



## **Information to study participants**

We want to ask you if you are willing to participate in a scientific project. This document contains information about the project and what it means to participate.

### **What is the project and why do you want me to participate?**

It has been reported that mental health problems have increased sharply in the last 10 years and this increase is mainly seen amongst adolescents and young adults students. This commonly presents as depression and anxiety – conditions that are often go unnoticed and are left untreated. Long duration of pain is common along with depression and anxiety. These conditions can increase the risk of interrupted studies, sick-leave unemployment and early retirement. This study will identify risk factors for depression, anxiety and pain among students at full-time programs at universities in the Stockholm area.

In discussions with your university and student union we have decided to ask full-time students at your university to participate in the study, that is why you are asked to participate. An international expert group has been formed to conduct parallel projects in Toronto and Oslo.

Research principals for this project are Karolinska Institutet and Sophiahemmet University. Research principal refers to the organization that is responsible for the study.

### **How will the study work?**

The study is carried out by inviting approximately 5,000 students at the university institutions in the Stockholm area during 2019 and 2020 to answer surveys online on five occasions during one year (approximately every three months). The first survey takes about 20-25 minutes to answer and the follow-up surveys about 15-20 minutes.

The questionnaire relates to health, lifestyle, attitudes, behaviours and symptoms that may be linked to mental illness and pain. In addition, we ask about background and contact information. Participation in the study is voluntary and you can cancel your participation at any time without having to state why.

Results will only be presented at group level, which means that no individual can be identified in the materials presented. The study is funded by FORTE and an ethical license is available from the Swedish Ethical Review Authority.

### **Possible consequences and risks of participating in the study**

Participating in the study means that you answer online surveys with various questions related to your physical and mental health. Since your health and medical conditions can be perceived in different ways, there may be a risk that certain issues may be viewed as infringement of privacy or cause emotional effects. However, the questions in the study questionnaire are compiled from well-tested questionnaires and the study is approved by the Swedish Ethics Review Authority. If the questions make you want to discuss your state of health with a doctor, you are advised to contact the student health office or your GP for further contact and assistance.

## **What happens to my answers and personal information?**

The project will collect and record information about you. Your answers and your results will be anonymised so that unauthorised persons will not be able to access them, and they will not be seen by teachers, administrative staff or other students at your university. The results of the study will only be presented at group level. This means that no answers can be traced back to you as an individual. The results of the study will be presented in scientific journals and at congresses.

In accordance with the EU General Data Protection Regulation (GDPR), we collect information on the assumption that (1) we have been granted consent by you as a student at a college or university and (2) that the research can generate valuable information of general interest. According to this data protection regulation, you are also entitled to access your information handled in the study free of charge and, if necessary, can correct any errors. You can also request that data about you be deleted or that your personal data be restricted.

If you want to access this information, the responsible researcher Eva Skillgate should be contacted ([eva.skillgate@shh.se](mailto:eva.skillgate@shh.se)). The data protection representative at Karolinska Institutet is Mats Gustavsson ([mats.gustavsson@ki.se](mailto:mats.gustavsson@ki.se)) and Oskar Höllgren at Sophiahemmet University ([info@shh.se](mailto:info@shh.se)). If you are dissatisfied with the way personal data is processed, you have the right to submit a complaint to the Data Inspectorate, which is the supervisory authority.

## **How do I get information about the results from the study?**

You have the opportunity to get a copy of your responses to your email address. The results of the entire study will be published in scientific articles, which you will also have the opportunity to take part of by contacting the responsible researcher. This is of course voluntary.

## **Compensation**

No compensation for lost work income or expenses associated for your participation in the study is offered. However, all participants are offered a gift as a thank you for their participation; one month free training at ACTIC every time you answer a new questionnaire (max five gift cards in total). If you answer all the questionnaires you will enter a lottery with a chance to win one of twenty free one-year memberships at ACTIC.

## **Participation is voluntary**

Your participation is voluntary and you can choose to cancel the participation at any time. If you choose not to participate or want to cancel your participation, you do not need to state why. If you wish to cancel your participation, please contact the person responsible for the study.

## **Responsible for the study**

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*Sustainable Univeristy Life (SUN) – mental health problems and pain conditions among students.  
A cohort study to identify modifiable risk factors*