 10 minutes to complete. The survey includes some questions about you and your school, your concerns around addressing mental health issues, and your confidence to deliver mental health related content to students. There are also some questions about your understanding of mental health, mental health stigma, your confidence as a teacher, and how anxious you are. Some of the questions may not apply directly to your role, for example, if you don't normally work in a classroom setting, but you will be able to skip these questions.

Please note, you must be over 18 and based in the Republic of Ireland to take part in this study

What will happen to the information gathered?

The findings of this project will be written up for a short report which will be shared with Jigsaw. The



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findings will also form part of a Master's thesis, PhD thesis, and may also be published in the form of journal papers or conference presentations. The anonymous data from this project will be stored securely during the study and will be archived in digital form once the project is complete. This means that other accredited researchers may access it in the future to conduct further analysis or to compare the findings from another project.

Will other people know what I have said?

No. No identifiable information, such as your name or your school's name, will be collected during the survey, so it will be impossible to connect your answers with you. We may use quotes from what you say, but we will not use any information that could identify you.

Can I change my mind about taking part?

Yes. You can change your mind and stop participating in the survey before you submit your answers. However once submitted it will not be possible to withdraw because the survey is anonymous.

Where can I get more support?

If you feel upset while filling out the survey, it is important to let someone know. You can talk to an appropriate support person in your school, your doctor or contact supports or services that can assist you. Information about online and helpline support services for adults and young people will be shared at the end of the survey.

Contact details for further information:

If you have any further questions about the project, please contact Maeve Dwan O'Reilly, PhD Candidate, at: maeve.dwanoreilly@jigsaw.ie



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Consent Form

Before you fill out the following questions, please read the statements below:

- I have read and understood the project information.
- I have had time to consider whether to take part in this study.
- I am over 18 and based in the Republic of Ireland.
- I know that participation is voluntary I am happy to take part in this study.
- I understand that the information I provide will be used as part of reports, presentations, and papers, but no identifying information will be included in this work.
- I understand that the anonymous data from this project will be archived once the project is complete and may be used by accredited researchers in the future.

Please tick as appropriate

- I have read the above statements and I agree to participate
- I have read the above statements and I do not agree to participate