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Study Title: Predictors of Mental Health Help-Seeking Behaviour

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Purpose of the Study: You are invited to take part in an online research study on predictors of intention to seek mental health help.

Procedures involved in the Research: As a participant, you will be asked to answer questions concerning Mental Health attitudes, subjective norms, and control factors impacting mental health help-seeking behaviour. Participation will take approximately **20 minutes**.

Potential Harms, Risks, or Discomforts: The risks involved in participating in this study are minimal. You may feel uncomfortable (uneasy, anxious) with discussing mental health and any experience you may have had with mental health. You will find at the end of the document a list of resources that you can reach out to if you are concerned about any discomfort you may feel.

This study will use the LimeSurvey platform to collect data, which is an externally hosted cloud-based service. A link to their privacy policy is available here (<https://www.limesurvey.org/privacy-policy>). Please note that whilst this service is approved for collecting data in this study by the McMaster Research Ethics Board, there is a small risk with any platform such as this of data that is collected on external servers falling outside the control of the research team.

Potential Benefits: The information from this study will contribute to our understanding of mental health concerns, attitudes, subjective norms, facilitators and barriers of students when seeking help. As well, it will contribute to our understanding of use of mental health services. Additional possible benefits of participation are gaining self-knowledge related to ones perception and services available for mental health concerns, as well as how business research is conducted. Nonetheless, as each individual is different, there is also the possibility that you may not receive any benefit from this study.

Incentive: For your participation you receive a **\$5 (CDN) Gift Card to Starbucks**. To receive compensation, you **must** complete the survey and hit the final submit button. Note, should you wish to withdraw, you may also submit your survey with questions unanswered and receive compensation. After you click submit and read the debrief form, you will be presented with a redirect link to a new survey where you will be asked to indicate your email to which the gift card will be sent to. As the email will be filled in a separate survey, your data will not linked with your email address.

Confidentiality: You are participating in this study confidentially. Note, because our interest is in the average responses of the entire group of participants, your responses will not be identified individually in any way. Data will be kept on a password protected computer that only I and my faculty supervisor will have access to. Note, in the publication process it is possible that a journal will request the data to be available. If this is the case, the data will be shared in aggregate form to ensure that no one participant can be identified. Alternatively, if applicable, the data will be shared *without* any identifiers (name, email, or any demographic information that would allow an outside party to recognize your information apart from other participants) to ensure your anonymity.

Participation and Withdrawal: Your participation is voluntary; you may decline to participate at any time. If you choose to be a part of this study, you can withdraw for whatever reason, even after indicating consent on the consent form or part-way through the survey, up until clicking the “submit” button. Once you have submitted your responses for this anonymous survey: your answers will be put into a database and will not be identifiable. This means that once you have submitted your survey, your responses cannot be withdrawn from the study because I will not be able to identify which responses are yours.

Information About the Study Results: The results from this study may be used in journal articles, presentations, or books and can be accessed through the researchers Google Scholar research profile: <https://scholar.google.ca/citations?user=qjRNEc4AAAAJ&hl=en>. A summary of the results of this research will be available approximately one year from now; participants who wish to receive information about the findings of this study at that time can email Mojan Naisani at naisanim@mcmaster.ca. Please note that some journals require data to be shared, in the case of this requirement, the identifiers (name, email) will not be shared, and demographic information will only be shared in aggregate form. All information shared with journal will be assessed to ensure that data cannot be used to identify specific persons.

Questions about the Study: If you have questions or need more information about the study itself, contact me at:

Mojan Naisani Samani naisanim@mcmaster.ca 905-525-9140 ext. 26360

The study has been reviewed by the McMaster University Research Ethics Board and received ethics clearance. If you have concerns or questions about your rights as a participant or about the way the study is conducted, please contact:

McMaster Research Ethics Secretariat
Telephone: (905) 525-9140 ext. 23142
C/o Research Office for Administrative Development and Support
E-mail: ethicsoffice@mcmaster.ca

List of Resources and Contacts

McMaster University Services

Student Wellness Center	PGCLL 210, ext. 27700	https://wellness.mcmaster.ca
Chaplaincy Centre	MUSC 231 ext. 24207	https://mcmasterchaplaincy.org
Ombuds Office	MUSC 210 ext. 24151	https://mcmaster.ca/ombuds
EmPower Me (Graduate students)	1-833-628-5589	https://gas.mcmaster.ca/services/empower-me/

Hamilton/Community Services

Crisis Outreach and Support Team (COAST)	905-972-8338	https://coasthamilton.ca
Good2Talk	1-866-925-5454	https://good2talk.ca
Barrett Centre for Crisis Support	1-844-777-3571 24Hr crisis line: 905-529-7878	https://www.goodshepherdcentres.ca/services/barrett-centre-for-crisis-support/
Oakville Distress Centre	905-849-4541	https://www.dchalton.ca
Assaulted Women's Helpline	416-863-0511 Toll-free: 1-866-863-0511 TTY:1-866-863-7868	https://www.awhl.org/home
Sexual Assault Centre-Hamilton	905-525-4162	https://sacha.ca