



Project title: Fit Minds Assessment

Introduction

You're invited to participate in an online survey being conducted by the AFL Players Association in partnership with Dr Melissa Weinberg at ISN Psychology. This project has been approved by the ISN Human Research Ethics Committee. We greatly appreciate you volunteering your time for this survey. Please remember however, that you do not have to take part if you do not want to. You are also entitled to discontinue the survey at any time.

Purpose

This study is part of a research project that aims to explore the wellbeing, coping skills, and psychological safety of AFL and AFLW players.

What will you be asked to do?

If you agree to participate in this study, you will be asked to answer a series of questions about your satisfaction with different areas of life, how you've felt over the past week, how you experience adversities in your sport, and how safe you feel taking risks in your team.

We estimate that it will take no more than 15 minutes of your time to complete the survey.

What are the risks involved in this study?

Participation should involve no physical or mental discomfort. If you wish to discontinue the survey at any time, please just exit the survey and your responses will not be recorded.

What are the possible benefits of this study?

The project will not provide any direct benefits to you, as a participant. However, the information obtained from this study will be valuable in providing the AFLPA and research team with greater insight into the experiences of AFL and AFLW players to improve the support services that are offered to you during your career.

Confidentiality and security of data

The responses that you provide will remain anonymous and cannot be identified in the reporting of the research. Only the chief investigator and research team will have access to your responses and data will be securely stored. Data will be kept for a minimum of 5 years after the date of publication as per requirements set out by the Australian Code for the Responsible Conduct of Research. The survey will be hosted on Novopsych. Novopsych handles data in accordance with their privacy statement which can be found on their website <https://novopsych.com.au/terms-conditions-privacy/>.

Who to contact with questions about the study

Individualised feedback will be automatically generated by Novopsych, and you are encouraged to discuss these reports with your club psychologist. If you would like a report of the overall results of the study once it is completed, or if you have any questions about the study, prior, during or after your participation, you can contact the Chief Investigator Dr Melissa Weinberg: mweinberg@isn.edu.au.

Who to contact with questions concerning your rights as a research participant

The ISN Human Ethics Committee has reviewed and approved this study [Project ID #210601] in accordance with the National Statement on Ethical Conduct in Human Research (2007) – incorporating all updates. This Statement has been developed to protect the interests of people who agree to participate in human research studies. For questions about your rights as a participant or to report any dissatisfaction with any part of this study you can contact Melissa Mulraney at ethics@isn.edu.au.

Statement of consent

By completing and submitting the survey, you consent to participating in the study. If you completed the first round of questionnaires earlier in 2021, your consent to also contribute those data to the study is assumed unless you inform the chief investigator otherwise. Please remember that your participation is voluntary and you are free to discontinue at any time.