

## **Study Information Details – Online Form Completion for the Experiences of Self-Compassion in Human Services Survey**

### **Program of Research Title:**

Experiences of Self-Compassion Human Services Research Project

### **Researchers:**

Tina Lackner and Cristina Guerrero

Co-Principal Investigators of the Experiences of Self-Compassion in Human Services Research Project

Professors, Humber College, Faculty of Social and Community Services

Email: [tina.lackner@humber.ca](mailto:tina.lackner@humber.ca) or [cristina.guerrero@humber.ca](mailto:cristina.guerrero@humber.ca)

### **Purpose**

The purpose of the self-compassion in human services research study is twofold. First, to understand how service users experience self-compassion before, during and after participation in human services in Canada. Second, to understand how human service providers experience and rely on self-compassion while delivering services in Canada.

By collecting stories from service users and service providers, through online surveys and interviews, the Co-Principal Investigators seek to develop recommendations for strengthening human services delivery in Canada.

### **Participating Human Service Organizations**

Stories of self-compassion are sought from service users and service providers within six organizations in Canada. These organizations include: Family Transitions Place, Juniper House Association, Wellspring London and Area, Wellspring Foundation, Heartache2Hope, and Hope Resource Centre.

## Description

From October 2022 to March 2023, individuals who have participated in human service programs and service providers in partner organizations across Canada will be invited to share their stories through online surveys or interviews (in-person, telephone and virtual).

At no time will organization staff at any of the partner sites have access to the information provided by those participating in this research.

Past and current service users and providers who chose to share their stories of self-compassion with us can arrange an interview or complete an online survey by going to the self-compassion research project website: [www.shareyourstories.ca](http://www.shareyourstories.ca). Once on this website, participants will have access to the online data collection forms that are used to collect their self-compassion stories. All participants are eligible for an electronic gift card of \$25.00 (CD).

The Self-Compassion in Human Services survey contains open-ended questions that are meant to help participants detail their experiences with self-compassion using the online textboxes. On average the surveys may take approximately 20-30 minutes to complete, although the time may vary depending on the level of detail provided. None of the textboxes have a word count limit for participants to feel comfortable adding as much detail as they deem necessary.

Once human service users and service providers have completed their lived experience narrative, pressing the submit button enters the data directly into the Experiences of Self-Compassion in Human Services Research Project database. People who participate in a survey are never asked to provide their name, date of birth, or contact information. Participation in this project is completely voluntary. Any names, dates and places provided in the responses given in the self-compassion survey will be anonymized.

At the end of the survey, participants will be asked if they would like to receive an e-gift card. If they answer no, the survey will close. If they answer yes, they will be taken to a new window where they can enter their email address. This window is a second survey and will not connect to their responses so that their anonymity is safeguarded.

## **Potential Risks**

Aside from the minimal risk of the inconveniences of completing research work and the possibility of slight psychological discomfort associated with reliving past experiences, there are no known risks to participation in any of the Experiences of Hope in Human Services Research Project.

## **Potential Benefits**

Although participants will not directly benefit from their individual participation, their active engagement in the Experiences of Self-Compassion in Human Services Research Project will benefit professional care practice knowledge, communities of practice and future human service users who will have access to the findings that come out of this research.

## **Confidentiality**

Only members of the research team, the Co-Principal Investigators (PIs) and Research Assistants (RAs), will have access to the data obtained during the Experiences of Self-Compassion in Human Services Research Project. Data will be password protected and kept on a password protected computer accessible only to the Co-PIs and RAs. To protect the confidentiality of participants any potentially identifying information (e.g., date of birth, addresses, names, program/study details) contained in the lived experience narratives will be removed and replaced with anonymized information. No codes or records will be kept of any identifying information. Hardcopy records of the lived experience narratives will not be kept. The electronic database that will contain all of the self-compassion lived experience narratives responses will be stored in password protected database on a password protected computer available only to the PIs for a period of 7 years from the end of the study date (May 30th, 2030).

## **Withdrawal Procedures**

Experiences of Self-Compassion in Human Services research participants can withdraw from the research project during the process of entering their data. Participants may choose not to submit their entry, or they may elect to decline to answer any of the open-ended questions that guide their lived experience narrative submission. Any data submitted will be considered and pooled into the research database for later analysis. Once submitted, via the web-based forms, data can no longer be withdrawn because the lack of personally identifying information makes deletion difficult.

## **Sponsorship**

The Experiences of Self-Compassion in Human Services Research Project is part of a three-year research project funded by the Natural Sciences and Engineering Research Council of Canada (NSERC) through the College and Community Innovation Grant Program. The full title of the funded grant is: Experiences of hope, self-compassion and authentic collaboration: Foundations for a consumer-informed compassion-based human services delivery framework in a Canadian context (File no. 416374202).

## **Conflict of Interest**

There are no known conflicts of interest between the Co-PIs and the partner organizations participating in the Experiences of Self-Compassion in Human Services Research Project.

## **Follow Up**

At no time will human service users or providers be contacted for follow-up session, nor will they receive requests for further information. Contact information will not be collected during this research.

Findings drawn from the Experiences of Self-Compassion in Human Services research project will be disseminated within the human services community, within academic and professional practice literature, at professional conferences, and within Humber College, Faculty of Social and Community Services classrooms and courses headed by the Co-PIs. A summary of findings will be made publicly available on the research website [www.shareyourstories.ca](http://www.shareyourstories.ca) on August 30th, 2023.

## **REB Approval**

This project has been approved (Protocol #REB-0286) by the Humber Research Ethics Board. If you have any questions about your rights as a research participant, you can contact Dr. Lydia Boyko, REB Chair by email at [lydia.boyko@humber.ca](mailto:lydia.boyko@humber.ca)