RESEARCH IN ACTION
(ECPS5006)
PORTFOLIO OF COMPETENCIES

REFLECTIVE LOG

In the introductory session, Zoe delivered a comprehensive introduction of the course material, with an emphasis on assessments, and described the structure and approach that would govern the entire semester. Throughout the briefing session, Zoe instructed us to recruit a maximum of five persons, my group comprised four individuals and we were led to the psychology laboratory, where rooms were allocated to each group. As a group, we were tasked with designing a set of small-scale research projects, either quantitative or qualitative, to investigate the topic area of “Student Wellbeing”. After assessing the systematic literature search (SLS), we were required to create research studies, complete proposal forms and ethics forms to be submitted to the School Research Ethics Committee. My group and I discussed our research topic immediately following the briefing, and we ultimately settled on our topic, "The Correlation between Social Support Network and Adaptability: A Comparison of United Kingdom and International Students.", a quantitative study. We allotted an equal opportunity to perform on this assessment, which resulted in the task being distributed equitably along our group. For the successful completion of the research study, I am particularly enthusiastic about cultivating productive collaboration dynamics within our group.

When we were introduced to the Research In Actions module, during the orientation, I was enthusiastic about furthering my knowledge of the subject in this module, even though I had completed several research modules in the previous semester. Throughout the journey, a combination of satisfaction and enjoyment feelings were there especially when figuring out solutions together. However, the persistent minimal contribution from one of the group members during the discussion, to the extent that it at times forces the team to work through the night, instils feelings of stress, frustration, and weariness in me. It appeared that others were similarly affected, as indicated by their facial expressions and the tense atmosphere. Also, I find it unfair that those who participate suffer the burden of pressure while the person simply agrees with opinions proposed by others. Risk regarding the dedication of the member can worsen the problem and foster distrust within the group.

Throughout conducting the research, I had a combination of good and unpleasant experiences. The favourable experience is the result of our dedication to cooperative decision-making and transparent communication. We fostered a culture of discussion,

guaranteeing that each member had an opportunity to contribute to the decision-making process. This inclusive approach cultivated a feeling of belonging and satisfaction with the outcomes. Moreover, the proficiency of our communication abilities proved to be quite beneficial as we effectively managed disagreements in a professional manner and provided constructive explanations. Also, the unity among the group was apparent in their willingness to assist one another, enabling each member to make their optimal contributions, resulting in a successful research attempt. However, alongside these successes, there were challenges to contend with, such as dealing with an incompetent group member. Despite our dedicated attempts to allocate responsibilities and collaborate effectively, one of the members continuously had difficulties in fulfilling expectations and providing significant input to the research. Her issues hindered the progress of our work and placed greater strain on the remaining members of the team. It also highlighted the need of meticulously choosing team members and implementing efficient work approaches.

The success of our recent work can be linked to a number of critical factors, each of which I have thoroughly analysed. Initially, our dedication to working together to make decisions and openly sharing information established a strong basis for productive teamwork. We showed persistent dedication and commitment throughout the process, as demonstrated by our consistent efforts, diligent focus on details, and ongoing attempts to overcome challenges. This aligns with the viewpoints by Gisbert and Chapparo (2020), who emphasise the critical significance of perseverance and commitment in attaining successful research outcomes. In addition, effective collaboration and communication within the group probably contributed to the successful outcome of the situation. This is consistent with the results obtained from Lailiyah et al. (2021), which demonstrated that communication is an essential element in facilitating successful group collaboration and a significant determinant of group work outcomes. Consistent group interactions ensured the team stays informed about progress and reviews, ensuring everyone is on the same path and working towards similar objectives.

Regrettably, our diligent efforts were impeded by obstacles that disrupted the smooth execution of our work. The ineffective integration of the members may have been impacted by several reasons pertaining to their competencies and professional values. Also, this can be aligned with the Ringelmann effect, often referred to as social loafing, a phenomenon in which individuals put in less effort when collaborating with a group compared when working

independently (Kravitz & Martin, 1986; & Kim, 2021). This decrease in exertion might result in diminished overall efficiency and effectiveness within the group, as it can be seen in my experience. Furthermore, I acknowledge that my approach of creating high expectations for each member may have contributed to the difficulties we encountered. Although my intention was to encourage high standard and ambitious objectives, it is conceivable that these expectations were not consistently attainable or in line with the capabilities of the member.

In conclusion, this incident demonstrated the value of great cooperation and communication. To achieve a more positive outcome, I acknowledge the importance of greater team integration, realistic goal setting, and managing expectations. Developing abilities in team leadership, conflict resolution, and group dynamics is critical for dealing with similar circumstances in the future. Fostering an accountability culture and providing frequent feedback may also improve teamwork and reduce difficulties. However, in a similar citation, I would assume additional accountability by clearly acknowledging any dissatisfaction regarding the work of my team members. This promotes development and reduces stress. Moreover, I will embrace a mindset of lifelong learning and remaining open to new ideas and approaches ensures ongoing skill development and adaptation to evolving challenges. By implementing feedback mechanisms and regularly reassessing my approach will ensure that I can adapt and act differently in the future.

COMPETENCY ONE:

Applied Research - Completion of Research Proposal

PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Research Proposal

Research proposal (1,000 words overall)

Student Name and University ID number:	[redacted]
Proposed Supervisor's name:	*Only complete this if you have already been in contact with a potential supervisor who has agreed to supervise you in principle.* Zoe Cooke

Psychology Research Area (tick all that apply)

Social Psychology	Developmental Psychology	Biological Psychology	Forensic Psychology
Health Psychology	**Individual Differences**	Educational Psychology	Political Psychology
Cognitive Psychology	Clinical Psychology	Counselling Psychology	Occupational Psychology

Other: indicate briefly (not included in word count)

Proposed Study Design (tick all that apply)

Quantitative	Experimental	**Applied (with UWTSD students**	**Online Questionnaire Survey**
Qualitative	Quasi Experimental	Focus Groups	**Online**
Mixed Methods	Applied (with external organisation)	Interviews	Lab-based study
If Applied, and involving an external organisation, please indicate your plans for gaining appropriate approvals from the organisation: (not included in the word count)		*Other study design: indicate briefly (not included in word count)*	

Suggested Research Title/Area: (between 10-15 words and must reflect the essence of your proposed research question, study design and study population and should be more specific than a broad topic area).

The correlation between social support network and adaptability: A Comparison between Local & International Students

My group had to came to an agreement of choosing this title as it met the APA standards.

Background: 250 words

A study by (Burns et al., 2018) has demonstrated a correlation between adaptation and social support. Findings showed that students are mostly surrounded by support of their family members and educators, which has a major influence in their adaptability. Hou et al., (2019) mentioned that the term "social support" describes the emotional or material help that one gets from their social networks. Social support is the dynamic process in which an individual feels respected and appreciated, and loved (Tomás et al., 2020). The ability to adapt has been linked to a variety of outcomes that are connected with psychological well-being (Waldeck et al., 2021). Putwain et al., (2019) mentioned that adaptability refers to variations in how individuals react to changes in circumstances. Adaptable person can effectively manage their actions, feelings, and thoughts while encountering unfamiliar situations. According to attachment theory, individuals who had stronger attachment during childhood found it easier to connect with possible social support networks, which makes it easier for them to adapt (Sutton, 2018). Alavi et al., (2020) stated that findings of a study which was carried out in Romania, found married adults who were 30 years old on average and who had a greater level of adaptation and coherence in their family of origin were seen to have a lower likelihood of having unhealthy attachments. Attachment theory has demonstrated immense popularity due to its empirical and theoretical accuracies. The primary advantage of attachment theory over different viewpoints is its broad applicability, simplicity, and reliability to various areas such as physiological well-being, how emotions are regulated, personality traits, family dynamics, and intimate relationships (Sutton, 2018).

References

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Waldeck, D., Pancani, L., Holliman, A., Karekla, M., & Tyndall, I. (2021). Adaptability and psychological flexibility: Overlapping constructs? *Journal of Contextual Behavioral Science*, *19*, 72–78. https://doi.org/10.1016/j.jcbs.2021.01.002

Please state the main research question(s) or hypotheses(s): (100 words max)- All

Research Question:

1. Is there a relationship between social support networks and adaptability among local and international students?
2. Is there a difference in adaptability between local and international students?
3. Is there a difference in social support network among local and international students?

Hypotheses:

1. There is a relationship between social support networks and adaptability among local and international students.
2. There is a difference in adaptability between local and international students.
3. There is a difference in social support network among local and international students.

By conducting a systematic literature search (SLS), the primary research question and hypothesis were developed. The main question and hypothesis was collaboratively determined by the group.

Two individuals were assigned to complete the methodological section of the proposal form, which was divided into sections by the group.

Methodological Details (500 words) [redacted]

Please summarise the key methodological approach: (you can include copies of proposed study materials as appendices if you wish). You must include details of the following:

- *Participants: Who will your participants be, how will you access and recruit them, and how many are needed?*
- *Design: Using appropriate terminology clearly define key elements of your design (IVs, DVs, Qual approach, expt. manipulations etc). How do you plan to analyse your main data?*
- *Materials: What are the main measures, scales, experimental tools or other materials required for your study?*
- *Procedure: How will you carry out the study – define briefly what will happen to a participant in your study from the point of consent to the study debrief.*

Participants [redacted]

Students in the undergraduate programme registered at the University of Wales Trinity Saint David (UWTSD), Swansea, are the target participants in this research. In order to locate possible participants for both groups which are the local students and international students, we intend to collaborate with the UWTSD lecturers and the university's international registry. Additionally, we are aiming for 100 participants and are assigning 50 participants for each group to guarantee equal representation. Technical factors, such as the accessible resources and the probability of recruiting inside the academic setting, are taken into account when determining this sample size.

Design [redacted]

This quantitative research will incorporate a correlational approach to examine the relationship between the variables (social support network and adaptability) of the two groups (local students and international students). Then, through the use of an online survey platform called Qualtrics, validated scales will be used to collect data needed from participants.

A Pearson correlation analysis and T-test will be carried out using SPSS to calculate correlation coefficients between variables and mean differences within groups. The first analysis will be based on research question one, examining the correlation between the variables (social support network and adaptability) of local and international students. Positive correlations would imply that adaptability is positively correlated with perceived social support, whilst negative correlations would suggest the opposite. The second and third research questions will be analysed using a T-test to assess the mean differences in adaptability and the mean differences in social support network between the two groups (local and international students).

Materials [redacted]

Multidimensional Scale of Perceived Social Support (MSSPS) (Ziment et al., 1988), includes 12-items with 3 subscales: family, friends and significan
likert scale, ranging from "very strongly disagree" to "ve
insights into how each individual perceives the support t

The materials section fell under my responsibility. Collectively, the group determined the appropriate scales. I conducted additional research and reading pertaining to the scales, and the outcome's written was full with details.

(Calderón et al., 2021). The Social Adaptation Self-Evaluation Scale (SASS) (Bosc et al., 1997), includes four broad areas of social functioning that are assessed by the scale's 21 items: study, leisure time, family, and organising and managing with the environment (Ota et al., 2020). Each item is rated on a 4-point Likert scale from 0 (indicating not at all) to 3 (indicating very). The scale evaluates the self-perceptions of individuals regarding their adjustment to an unfamiliar social setting. Local and international students should be given the SASS in order to assess their self-reported levels of social adaptation.

Procedure

The participants will be required to fill out the questionnaire via the Qualtrics online platform. After obtaining informed consent, participants will complete the Multidimensional Scale of Perceived Social Support (MSSPS). This 12 items scale is divided i friends, and significant others. The Social Adaptation Sel the subsequent scale, comprises 21 items. Approximately completion of the questionnaires. Once all 33 items have concluded, and participants will be offered the option of r

The procedure section was designated to me. The research procedure's flow was collectively deliberated upon by the group. But it was composed briefly for the first draft of the research proposal.

Key Ethical considerations (150 words)

In this section you are required to briefly outline any specific ethical considerations for your project. All projects will be expected to adhere to the BPS code of human research ethics, and you will need to submit a full ethics form which will document your specific processes for informed consent, debriefing, and data protection. Here you need to ***briefly note*** ***additional or specific key ethical considerations*** *for your particular project e.g. potential for distress or discomfort, any deception, research with vulnerable populations or sensitive topic areas, and briefly outline how you expect to manage these risks within your project.*

- Participants will be given questionnaires through qualtrics, an online research platform. To protect participants anonymity and confidentiality, data obtained would solely be used by researchers only. Before answering the questions, participants will be given a brief consent, stating the purpose of the study and the benefits of participating. It is also stated in the consent that participants are given the right to withdraw from the study at any point of time without getting penalised. Participants who are done answering the questionnaire are given an option in the final page to either submit their answers or to withdraw from the study.

PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Research Proposal

Research proposal (1,000 words overall)

Student Name and University ID number:	[redacted]
Proposed Supervisor's name:	*Only complete this if you have already been in contact with a potential supervisor who has agreed to supervise you in principle.* Zoe Cooke

Psychology Research Area (tick all that apply)

Social Psychology	Developmental Psychology	Biological Psychology	Forensic Psychology
Health Psychology	**Individual Differences**	Educational Psychology	Political Psychology
Cognitive Psychology	Clinical Psychology	Counselling Psychology	Occupational Psychology
Other: indicate briefly (not included in word count)			

Proposed Study Design (tick all that apply)

Quantitative	Experimental	**Applied (with UWTSD students**	**Online Questionnaire Survey**
Qualitative	Quasi Experimental	Focus Groups	**Online**
Mixed Methods	Applied (with external organisation)	Interviews	Lab-based study
If Applied, and involving an external organisation, please indicate your plans for gaining appropriate approvals from the organisation: (not included in the word count)		*Other study design: indicate briefly (not included in word count)*	

Suggested Research Title/Area: (between 10-15 words and must reflect the essence of your proposed research question, study design and study population and should be more specific than a broad topic area).

The correlation between social support network and adaptability: A Comparison between United Kingdom & International Students

After careful consideration, our group had amended the target group to make it more specific. Changing from "local" to "United Kingdom"

Background: 250 words

A study by Burns et al. (2018) has demonstrated a correlation between adaptation and social support. Moving abroad to pursue studies might be a difficult and stressful undertaking for some people. Students may find it challenging to form new social networks and get the social support they require during this critical period of adjustment due to possible differences in culture and environmental adaptation. Hence, a lot of international students may feel lonely at times during their time abroad (Wawera & McCamley, 2018). Findings showed that students are mostly surrounded by the support of their family members and educators, which has a major influence on their adaptability. Hou et al. (2019) mentioned that the term "social support" describes the emotional or material help that one gets from their social networks. Social support is the dynamic process in which an individual feels respected, appreciated, and loved (Tomás et al., 2020). The ability to adapt has been linked to a variety of outcomes that are connected with psychological well-being (Waldeck et al., 2021). Putwain et al. (2019) mentioned that adaptability refers to variations in how individuals react to changes in circumstances. An adaptable person can effectively manage their actions, feelings, and thoughts while encountering unfamiliar situations. According to attachment theory, individuals who had stronger attachment during childhood found it easier to connect with possible social support networks, which makes it easier for them to adapt (Sutton, 2018). Alavi et al. (2020) stated that the findings of a study that was carried out in Romania found married adults who were 30 years old on average and who had a greater level of adaptation and coherence in their family of origin were seen to have a lower likelihood of having unhealthy attachments. Attachment theory has demonstrated immense popularity due to its empirical and theoretical accuracies. The primary advantage of attachment theory over different viewpoints is its broad applicability, simplicity, and reliability to various areas such as physiological well-being, how emotions are regulated, personality traits, family dynamics, and intimate relationships (Sutton, 2018).

Please state the main research question(s) or hypotheses(s): (100 words max)- All

Research Question:

1. Is there a relationship between social support networks and adaptability among United Kingdom and international students?
2. Is there a difference in adaptability between United Kingdom and international students?
3. Is there a difference in social support network among United Kingdom and international students?

Hypotheses:

1. There is a relationship between social support networks and adaptability among United Kingdom and international students.
2. There is a difference in adaptability between United Kingdom and international students.
3. There is a difference in social support network among United Kingdom and international students.

Methodological Details (500 words) - [redacted]

Please summarise the key methodological approach: (you can include copies of proposed study materials as appendices if you wish). You must include details of the following:

- *Participants: Who will your participants be, how will you access and recruit them, and how many are needed?*

Students in the undergraduate programme registered at the University of Wales Trinity Saint David (UWTSD), are the target participants in this research. To locate possible participants for both groups which are the United Kingdom students and international students, we intend to collaborate with the UWTSD lecturers and the university's international registry. Additionally, we are aiming for 100 participants and are assigning 50 participants for each group to guarantee equal representation. Technical factors, such as the accessible resources and the probability of recruiting inside the academic setting, are considered when determining this sample size.

- *Design: Using appropriate terminology clearly define key elements of your design (IVs, DVs, Qual approach, expt. manipulations etc). How do you plan to analyse your main data?*

This quantitative research will incorporate a correlational approach to examine the relationship between the variables (social support network and adaptability) of the two groups (United Kingdom students and international students). Then, using an online survey platform called qualtrics, validated scales will be used to collect data needed from participants.

A Pearson correlation analysis and T-test will be carried out using SPSS to calculate correlation coefficients between variables and mean differences within groups. The first analysis will be based on research question one, examining the correlation between the variables (social support network and adaptability) of United Kingdom and international stu
that adaptability is positively correlated with perceived so
would suggest the opposite. The second and third researc
T-test to assess the mean differences in adaptability and
network between the two groups (United Kingdom and int

In order to adhere to the word limit restrictions, I revise the section by providing a clear summary of the key aspects pertaining to the scales selected for the study.

- *Materials: What are the main measures, scales, experimental tools or other materials required for your study?*

Multidimensional Scale of Perceived Social Support (MSSPS) (Ziment et al., 1988), includes 12-items with 3 subscales: family, friends and significant other. Each item is scored on a 7-point likert scale, ranging from "very strongly disagree" to "very strongly agree", where a score ranging from 5.1 to 7 may be classified as strong support (Zimet, 2016). The scale will provide insights into

how each individual perceives the support they receive from different sources (Calderón et al., 2021). The Social Adaptation Self-Evaluation Scale (SASS) (Bosc et al., 1997), includes four broad areas of social functioning that are assessed by the scale's 21 items: study, leisure time, family, and organising and managing with the environment where individuals' self-perceptions of their social adjustment are assessed using the scale (Ota et al., 2020). Each item is rated on a 4-point Likert scale from 0 (indicating not at all) to 3 (indicating very). To achieve appropriate social functioning, a minimum of 35 points is required (Girgin & Yavuz, 2022).

- *Procedure: How will you carry out the study – define briefly what will happen to a participant in your study from the point of consent to the study debrief.*

Recruitment for the study will take place through online platforms such as university mailing lists, with advertising that will clearly state the study's objectives, as well as eligibility requirements. Individuals who are interested will be directed to the qualtrics online platform and they will get an electronic informed consent form detailing the study's information and requesting explicit assent before they may continue. Then, participants will complete the Multidimensional Scale of Perceived Social Support (MSSPS). This 12 items scale is divided into three subscales, particularly family, friends, and significant others. The Social Adaptation Self-Evaluation Scale (SASS), which follows the subsequent scale, comprises 21 items. Approximately 1 0 to 15 minutes allotted for the completion of the questionnaires. After completion, they are given a choice to either submit or withdraw their responses. Then participants will get a debriefing form and contact information of the research team if they have furthe

I have implemented the required modifications for this particular section. The research procedure was explained in greater detail, providing a comprehensive explanation of the whole study from beginning through completion.

Key Ethical considerations (150 words)

In this section you are required to briefly outline any specific ethical considerations for your project. All projects will be expected to adhere to the BPS code of human research ethics, and you will need to submit a full ethics form which will document your specific processes for informed consent, debriefing, and data protection. Here you need to ***briefly note additional or specific key ethical considerations*** *for your particular project e.g. potential for distress or discomfort, any deception, research with vulnerable populations or sensitive topic areas, and briefly outline how you expect to manage these risks within your project.*

- Participants will be given questionnaires through qualtrics, an online research platform. To protect participant's anonymity and confidentiality, data obtained would solely be used by researchers only. Before answering the questions, participants will be given a brief consent, stating the purpose of the study and the benefits of participating. It is also stated in the consent that participants are given the right to withdraw from the study at any point in time without getting penalised. Participants who are done answering the questionnaire are given an option on the final page to either submit their answers or withdraw from the study.

COMPETENCY TWO:

Ethical Consideration - Ethics Form Completion

APPLICATION FOR ETHICAL APPROVAL

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

SECTION A: About You (Principal Researcher)

1	Full Name:	[redacted]				
2	Tick all boxes that apply:		Member of staff:	☐	Honorary research fellow:	☐
	Undergraduate Student	☒	Taught Postgraduate Student	☐	Postgraduate Research Student	☐

3	Institute/Academic Discipline/Centre:	UWTSD
4	Campus:	Swansea
5	E-mail address:	[redacted]
6	Contact Telephone Number:	N/A
	For students:	
7	Student Number:	[redacted]
8	Programme of Study:	Bsc Psychology

9	Director of Studies/Supervisor:	Zoe Cooke

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)		**YES**	☐	**NO**	☐
					Date	
2	If Yes, please indicate source of approval (and date where known): ***Approval in principle must be obtained from the relevant source prior to seeking ethical approval***	Research Degrees Committee		☐		
		Institute Research Committee		☐		
		Other (write in)		☐		

SECTION C: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	**UWTSD Research Ethics & Integrity Code of Practice**	☒
2	**UWTSD Research Data Management Policy**	☒
3	**BPS Ethics Guidelines for internet-mediated research (June 2021)**	☒
4	**BPS Code of Human Research Ethics (Apr**	☒
5	**BPS Code of Ethics and Conduct (July 201**	☒

The UWTSD Research Ethics & Integrity Code of Practice, UWTSD Research Data Management Policy and BPS ethical codes (2018; 2021) were complied with.

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution	N/A				
2	Contact person name	N/A				
3	Contact person e-mail address	N/A				
4	Is your research externally funded?		**YES**	☐	**NO**	☐
5	Are you in receipt of a KESS scholarship?		**YES**	☐	**NO**	☐
6	Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	**YES**	☐	**NO**	☐
7		Employed	**YES**	☐	**NO**	☐
8	Is the research being undertaken within an existing UWTSD Athrofa Professional Learning Partnership (APLP)?	If YES then the permission question below does not need to be answered.	**YES**	☐	**NO**	☐

9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	**YES**	☐	**NO**	☐

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	**YES**	☐	**NO**	☐
	If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).				

SECTION E: Details of Research Activity

1	Indicative title:	The Correlation between social support network and Adaptability: A Comparison between Local & International Students		
2	Proposed start date:	18/3/2024	Proposed end date:	
	Introduction to the Research (maximum 300 words per section) **Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the points below:** *Purpose of Research Activity* *Proposed Research Question* *Aims of Research Activity* *Objectives of Research Activity* Demonstrate, briefly, how **<u>Existing Research</u>** has informed the proposed activity and explain *What the research activity will add to the body of knowledge* *How it addresses an area of importance.*			
3	**Purpose of Research Activity** Moving abroad to pursue studies might be a difficult and stressful undertaking for some people. Students may find it challenging to form new social networks and get the social support they require during this critical period of adjustment due to possible differences in culture and environmental adaptation. Hence, a lot of international students may feel lonely at times during their time abroad (Wawera & McCamley, 2018). Findings showed that students are mostly surrounded by the support of their family members a educators, which has a major influence on their adaptability. Moreover, the ability to adapt has b connected with psychological well-being (Waldeck et to explore the relationship between social networks a students. The researchers hope that the outcome universities for better well-being. (this box should expand as you type)			
4	**Research Question**			

One of the group members successfully fulfilled the research purpose. However, the explanation provided was inadequate and there was insufficient literature analysis to support the primary purpose of the research.

	1. Is there a relationship between social support networks and adaptability among local and international students? 2. Is there a difference in adaptability between local and international students? 3. Is there a difference in social support network among local and international students? (this box should expand as you type)
5	**Aims of Research Activity** The aim of this research is to investigate the following: 1. Relationship between social support network and students. 2. The difference in adaptability between local and i 3. The difference in social support network among lo (this box should expand as you type)
6	**Objectives of Research Activity** 1. To determine the relationship between social supp local and international students 2. To identify the difference in adaptability between l 3. To identify the difference in social support network among local and international students (this box should expand as you type)
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that **may** be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	Recruitment for the study will take place through online platforms such as university mailing lists, with advertising that will clearly state the study's objectives, as well as eligibility requirements. Individuals who are interested will be directed to the qualtrics online platform and they will get an electronic informed consent form detailing th before they may continue. Then, participants ed Social Support (MSSPS). This 12 items scal friends, and significant others. The Social Ac s the subsequent scale, comprises 21 items. A completion of the questionnaires. After comp withdraw their responses. Then participants the research team if they have further questi (this box should expand as you type)
	Location of research activity Identify all locations where research activity will take place.
8	All research activities that are required for this study, will take place within all campuses of UWTSD. (this box should expand as you type)
	Research activity outside of the UK If research activity will take place overseas, you a considerations are complied with and that the rele guidelines (e.g. from local professional associatio whether these involve any ethical stipulations bey licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural

In order to achieve the research question, aims, and objectives of the research activity, I actively engaged alongside the remaining members of the team. Our group effectively formulated well-defined objectives due to our collective comprehension of the topic at hand matter.

Assigned to me was the completion of the proposed procedures.Constructing and developing the methodology presented an immense challenge for me. As a result, the explanation provided was insufficient and the logical progression of the research was not adequately elucidated.

The chosen location was decided by all of us as a group due to its convenience and familiarity, and enabling efficient access to resources, equipment, and support services essential for conducting our research activities.

	and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	N/A *(this box should expand as you type)*

10	Use of documentation not in the public domain: Are any documents **NOT** publicly available?	**NO**	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. N/A *(this box should expand as you type)*		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	**YES**	**NO**
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☐	☒
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒
17	A Wales of vibrant culture and thriving Welsh language	☐	☒
18	A globally responsible Wales	☐	☒
19	If YES to any of the above, please give details:		
	N/A (this box should expand as you type)		

Given that we opted for a quantitative approach for this research study, we collaboratively concluded this segment by engaging in extensive deliberation and identifying each instrument according to its relevance to our research objectives.

SECTION F: Scope of Research Activity

	Will the research activity include:		**NO**
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☐	☒
3	Use of focus groups?	☒	☐
4	Use of participant diaries?	☐	☒
5	Use of video or audio recording?	☐	☒
6	Use of computer-generated log files?	☐	☒
7	Participant observation with their knowledge?	☒	☐
8	Participant observation without their knowledge?	☐	☒

9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.		
	Details of any other primary data collection method: (this box should expand as you type)	☐	☒

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be und
obtained.

We selected students as intended participants considering they are accessible and perhaps relevant to our research topic and objectives. Also, we included adults over the age of 18 who are competent to give consent to ensure ethical research practices and compliance with relevant regulations.

SECTION G: Intended Participants

If there are no participants then do not complete this sect

	Who are the intended participants:	YES	NO
1	Students or staff at the University?	☒	☐
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults?	☐	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.		
	Details of any other participant groups: (this box should expand as you type)	☐	☒

	Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
10	How many participants are expected?	The study will aim for 100 participants and are assigning 50 participants for each group to guarantee equal representation. Technical factors, such as the accessible resources and the probability of recruiting inside the academic setting, are considered when determining this sample size. A greater sample size than is required will be a greater representation of the overall population, yielding outcomes that are more accurate (Andrade, 2020). *(this box should expand as you type)*
11	Who will the participants be?	Students in the undergraduate programme registered at the University of Wales Trinity Saint David (UWTSD), are the target participants in this research. The participants will be among the two groups which are local students and international students. *(this box should expand as you type)*
12	How will you identify the participants?	To locate possible participants for both groups which are the local students and international students, we intend to collaborate with the UWTSD lecturers and the university's international registry. *(this box should expand as you type)*

	Information for participants:	YES	NO	N/A
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☒	☐	☐
16	Will you exp research wi	☒	☐	☐
17	If the resear consent to b	☐	☐	☒
18	Will you tell any time an	☒	☐	☐
19	With questi questions they do not want to answer?	☐	☒	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
22	If NO to any of above questions, please give an explanation			
	Participants are required to answer every question to ensure the validity and reliability of the results are accurate. *(this box should expand as you type)*			

This was a collaborative effort. We responded affirmatively to the following inquiries: Participants are adequately informed, participating is voluntary, confidentiality is guaranteed, and they have the option to withdraw. Nevertheless, we selected "No" for items No. 17 and No. 19, considering them irrelevant to our research design.

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	(this box should expand as you type)			

SECTION H: Anticipated Risks

	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.		
1	**Full risk assessment completed and appended?**	**Yes**	☐
		No	☒
2	**Risks to participants** For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information		
	Risk to participants: The risk to participants is low, however due to the nature of the study topic (Social support network & Adaptability), some emotion may arise, though this is very unlikely. However, this may be limited as the participant will be completing an email based quantitative survey within their own time. *(this box should expand as you type)*	*How you will mitigate the risk to participants:* 1. In accordance with BPS Code Of Human Ethics (2021), to ensure any unwanted emotions arise, information collected from participants will remain private and confidential. Moreover, researchers would provide a debrief section before and after completion of the questionnaire, which includes a brief purpose of the study and information on any form of risk that the participant should be aware of. The participants are also given an opportunity to ask any doubts regarding the study. 2. This study will comply with the BPS Ethics Guidelines - for internet mediated research and UWTSD Research Data Management Policy in regards to what would be asked in the questionnaire and participants are given the chance to withdraw from the study at any point of time without penalties involved. *(this box should expand as you type)*	

3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities	
	N/A *(this box should expand as you type)*	
4	**Risks to the investigator** For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
	Risk to the investigator: 1. As participation is provided with the researcher's email, there is potential that the researcher may receive negative responses which may cause emotional distress to the researcher. 2. There is a possibility that the researcher is being asked for information in regards to the study out of their ability as an undergraduate student. *(this box should expand as you type)*	*How you will mitigate the risk to the investigator:* Researchers will only provide their university email address and no other personal contacts will be given. In case of any unwelcome events that occur, it would be reported to the dissertation supervisor immediately. All researchers and participants should adhere to UWTSD's student code of conduct and to behave in a professional manner. *(this box should expand as you type)*
5	**University/institutional risks** For example: adverse publicity, financial loss, data protection	
	Risk to the University: 1. There is potential in data being exposed and leaked or used in a way that is unintended by the study *(this box should expand as you type)*	*How you will mitigate the risk to the University:* 1. The researcher will adhere to the BPS code of ethics and conduct (2018) and the UWTSD research and ethics and integrity code of practice through the study to minimise any potential harm from arising. 2. All data will be stored in accordance with UWTSD Research Data Management Policy. Data collected from participants will solely be used for the purpose of this study. *(this box should expand as you type)*
6	**Environmental risks** For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: N/A *(this box should expand as you type)*	*How you will mitigate the risk to environment:* N/A *(this box should expand as you type)*

	Disclosure and Barring Service			
	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	**YES**	**NO**	**N/A**

7	Does your research require you to hold a current DBS Certificate?	☐	☐	☒
8	If YES, please give the certificate number. If the certificate number is not available please write "Pending"; in this case any ethical approval will be subject to providing the appropriate certificate number.	N/A		

Individually, I was tasked with the completion of Section I.

SECTION I: Feedback, Consent and Confidentiality

1	**Feedback** What de-briefing and feedback will be provided to participants, how will this be done and when?
	The participants will be provide completion of the questionnaires. The deb regarding the research, including its purp om the study. Participants will be furni module lead and the researchers them All debriefing materials and proce *(this box should expand as you type)*
2	**Informed consent** Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe t efore data collection begins. If gaining co ill be obtained and recorded in accorda
	Participant consent will be obtaine sent form will comprise critical details pe e required to look through and provid confidentiality of the participants' data will be ensured, and their identities will be kept anonymous. The information, consent, and debrief forms will adhere to the ethical standards outlined in BPS (2021). *(this box should expand as you type)*
3	**Confidentiality / Anonymity** Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explai
	Participants will be kept anonymous e purpose of analysis and final report, All data provided by participants during the co y. The researcher will refrain from disclosing *(this box should expand as you type)*

In order to ensure that participants received adequate feedback and debriefing, we implemented a debriefing segment both prior to and subsequent to the questionnaire completion process.

In accordance with the ethical standards set forth by BPS in 2021, we established a methodical consent procedure to protect data and ensure ethical behaviour. This procedure promoted transparency, autonomy, and the preservation of rights.

The study employed rigorous protocols to ensure confidentiality and anonymity, preserving the identities of participants and adhering to ethical standards throughout the research process.

SECTION J: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	YES	NO
1	***"Personal data"*** *means any information relating to an identified or identifiable natural person ('data subject'). A be identified, directly or indirectly such as a name, an identification to one or more factors specific to economic, cultural or social ident recordings of participants is cons*	☒	☐
	If YES, provide a description of th cted:		
2	The information will be gathered and stored using Qualtrics, then transferred to SPSS and saved in a file. The file then will be secured with a password on both the file and the device where it is		

This part we discussed together. The study activity involves personal data, which requires compliance with GDPR and DPA 2018 legislation, as well as the implementation of safeguards to protect participant privacy and rights.

	located. Qualtrics will not gather any identifiable information about individuals. The researcher and supervisor will have accessibility to the details and records throughout and after the study. All data will be erased after the research study is recorded and reviewed by the university exam board. *(this box should expand as you type)*		
	Does it involve special category data (as defined by the GDPR)?	**YES**	**NO**
3	***"Special category data"*** *means sensitive personal data consisting of information as to the data subjects' –* *(a) racial or ethnic origin,* *(b) political opinions,* *(c) religious beliefs or other belie* *(d) membership of a trade union (* *Relations (Consolidation) Act 199* *(e) physical or mental health or co* *(f) sexual life,* *(g) genetics,* *(h) biometric data (as used for ID purposes),*	☒	☐
	If YES, provide a description of the special category data and explain why this data needs to be collected:		
4	Racial or ethnic origin. This is because some of the questions in the questionnaire consist of relatable data subjects. *(this box should expand as you type)*		

To meet GDPR standards for enhanced protection and processing, our study includes use of special category data, which includes sensitive personal information such as racial or ethnic origin, physical or mental health, and biometric data.

	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	**YES**	**NO**
5	Manual files (i.e. in paper form)?	☐	☒
6	University computers?	☐	☒
7	Private company computers?	☐	☒
8	Home or other personal computers?	☒	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☐	☒
10	"Cloud" storage or websites?	☐	☒
11	Other – specify:	☐	☒
12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:		
	For all the data collected, it will be protected with a password that only the researchers and supervisor have a record of. *(this box should expand as you type)*		

We decided to stored al of the data in our personal computers.

	Data Protection		
	Will the research activity involve any of the following activities:	**YES**	**NO**
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☐	☒

17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☐	☒
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate) :		
	Data transfer electronically will occur through password-protected files, with supervisor Zoe Cooke and four other individuals [redacted] granted access in accordance with GDPR regulations. No information that could be used to identify a person will be gathered or saved. *(this box should expand as you type)*		
22	List all who will have access to the data generated by the research activity:		
	Zoe Cooke [redacted] *(this box should expand as you type)*		
23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	[redacted] *(this box should expand as you type)*		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		
	Files will be kept in the cloud, and the data will be protected and stored with a password that can only be accessed by the supervisor, Zoe Cooke, and the four researchers [redacted] *(this box should expand as you type)*		
25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. (*Most relevant to academic staff)*		

Particulars regarding the individuals who would be granted access to any generated data have been documented.

	Files will be kept in the researcher's personal laptops, and the data will be protected and stored with a password that can only be accessed by the supervisor, Zoe Cooke, and the four researchers [redacted] Users will be able to access the file using their mobile devices, tablets, laptops, and desktop computers. *(this box should expand as you type)*		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	**YES**	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your fundin		☒

We confirmed that we had read the UWTSD's data handling guidelines.

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants. In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	**Signature of applicant:**	[redacted]	**Date:** 4/3/2024

For STUDENT Submissions:

2	Director of Studies/Supervisor:		**Date:**
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		**Date:**
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed **ALL RELEVANT** sections of the form in full.
☐	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (**where appropriate**)
☐	I have attached a full risk assessment (where appropriate) *ONLY TICK IF YOU HAVE* ***ATTACHED A FULL RISK ASSESSMENT***
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.

☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.

RESEARCH STUDENTS AND STAFF ONLY
All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk , with the title 'Ethical Approval' followed by your name.
You will be informed of the outcome of your claim by email; therefore it is important that you check your University and personal email accounts regularly**.**

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

This form is available electronically from the Academic Office web pages:
https://www.uwtsd.ac.uk/academic-office/appendices-and-forms/

APPLICATION FOR ETHICAL APPROVAL

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

SECTION A: About You (Principal Researcher)

1	Full Name:	[redacted]				
2	Tick all boxes that apply:		Member of staff:	☐	Honorary research fellow:	☐
	Undergraduate Student	☒	Taught Postgraduate Student	☐	Postgraduate Research Student	☐

3	Institute/Academic Discipline/Centre:	UWTSD
4	Campus:	Swansea
5	E-mail address:	[redacted]
6	Contact Telephone Number:	N/A
	For students:	
7	Student Number:	[redacted]
8	Programme of Study:	Bsc Psychology
9	Director of Studies/Supervisor:	Zoe Cooke

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)	**YES**	☒	**NO**	☐
				Date	
2	If Yes, please indicate source of approval (and date where known): ***Approval in principle must be obtained from the relevant source prior to seeking ethical approval***	Research Degrees Committee	☐		
		Institute Research Committee	☐		
		Other (write in) Zoe Cooke	☒	**4/3/2024**	

SECTION C: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	**UWTSD Research Ethics & Integrity Code of Practice**	☒
2	**UWTSD Research Data Management Policy**	☒
3	**BPS Ethics Guidelines for internet-mediated research (June 2021)**	☒
4	**BPS Code of Human Research Ethics (April 2021)**	☒
5	**BPS Code of Ethics and Conduct (July 2018)**	☒

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution	N/A				
2	Contact person name	N/A				
3	Contact person e-mail address	N/A				
4	Is your research externally funded?		**YES**	☐	**NO**	☐
5	Are you in receipt of a KESS scholarship?		**YES**	☐	**NO**	☐
6	Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	**YES**	☐	**NO**	☐
7		Employed	**YES**	☐	**NO**	☐
8	Is the research being undertaken within an existing UWTSD Athrofa Professional Learning Partnership (APLP)?	If YES then the permission question below does not need to be answered.	**YES**	☐	**NO**	☐
9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	**YES**	☐	**NO**	☐

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	**YES**	☐	**NO**	☐
	If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).				

SECTION E: Details of Research Activity

1	Indicative title:	The Correlation between social support network and Adaptability: A Comparison between United Kingdom & International Students		
2	Proposed start date:	18/3/2024	Proposed end date:	
	Introduction to the Research (maximum 300 words per section) **Ensure that you write for a <u>Non-Specialist Audience</u> when outlining points below:** *Purpose of Research Activity* *Proposed Research Question* *Aims of Research Activity* *Objectives of Research Activity* Demonstrate, briefly, how **<u>Existing Research</u>** has informed the proposed activity and explain *What the research activity will add to the body of knowledge* *How it addresses an area of importance.*			
3	**Purpose of Research Activity** Recent studies have suggested that students who move abroad experience greater isolation compared to the locals (Razgulin et al., 2023), where [illegible] and academics, which then requires them to obtain [illegible] 2019). Students may find it challenging to form new so[illegible] require during this critical period of adjustment d[illegible] environmental adaptation.The ability to adapt has be[illegible] connected with psychological well-being (Waldeck et [illegible] concluded, students with better mental well-being are usually well prepared and capable of adapting to changes, throughout transitioning into universities. Additionally, studies have found that having a high amount of social support would benefit one's mental health, providing a stable emotion (Mai et al., 2021). Following social support and adaptability, students who receive more social support tend to be more connected to their learning environment, which may influence their adaptability in cognitive strategies and emotions (Chen et al., 2023). A study done on Malaysian students' social support and adaptability reported a strong correlation, due to its nature in culture. It is found that individuals from the eastern cultures are usually not exposed to be independent (adaptability) at a young age,			

After careful consideration, our group had amended the target group to make it more specific. Changing from "local" to United Kingdom"

The Purpose of Research Activity section was originally composed by another member. However, we revise this section through extensive group discussion in order to identify the ideal journal to be used as the background reference. Over the course of the discussion, I was able to assist in completing the section by contributing in excess of five articles.

	compared to individuals from the western culture. Thus, their social support network only revolves around their family and friends, which makes it difficult for them to create a new social support network as an international student (Tan et al., 2023). While in the case of United Kingdom student's social support network and their adaptability, there has been an absence of studies. Thus, this study would further explore the differences among United Kingdom and International students' social support network and adaptability and their relation to one another. (this box should expand as you type)
4	**Research Question** 1. Is there a relationship between social support networks and adaptability among United Kingdom and international students? 2. Is there a difference in adaptability between United Kingdom and international students? 3. Is there a difference in social support network among United Kingdom and international students? (this box should expand as you type)
5	**Aims of Research Activity** The aim of this research is to investigate the following 1. Relationship between social support network international students. 2. The difference in adaptability between United Kingdom and international students. 3. The difference in social support network among United Kingdom and international students. (this box should expand as you type)
6	**Objectives of Research Activity** 1. To determine the relationship between social support networks and adaptability among United Kingdom and international students 2. To identify the difference in adaptability between United Kingdom and international students 3. To identify the difference in social support network among United Kingdom and international students (this box should expand as you type)
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that **may** be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	In order to recruit the participants, the HWB department will be contacted by the researchers to share the link, advertising the study's objectives as well as eligibility requirements clearly, where students can participate at the comfort of their own. Eligible students can volunteer to take part in the study. Those who are interested will be directed to the qualtrics online platform through a link given via their email. The participants will then be presented with an information sheet which will briefly outline what the study will entail which includes the objectives of the study, the number of sections covered (demographic, M

We had modified the target audience to be more specific following considerable deliberation. Transforming "local" to "United Kingdom".

Following Zoe's feedback, one of the group members and I modified the error and provided a more comprehensive explanation of our proposed method. With Zoe's assistance, we independently revised the section denoted in red font.

	Adaptation Self-Evaluation Scale, debrief), the approximate length of time taken and the contact details of the r consent requesting expli Once the partici ographic questions provid to (local United Kingdor ete the Multidimensiona (1988). This 12 items scale is divided into three subscales (family, friends, and significant others), each containing 4 questions. All the items are scored on a 7-point likert scale, ranging from "very strongly disagree" to "very strongly agree" where a score ranging from 5.1 to 7 may be classified as strong support. Through this scale, insights of how each individual perceives the support they receive from different sources will be presented. Following that is The Social Adaptation Self-Evaluation Scale (SASS) adapted by Bosc et al. (1997), which includes four broad areas of social functioning that are assessed by the scale's 21 items: study, leisure time, family, as well as organising and managing with the environment. Each item is rated on a 4-point Likert scale from 0 (indicating not at all) to 3 (indicating very). To achieve appropriate social functioning, a minimum of 35 points is required. This finding will evaluate the individuals' self-perceptions of their social adjustment. All of the given questions must be answered, taking approximately 10 to 15 minutes for the completion of the whole questionnaire. After completion, a choice would be given to them to either submit or withdraw their responses. They will also get a debriefing form and contact information of the research team and supervisor if they have further inquiries or concerns regarding the study. Lastly, the participant will be thanked for taking part. (this box should expand as you type)
	Location of research activity Identify all locations where research activity will take place.
8	Online (this box should expand as you ty
	Research activity outside If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	N/A *(this box should expand as you type)*

The initial version provided a concise explanation of the measurements employed. The most recent version contains enhancements to the section wherein additional information is presented, including the objectives and the scaled scores. In addition to the consent form, we specified the length of time required to complete our questionnaire, which included a debriefing form. Additionally, we emphasise that participants have the right to withdraw their responses at any time, and they will be provided with contact information in case further inquiries arise.

Our research study's location was changed from "UWTSD campuses" to "online" due to the fact that we are utilising Qualtrics to acquire our data.

10	Use of documentation not in the public domain: Are any documents **NOT** publicly available?	**NO**	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. N/A *(this box should expand as you type)*		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	**YES**	**NO**
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☐	☒
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒
17	A Wales of vibrant culture and thriving Welsh language	☐	☒
18	A globally responsible Wales	☐	☒
19	If YES to any of the above, please give details:		
	N/A (this box should expand as you type)		

SECTION F: Scope of Research Activity

	Will the research activity include:	**YES**	**NO**
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☐	☒
3	Use of focus groups?	☐	☒
4	Use of participant diaries?	☐	☒
5	Use of video or audio recording?	☐	☒
6	Use of computer-generated log files?	☐	☒
7	Participant observation with their knowledge?	☒	☐
8	Participant observation without their knowledge?	☐	☒
9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒

12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.	☐	☒
	Details of any other primary data collection method: (this box should expand as you type)		

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION G: Intended Participants

If there are no participants then do not complete this section, but go directly to section H.

	Who are the intended participants:	**YES**	**NO**
1	Students or staff at the University?	☒	☐
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults?	☐	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.	☐	☒
	Details of any other participant groups: (this box should expand as you type)		

	Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?

10	How many participants are expected?	The study will aim for 100 participants and assign 50 participants for each group of United Kingdom and international students to guarantee equal representation. Technical factors, such as the accessible resources and the probability of recruiting inside the academic setting, are considered when determining this sample size. A greater sample size than is required will be a greater representation of the overall population, yielding outcomes that are more accurate (Andrade, 2020). *(this box should expand as you type)*
11	Who will the participants be?	Students who registered at the University of Wales Trinity Saint David (UWTSD), are the target participants in this research. The participants will be among the two groups which are United Kingdom students and international students. *(this box should expand as you type)*
12	How will you identify the participants?	A study advert will be created and distributed amongst the UWTSD population and will collaborate with the HWB department to distribute this. *(this box should expand as you type)*

	Information for participants:	**YES**	**NO**	**N/A**
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☒	☐	☐
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	☐	☐	☒
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☐	☒	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
22	If NO to any of above questions, please give an explanation			
	Participants are required to answer every question to ensure the validity and reliability of the results are accurate.			

	(this box should expand as you type)

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	(this box should expand as you type)			

SECTION H: Anticipated Risks

	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.		
1	**Full risk assessment completed and appended?**	**Yes**	☐
		No	☒
2	**Risks to participants** For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information		

Risk to participants:	*How you will mitigate the risk to participants:*
The risk to participants is low, however due to the nature of the study topic (Social support network & Adaptability), some emotion may arise, though this is very unlikely. However, this may be limited as the participant will be completing an email based quantitative survey within their own time. *(this box should expand as you type)*	1. In accordance with BPS Code Of Human Ethics (2021), to ensure any unwanted emotions arise, information collected from participants will remain private and confidential. Moreover, researchers would provide a debrief section after completion of the questionnaire, which includes a brief purpose of the study and information on any form of risk that the participant should be aware of. The participants are also given an opportunity to ask any doubts regarding the study.

		2. Prior to the study, participants would be provided with an Information sheet, which would comprise of the requirements needed for participants to be aware of while taking part in the study. The researcher has also provided instructions for participants who wish to withdraw from the study at any given point of time. Participants are also required to carefully read and tick the boxes in the consent form which aligns to their agreement. 3. This study will comply with the BPS Ethics Guidelines - for internet mediated research and UWTSD Research Data Management Policy in regards to what would be asked in the questionnaire and participants are given the chance to withdraw from the study at any point of time without penalties involved. *(this box should expand as you type)*
3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities	
	N/A *(this box should expand as you type)*	
4	**Risks to the investigator** For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
	Risk to the investigator: 1. As participation is provided with the researcher's email, there is potential that the researcher may receive negative responses which may cause emotional distress to the researcher.	*How you will mitigate the risk to the investigator:* Researchers will only provide their university email address and no other personal contacts will be given. In case of any unwelcome events that occur, it would be reported to the dissertation supervisor immediately. All researchers and participants should adhere to

	2. There is a possibility that the researcher is being asked for information in regards to the study out of their ability as an undergraduate student. *(this box should expand as you type)*	UWTSD's student code of conduct and to behave in a professional manner. *(this box should expand as you type)*
5	**University/institutional risks** For example: adverse publicity, financial loss, data protection	
	Risk to the University: 1. There is potential in data being exposed and leaked or used in a way that is unintended by the study *(this box should expand as you type)*	*How you will mitigate the risk to the University:* 1. The researcher will adhere to the BPS code of ethics and conduct (2018) and the UWTSD research and ethics and integrity code of practice through the study to minimise any potential harm from arising. 2. All data will be stored in accordance with UWTSD Research Data Management Policy. Data collected from participants will solely be used for the purpose of this study. *(this box should expand as you type)*
6	**Environmental risks** For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: N/A *(this box should expand as you type)*	*How you will mitigate the risk to environment:* N/A *(this box should expand as you type)*

	Disclosure and Barring Service			
	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	**YES**	**NO**	**N/A**
7	Does your research require you to hold a current DBS Cert			
8	If YES, please give the certificate number. If the certificate available please write "Pending"; in this case any ethical ap subject to providing the appropriate certificate number.			

I have implemented minor modifications to this section to ensure that the debriefing section is presented after the completion of the questionnaires. As revised by Zoe, the other sections were acceptable.

SECTION I: Feedback, Consent and Confidentiality

1	**Feedback** What de-briefing and feedback will be provided to participants, how will this be done and when?
	The participants will be provided with a debriefing section, following the completion of the questionnaires. The debrief section will provide participants with additional details regarding the research, including its purpose and objectives, as well as a final option to withdraw from the study. Participants will be furnished with the contact information of the study supervisor/module lead and the researchers themselves, if they have any inquiries pertaining to the study. All debriefing materials and procedures will adhere to BPS ethical standards. *(this box should expand as you type)*

2	**Informed consent** Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	Participant consent will be obtained in advance of the commencement of the study. The consent form will comprise critical details pertaining to the research endeavour, which participants are required to look through and provide their informed consent to participate in the study. The confidentiality of the participants' data will be ensured, and their identities will be kept anonymous. The information, consent, and debrief forms will adhere to the ethical standards outlined in BPS (2021). *(this box should expand as you type)*
3	**Confidentiality / Anonymity** Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case.
	Participants will be kept anonymous during the study in accordance with ethical rules. For the purpose of analysis and final report, only anonymous data (age and gender) will be utilised. All data provided by participants during the course of the study will be treated with strict confidentiality. The researcher will refrain from disclosing or otherwise utilising the data. *(this box should expand as you type)*

SECTION J: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 “GDPR” and the Data Protection Act 2018 “DPA”)?	**YES**	**NO**
1	***“Personal data”*** *means any information relating to an identified or identifiable natural person (‘data subject’). An identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.*	☒	☐
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	The information will be gathered and stored using Qualtrics, then transferred to SPSS and saved in a file. The file then will be secured with a password on both the file and the device where it is located. Qualtrics will not gather any identifiable information about individuals. The researcher and supervisor will have accessibility to the details and records throughout and after the study. All data will be erased after the research study is recorded and reviewed by the university exam board. *(this box should expand as you type)*		
	Does it involve special category data (as defined by the GDPR)?	**YES**	**NO**
3	***“Special category data”*** *means sensitive personal data consisting of information as to the data subjects’ –* *(a) racial or ethnic origin,* *(b) political opinions,* *(c) religious beliefs or other beliefs of a similar nature,* *(d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992),* *(e) physical or mental health or condition,* *(f) sexual life,* *(g) genetics,* *(h) biometric data (as used for ID purposes),*	☒	☐
	If YES, provide a description of the special category data and explain why this data needs to be collected:		

4	Racial or ethnic origin. This is because some of the questions in the questionnaire consist of relatable data subjects. *(this box should expand as you type)*

	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	**YES**	**NO**
5	Manual files (i.e. in paper form)?	☐	☒
6	University computers?	☐	☒
7	Private company computers?	☐	☒
8	Home or other personal computers?	☒	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☐	☒
10	"Cloud" storage or websites?	☒	☐
11	Other – specify:	☐	☒
12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:		
	All obtained data will be secured using a password that is only accessible to the researchers and supervisor in accordance with UWTSD's data management policy (Research Data Management Policy, n.d.) The laptop used will be password protected, no identifiable information will be collected and downloaded. Qualtrics data will be stored in the cloud and is downloaded to SPSS. *(this box should expand as you type)*		

	Data Protection		
	Will the research activity involve any of the following activities:	**YES**	**NO**
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☐	☒
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☐	☒
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate) :		

	Data transfer electronically will occur through password-protected files, with supervisor Zoe Cooke and four other individuals [redacted] granted access in accordance with GDPR regulations. No information that could be used to identify a person will be gathered or saved. *(this box should expand as you type)*		
22	List all who will have access to the data generated by the research activity:		
	Zoe Cooke [redacted] *(this box should expand as you type)*		
23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	[redacted] *(this box should expand as you type)*		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		
	Files will be kept in the cloud, and the data will be protected and stored with a password that can only be accessed by the supervisor, Zoe Cooke, and the four researchers [redacted]. *(this box should expand as you type)*		
25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. (*Most relevant to academic staff)*		
	Files will be kept in the researcher's personal laptops, and the data will be protected and stored with a password that can only be accessed by the supervisor, Zoe Cooke, and the four researchers [redacted]. Users will be able to access the file using their mobile devices, tablets, laptops, and desktop computers. *(this box should expand as you type)*		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	**YES**	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	**YES**	☒

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants. In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	**Signature of applicant:**	[redacted]	**Date:** 4/3/2024

For STUDENT Submissions:

2	Director of Studies/Supervisor:		**Date:**
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		**Date:**
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed **ALL RELEVANT** sections of the form in full.
☐	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (**where appropriate**)
☐	I have attached a full risk assessment (where appropriate) *ONLY TICK IF YOU HAVE* ***ATTACHED A FULL RISK ASSESSMENT***
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.

RESEARCH STUDENTS AND STAFF ONLY
All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk , with the title 'Ethical Approval' followed by your name.
You will be informed of the outcome of your claim by email; therefore it is important that you check your University and personal email accounts regularly.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

This form is available electronically from the Academic Office web pages:
https://www.uwtsd.ac.uk/academic-office/appendices-and-forms/

COMPETENCY THREE:
Data Collection

I prepared the consent form for the online research. As I was filling out the form, I consulted the example provided by Zoey, which assisted me in rephrasing any unclear sections. Furthermore, my knowledge of the study protocol enabled me to enhance the clarity and comprehensiveness of the consent form, thereby facilitating participants in providing informed consent—a critical aspect of research (British Psychological Society, 2018).

Consent Form

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Study Consent Form (Online study) [redacted]

I understand that I will be taking part in this research study that is being conducted by a second student for their research purpose and that taking part in this study will require me to **complete surveys to assess my social support networks and adaptability.**

I understand that this will take up to **15 minutes** of my time.

I understand that participation in this study is voluntary and I am free to withdraw participation at any time of the survey without giving a reason. I understand that once I leave the study, I am able to withdraw my data, as it will be anonymised. I understand that I will be provided with the contact details of the researchers and the research supervisor at the end of the study, should I have any concerns. I understand that all data submitted by me will be stored in accordance with the Data Protection Act (2018), the UK's implementation of the General Data Protection Regulation (GDPR).

If I have any questions regarding this study, you can contact the researchers, [redacted] and/or the research supervisor ***Zoe Cooke (zoe.cooke@uwtsd.ac.uk)***.

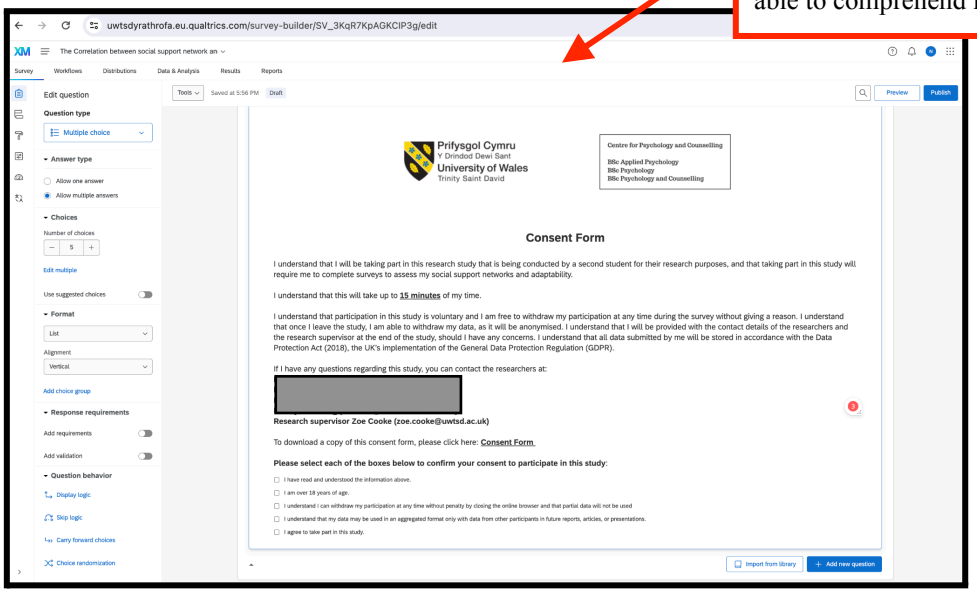
To download a copy of this consent form, please click here: Consent Form

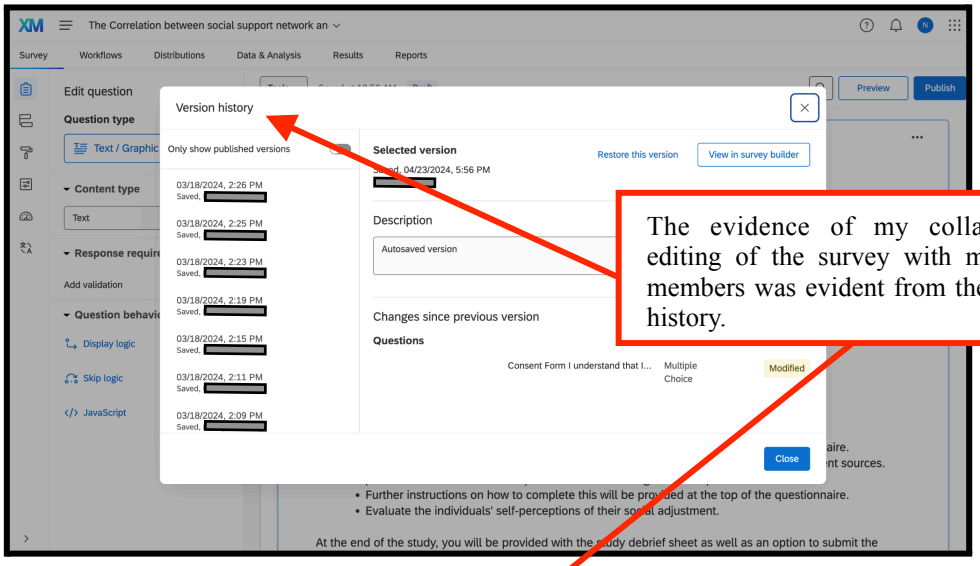
Please select each of the boxes below to confirm your consent to participate in this study:

- I have read and understood the information above.
- I am over 18 years of age.
- I understand I can withdraw my participation at any time without penalty by closing the online browser and that partial data will not be used
- I understand that my data may be used in an aggregated format only with data from other participants in future reports, articles, or presentations.
- I agree to take part in this study.

Qualtrics

I edited and designed the consent form using Qualtrics. Even though it was my initial experience with Qualtrics, I was able to comprehend its operation.





The evidence of my collaborative editing of the survey with my group members was evident from the version history.