

Ethical Approval Document / 伦理审批文件

Ethics Review Board Approval / 伦理审核委员会批准

Department of General Education / 通识教育部

College of Humanities, Arts, and Education / 人文、艺术与教育学院

Shandong Xiehe University / 山东协和学院

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该项目旨在探索积极心理特质（特别是正念、感恩、乐观和希望）与心理健康之间复杂的关系，特别关注积极应对策略和生活压力源的中介作用。虽然先前的研究已广泛考察了这些积极特质如何影响心理健康，但对应对机制和外部压力源如何影响这些关系的理解仍存在显著的空白。

Ethical Considerations / 伦理考量:

This research has been reviewed and approved by the Ethics Review Board of the Department of General Education, College of Humanities, Arts, and Education, Shandong Xiehe University, in accordance with institutional and ethical guidelines. The following ethical considerations have been approved:

本研究已由山东协和学院人文、艺术与教育学院通识教育部伦理审核委员会根据机构和伦理准则进行审核并批准。以下伦理考量已获得批准:

1. Voluntary Participation / 自愿参与:

Participation in the mindfulness meditation program will be entirely voluntary. Students will be informed of their right to withdraw from the study at any point without any academic or personal consequences.

正念冥想项目的参与完全是自愿的。学生将被告知有权在任何时候退出研究，且不会产生任何学术或个人影响。

2. Informed Consent / 知情同意:

Written informed consent will be obtained from each participant prior to the start of the program. A detailed outline of the research objectives, methodology, potential benefits, and any associated risks will be provided.

在项目开始前，将获得每位参与者的书面知情同意书，并提供详细的研究目的、方法、潜在收益和任何相关风险的概述。

3. Confidentiality and Anonymity / 保密性和匿名性:

All data collected will be anonymized, with no personally identifiable information linked to individual responses. Data will be securely stored and used solely for academic research purposes.

所有收集的数据将匿名化，且不会将个人可识别信息与个人回答关联。数据将安全存储，并仅用于学术研究目的。

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Research Title / 研究标题:

Positive Psychological Traits and Psychological Well-being: Investigating Roles of Positive Coping Strategies and Life Stressors

2024 年第一学期针对中医专业二年级学生在积极心理学课堂中应用正念冥想

Purpose of Research / 研究目的:

This research aims to explore the the mediating roles of positive coping strategies and life stressors among the associations of mindfulness, gratitude, optimism, and hope on psychological well-being.

本研究旨在探讨在中医专业二年级学生的积极心理学课程中融入正念冥想的效果。研究拟评估正念冥想对学生心理健康、压力水平以及课堂参与度的影响。

Decription of Research / 研究目的:

This project aimed to explore the intricate relationships between positive psychological traits—specifically mindfulness, gratitude, optimism, and hope—and psychological well-being, with a particular focus on the mediating roles of positive coping strategies and life stressors. While previous research has extensively examined how these positive traits influence well-being, there has been a notable gap in understanding how coping mechanisms and external stressors contribute to these associations.

4. Minimal Risk / 最小风险:

The mindfulness meditation sessions are designed to have minimal risk, focusing on enhancing mental well-being and supporting academic engagement in a Positive Psychology context. No physical or psychological harm is anticipated.

正念冥想课程设计为最小化风险，专注于在积极心理学环境中提升心理健康并支持学术参与度。预计不会产生任何身体或心理伤害。

5. Data Protection / 数据保护:

Data will be protected in compliance with institutional and international data protection standards. Only aggregated findings will be published in academic journals.

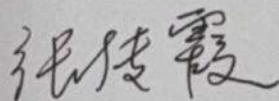
数据将根据机构和国际数据保护标准进行保护。学术期刊中只会发表汇总结果。

Conclusion / 结论:

The Ethics Review Board of the Department of General Education, College of Humanities, Arts, and Education, Shandong Xiehe University, hereby grants full ethical approval for the above-stated research project. This approval is contingent upon adherence to all ethical guidelines and requirements outlined in this document.

山东协和学院人文、艺术与教育学院通识教育部伦理审核委员会特此批准上述研究项目的伦理许可。此批准依赖于遵守本文件中列出的所有伦理准则和要求。

Signed / 签署:



Dr. Zhang Chuanxia

The Director of Ethics Review Board / 伦理审核委员会

Department of General Education / 通识教育部

Shandong Xiehe University / 山东协和学院

