

Youthreach Staff Well-being Survey

Introductory Statement This project, “Co-designing Digital Wellbeing Support with Youthreach Staff”, aims to understand the wellbeing needs of Youthreach staff members and work together to design potential digital interventions to support their health and wellbeing. This first phase will include a survey of Youthreach staff wellbeing and opinions on digital supports. **Researchers:** Lorna Burke (School of Health and Human Performance, DCU), Justin Laiti, Dr. Pádraic Dunne, and Dr. Elaine Byrne (RCSI Centre for Positive Health Sciences, RCSI).

Data Controller: Dublin City University

DCU Data Protection Officer: This study will be conducted in compliance with the General Data Protection Regulation (GDPR), and if you have any concerns regarding how your data in this study has been handled, you can contact: DCU Data Protection Officer, Mr. Martin Ward – (data.protection@dcu.ie Tel: 01-7005118/01-7008257) who will handle any data protection concerns arising from this research. An individual also has the right to report a complaint concerning the use of personal data to the Irish Data Protection Commission: Data Protection Commissioner.

DCU Data Protection Officer details: data.protection@dcu.ie Ph: 7005118 / 7008257

* Required

Survey Consent and General Information (1)

What is this research about? This research aims to identify the wellbeing needs of Youthreach staff members and to develop potential digital supports that can address these needs. The survey you are being invited to complete is the first phase of this project, designed to gather broad insights into staff wellbeing experiences across Youthreach centres in Ireland.

Why is this research being conducted? Previous research has involved co-design sessions with Youthreach students to develop digital wellbeing supports. During these sessions, it became evident that the wellbeing of staff members is equally important and that they face unique challenges. This research aims to address this gap by focusing specifically on staff needs and developing appropriate digital supports.

Why have you been invited to take part? You have been invited to participate in this study because you are a Youthreach staff member with direct experience of the work environment, challenges, and wellbeing needs within this educational setting. Your insights and perspectives are valuable for understanding the real-world experiences of staff and for co-designing effective digital wellbeing interventions.

What will happen if you decide to take part in this research study? If you decide to take part in this research, your participation will involve completing an online questionnaire about your wellbeing needs and experiences as a Youthreach staff member. This will take approximately 10 minutes.

How will your data be used? The data collected during this study will be used to analyze the wellbeing needs and challenges faced by Youthreach staff. The data from will help to inform future phases of focus groups and co-design sessions to work on the development of digital wellbeing interventions for Youthreach staff. All data will be anonymous from the survey with no identifiable information collected. We do not collect any information that could identify you personally, such as your name, email address, or specific workplace location. Your responses will be combined with those of other participants and analysed as group data. The findings may be published in academic journals, presented at conferences, and used in reports to educational stakeholders.

Survey Consent and General Information (2)

How will your privacy be protected (including any legal limits to confidentiality)? Your survey responses will be completely anonymous. No personally identifiable information will be collected, and responses cannot be linked back to individual participants. Survey data will be stored securely on password-protected DCU servers and will only be accessible to the research team. Please note that confidentiality of information can only be protected within the limitations of the law - i.e., it is possible for data to be subject to subpoena, freedom of information claim or mandated reporting by some professions.

What are the benefits of taking part in this research study? By participating in this research, you can share your experiences and contribute to building an understanding of Youthreach staff wellbeing. You will also directly be influencing the design of digital tools intended to support you and your colleagues. Additionally, you can be part of research that could inform policy discussions about staff wellbeing in educational settings

What are the risks of taking part in this study? The risks associated with completing the anonymous survey are minimal. You may experience some mild discomfort when reflecting on personal wellbeing challenges, but you can skip any questions you prefer not to answer.

Can you change your mind at any stage and withdraw from this study? Yes. Participation in this study is completely voluntary, and you can withdraw at any time without giving a reason. Once you submit your responses, it will not be possible to withdraw your data because it cannot be linked back to you. You also have the right to lodge a complaint with the Irish Data Protection Commission. Participation in this research is entirely voluntary.

How will you find out what happens with this project? A summarized report of this study findings will be shared with the Youthreach staff network.

Contact details for further information: If you have any questions relating to the information contained in this sheet now or at any time in the future, please let us know: -- If participants have concerns about this study and wish to contact an independent person, please contact: The Secretary, Dublin City University Research Ethics Committee, c/o Research and Innovation Support, Dublin City University, Dublin 9. Tel 01-7008000, e-mail rec@dcu.ie

1. Please complete the following regarding consent before beginning this survey: *

	Yes	No
<i>I have read the Participant Information above (or had it read to me)</i>	<input type="radio"/>	<input type="radio"/>
<i>I understand the information provided</i>	<input type="radio"/>	<input type="radio"/>
<i>I understand the information provided in relation to data protection</i>	<input type="radio"/>	<input type="radio"/>
<i>I have had an opportunity to ask questions and discuss this study</i>	<input type="radio"/>	<input type="radio"/>
<i>I have received satisfactory answers to all my questions</i>	<input type="radio"/>	<input type="radio"/>
<i>I am aware of the arrangements made to protect the confidentiality of and to destroy data</i>	<input type="radio"/>	<input type="radio"/>

Individual Characteristics and Demographics

2. What county is your Youthreach Centre in?

3. What age range do you fall into?

- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80+

4. What is your gender?

- Woman
- Man
- Non-binary
- Other

5. Tick which position you hold within the centre:

- Coordinator
- Resource person
- Teacher

6. Resource persons and coordinator: How do you feel the longer working year affects your well-being?

7. Teachers: How do you feel the shorter working year affects your well-being?

General Well-being Questions

8. In which of the following areas would you find additional support helpful for your well-being?

- Access to recuperative time
- Avoiding risky substances (alcohol, tobacco, etc.)
- Dealing with vicarious/secondary trauma
- Eating well
- Exercise/daily activity
- Social support
- Sleep
- Stress management
- Other

9. Is there anything you would like to share about how the selected area(s) affect your day-to-day work and well-being?

10. What are some activities you do or tools you use for promoting your well-being? (eg. walking, meditation, etc.)

11. Would you be interested in **using** additional digital well-being supports for yourself? (e.g., mindfulness apps, scheduling aids, mood trackers)

- Yes
- No
- Unsure
- Other

12. Would you be interested in **helping develop** digital tools to specifically support staff well-being?

- Yes
- No
- Unsure
- Other

13. Do you have any ideas on how digital tools (such as mobile apps, wearable devices, web-based programmes, etc.) could support staff well-being?

14. Do you have any concerns around the use of digital well-being supports for staff members?

Perceived Stress Questionnaire

15. Part 1: For each question choose from the following alternatives (0-4):

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

In the last month, how often have you been impacted by students behaviour?

In the past month, how often have you been felt impacted by students disclosures?

16. Part 2: For each question choose from the following alternatives (0-4):

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

In the last month, how often have you been upset because of something that happened unexpectedly?

In the last month, how often have you felt that you were unable to control the important things in your life?

In the last month, how often have you felt nervous and stressed?

In the last month, how often have you felt confident about your ability to handle your personal problems?

In the last month, how often have you felt that things were going your way?

17. Part 3: Please choose (0-4) for each question:

0 - never

1 - almost never

2 - sometimes

3 - fairly often

4 - very often

In the last month, how often have you found that you could not cope with all the things that you had to do?

In the last month, how often have you been able to control irritations in your life?

In the last month, how often have you felt that you were on top of things?

In the last month, how often have you been angered because of things that happened that were outside of your control?

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Sleep Scale

18. During the past month, what time have you usually gone to bed at night?

19. During the past month, how long (in minutes) has it usually taken you to fall asleep each night?

20. During the past month, what time have you usually gotten up in the morning?

21. During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spent in bed.)

22. During the past month, how often have you had trouble sleeping because you...

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
Cannot get to sleep within 30 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wake up in the middle of the night or early morning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have to get up to use the bathroom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cannot breathe comfortably	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cough or snore loudly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel too cold	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel too hot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have bad dreams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are impacted by work issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are impacted by students or work related pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. During the past month..

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
..how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..how often have you taken medicine to help you sleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..how often do you fall asleep once arriving home (Nap)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

24. During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

- Not a problem at all
- Only a very slight problem
- Somewhat of a problem
- A very big problem

25. During the past month, how would you rate your sleep quality overall?

- Very good
- Fairly good
- Fairly bad
- Very bad

Well-being Questionnaire

26. Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="radio"/>				
I've been feeling useful	<input type="radio"/>				
I've been feeling relaxed	<input type="radio"/>				
I've been feeling interested in other people	<input type="radio"/>				
I've had energy to spare	<input type="radio"/>				
I've been dealing with problems well	<input type="radio"/>				
I've been thinking clearly	<input type="radio"/>				
I've been feeling good about myself	<input type="radio"/>				
I've been feeling close to other people	<input type="radio"/>				
I've been feeling confident	<input type="radio"/>				
I've been able to make up my own mind about things	<input type="radio"/>				
I've been feeling loved	<input type="radio"/>				
I've been interested in new things	<input type="radio"/>				
I've been feeling cheerful	<input type="radio"/>				

This content is neither created nor endorsed by Microsoft. The data you submit will be sent to the form owner.

