

PROMOTING UNIVERSITY STUDENTS' WELL-BEING AND RESILIENCE BY MEANS OF A GAME- APPROACH BASIC PSYCHOLOGICAL NEED INTERVENTION: A CASE STUDY

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Online Resource II – Questionnaire

1. Questionnaire t1

Survey Flow

Block: Introduction (1 Question)
Standard: Informed consent (1 Question)
Standard: Sociodemographics (6 Questions)
Standard: Well-being (2 Questions)
Standard: Halftime! (2 Questions)
Standard: Individual Predictors II (1 Questions)
Standard: Learning environment-related factors (1 Questions)
Standard: End of Questionnaire (4 Questions)

Start of Block: Introduction

Q39 Thank you for participating in this intervention survey! In doing so, you will not only help refine and finalise an intervention to promote student well-being, but also support a PhD project focused on student well-being and, hence, support the scientific research surrounding the topic.

First of all, we want to give you some practical information on the following survey.

Why should I participate in this research? Your course is designed following a new set-up including an intervention to promote student well-being. To investigate if this set-up is indeed effective, we developed an evaluation questionnaire that we will distribute at the beginning and the end of the course. However, participation in the research is voluntary, both in the intervention and the survey accompanying it. If you decide not to participate, you can terminate participation at any time without giving an explanation and without consequences, by simply closing your internet browser. If you decide to withdraw your consent, the data that will have been collected up to that point may be used for research purposes.

Why do we conduct this research? Our aim is to evaluate the intervention. This intervention aims to

promote factors within your learning environment that positively influence your well-being. Both aspects are part of the questionnaire. All researchers involved are affiliated with the university.

What do we ask of you during the research? If you decide to participate in this research, you will be asked to actively participate in the intervention with three sessions throughout the course, one in your first lecture (about an hour), one midway (about 15-30 minutes), and the last one in your last lecture (about 15-30 minutes). Beyond that, we ask you to answer an online questionnaire. We will ask about some personal data such as nationality and age. You can choose the option “Prefer not to say” if you do not want to answer these questions. Moreover, only the research team will have access to this information. Lastly, we want to point out that there are no right or wrong answers and we highly appreciate you answering as honestly and spontaneously as possible.

How will we treat your data? Because we will ask you to fill in this questionnaire once more at the end of the course and two months afterwards, it is important that we can match your responses of the different questionnaires. That is why we ask for your S-number. However, we want to stress that your S-number will not serve any other purpose than matching your data and will be deleted after the matching process. No one except the principle investigator will have access to this part of your data, so that you will not be identifiable as an individual. Furthermore, all data will be treated according to the guidelines of the Behavioural and Social Sciences Faculty and the Dutch Code of Conduct. All of your responses will be processed and stored confidentially. Only the researchers that are involved in this study will have access to information you provide in the survey. Information will be reported in aggregate form (i.e., summarized at the total sample level) in a way that individual participants cannot be identified.

What else do you need to know? You may always ask questions about the research: now, during the research, and after the end of the research. If you have questions about this study, please contact the researcher present during your first meeting or write an e-mail to [investigator] at any time.

Do you have questions or concerns regarding your rights as a research participant? For this you may also contact the Ethics Committee of the faculty at the university.

Do you have questions or concerns regarding your privacy, or regarding the handling of your personal data? For this you may also contact the Data Protection Officer of the university.

End of Block: Introduction

Start of Block: Informed consent

Q37 I hereby declare that I am 16 years or older. I have been informed about this research satisfactorily. I have read the information and understand what is expected from me. I have had the opportunity to ask questions about the research. I know that my participation is voluntary and I have been informed about my rights. I also know that I can end my participation at any moment, without explaining why. I

understand how my data will be processed and protected. I understand the text above and I agree with the participation in this research.

☐ I agree (1)

☐ I disagree (2)

Skip To: End of Survey If I hereby declare that I am 16 years or older. I have been informed about this research satisfacto... = I disagree

End of Block: Informed consent

Start of Block: Sociodemographics

Q65 First, please provide your S-number. Remember, we need this information solely to match your answers to the other times of measurement at the end of the course and two months later. As soon as the matching process is performed, we will delete this information, so that your answers won't be identifiable to you as a person. Moreover, only the principle investigator will have access to this information and no one else.

☐ My S-number is: S (1) _____

Q3 Now, we would like to pose some questions about yourself.

Q4 How old are you?

☐ My age is: (1) _____

☐ Prefer not to say (2)

Q5 What is your current gender identity?

- ☐ Man (1)
 - ☐ Woman (2)
 - ☐ Other (3) _____
 - ☐ Prefer not to say (4)
-

Q6 Are you an international student?

(i.e. a citizen of another country studying in the Netherlands)

- ☐ Yes, from within the EU (1)
 - ☐ Yes, from outside the EU (4)
 - ☐ No (2)
 - ☐ Prefer not to say (3)
-

Q12 Are you the first in your family to enroll in university education? (multiple answers possible)

- ☐ Yes (1)
- ☐ No, (one of) my (great) parents enrolled in university education (2)
- ☐ No, (one of) my older siblings is or was enrolled in university education (3)
- ☐ Prefer not to say (4)

End of Block: Sociodemographics

Start of Block: Well-being

Q34 The following statements concern how you have been feeling lately. Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks.

Over the last two weeks,

	At no time (1)	Some of the time (2)	Less than half of the time (3)	More than half of the time (4)	Most of the time (5)	All the time (6)
I have felt cheerful and in good spirits (1)	☐	☐	☐	☐	☐	☐
I have felt calm and relaxed (2)	☐	☐	☐	☐	☐	☐
I have felt active and vigorous (3)	☐	☐	☐	☐	☐	☐
I woke up feeling fresh and rested (4)	☐	☐	☐	☐	☐	☐
My daily life has been filled with things that interests me (5)	☐	☐	☐	☐	☐	☐

Page Break

Q35 Below you see a number of words that describe different feelings and emotions. Please read each word and indicate to what extent you felt the respective emotion during the past two weeks on a scale ranging from 'very slightly or not at all' to 'extremely'.

	Very slightly or not at all (1)	A little (2)	Moderately (3)	Quite a bit (4)	Extremely (5)
Enthusiastic (1)	☐	☐	☐	☐	☐
Interested (2)	☐	☐	☐	☐	☐
Determined (3)	☐	☐	☐	☐	☐
Excited (4)	☐	☐	☐	☐	☐
Inspired (5)	☐	☐	☐	☐	☐
Alert (6)	☐	☐	☐	☐	☐
Active (7)	☐	☐	☐	☐	☐
Strong (8)	☐	☐	☐	☐	☐
Proud (9)	☐	☐	☐	☐	☐
Attentive (10)	☐	☐	☐	☐	☐
Scared (11)	☐	☐	☐	☐	☐
Afraid (12)	☐	☐	☐	☐	☐
Upset (13)	☐	☐	☐	☐	☐
Distressed (14)	☐	☐	☐	☐	☐
Jittery (15)	☐	☐	☐	☐	☐

Nervous (16)	☐	☐	☐	☐	☐
Ashamed (17)	☐	☐	☐	☐	☐
Guilty (18)	☐	☐	☐	☐	☐
Irritable (19)	☐	☐	☐	☐	☐
Hostile (20)	☐	☐	☐	☐	☐

End of Block: Well-being

Start of Block: Halftime!

Q42 Great! You now answered half of the questionnaire!

Q66

End of Block: Halftime!

Start of Block: Individual Predictors II

Q46 In the following, we would like to ask you some questions about your personal resources that may help you. For that, please indicate the extent to which you agree with each of the following statements by using a scale ranging from 'strongly disagree' to 'strongly agree':

	Strongly disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly agree (5)
I tend to bounce back quickly after hard times. (1)	☐	☐	☐	☐	☐
I have a hard time making it through stressful events. (2)	☐	☐	☐	☐	☐
It does not take me long to recover from a stressful event. (3)	☐	☐	☐	☐	☐
It is hard for me to snap back when something bad happens. (4)	☐	☐	☐	☐	☐
I usually come through difficult times with little trouble. (5)	☐	☐	☐	☐	☐
I tend to take a long time to get over setbacks in my life. (6)	☐	☐	☐	☐	☐

End of Block: Individual Predictors II

Start of Block: Learning environment-related factors

Q49 The next statements tap into your experiences during the last two weeks of studying within your learning environment. By learning environment, we mean your academic surroundings during studying. This could include interactions with your fellow students, your teachers, your mentor/coach group or people in the physical places you go to when studying. However, it also includes structural factors, such as the structure your learning environment is giving you, or specific characteristics associated with online or offline education. Please indicate for each of the statements to what extent they are true for you, using a scale ranging from 'not at all true' to 'totally true'.

During the past two weeks of studying in my learning environment...

	Not at all true (1)	Rather not true (2)	Sometimes true/sometimes not true (3)	Rather true (4)	Totally true (5)
... I feel a sense of choice and freedom in the things I undertake. (1)	☐	☐	☐	☐	☐
... most of the things I do feel like "I have to". (2)	☐	☐	☐	☐	☐
... I feel that the people care about me. (3)	☐	☐	☐	☐	☐
... I feel excluded from the group of people. (4)	☐	☐	☐	☐	☐
... I feel confident that I can do things well. (5)	☐	☐	☐	☐	☐
... I have serious doubts about whether I can do things well. (6)	☐	☐	☐	☐	☐
... I feel that my decisions reflect what I really want. (7)	☐	☐	☐	☐	☐
... I feel forced to do many things I wouldn't choose to do. (8)	☐	☐	☐	☐	☐

... I feel
connected
with people
who care for
me, and for
whom I care.
(9)

☐☐☐☐☐

... I feel that
people who
are important
to me are cold
and distant
towards me.
(10)

☐☐☐☐☐

... I feel
capable at
what I do. (11)

☐☐☐☐☐

... I feel
disappointed
with many of
my
performances.
(12)

☐☐☐☐☐

... I feel my
choices
express who I
really am. (13)

☐☐☐☐☐

... I feel
pressured to
do too many
things. (14)

☐☐☐☐☐

... I feel close
and connected
with other
people who
are important
to me. (15)

☐☐☐☐☐

... I have the
impression
that people I
spend time
with dislike
me. (16)

☐☐☐☐☐

... I feel competent to achieve my goals. (17)	☐	☐	☐	☐	☐
... I feel insecure about my abilities. (18)	☐	☐	☐	☐	☐
... I feel I have been doing what really interests me. (19)	☐	☐	☐	☐	☐
... my daily activities feel like a chain of obligations. (20)	☐	☐	☐	☐	☐
... I experience a warm feeling with the people I spend time with. (21)	☐	☐	☐	☐	☐
... I feel the relationships I have are just superficial. (22)	☐	☐	☐	☐	☐
... I feel I can successfully complete difficult tasks. (23)	☐	☐	☐	☐	☐
... I feel like a failure because of the mistakes I make. (24)	☐	☐	☐	☐	☐

End of Block: Learning environment-related factors

Start of Block: End of Questionnaire

Q55 You have now reached the end of the questionnaire!

Q54 Do you have any questions or remarks regarding this questionnaire, or anything else you would like to share?

Q60

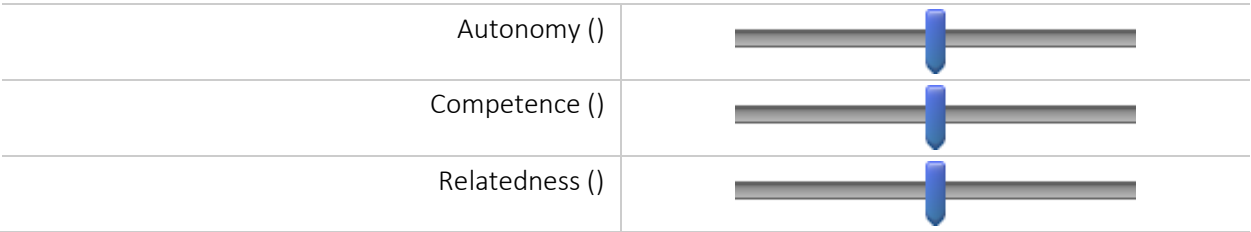
Q56 Thank you so much for your time and input, we appreciate that very, very much. If you have any questions regarding the questionnaire or are interested in receiving insights into the results, you are free to contact the research team.
On the next page, you can close the questionnaire.

End of Block: End of Questionnaire

2. Additional Questions t2

Q68 To what extent (from 0 to 100%) were you already aware before this course that the autonomy, competence, and relatedness are important for your well-being throughout your studies?

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Q72 We would want to ask you some very last questions regarding the intervention that took place in your course, including the board game in the first session, the discussion afterwards with your teacher(s), and how they subsequently implemented your recommendations in the course.

Q73 Which positive aspects of the intervention did you experience? What did you like and would want to have in future courses as well?

Q74 Which aspects did not work well or would you want differently? Do you have any recommendations how we could improve the intervention?

Q75 Do you have any comments beyond that regarding the intervention?

3. Additional Questions t3

Q83 How has your awareness regarding your basic psychological needs of autonomy (flexibility and freedom of choices), competence (self-confidence and self-efficacy), and relatedness (sense of connection) changed how you approach your current courses? Which aspects do you still consider or experience now?
