

Participant Information Sheet

Title: *The possibilities and dilemmas of gratitude in nursing*

Protocol number: 26484

Project sponsor: University of Tasmania, School of Nursing

**PhD Candidate/
Investigator** Nick Arnott

Chief Investigator: Dr Elaine Crisp

Invitation

You are invited to participate in a research study being conducted by Nick Arnott, a PhD Candidate from the School of Nursing at the University of Tasmania. The project will be completed under the supervision of Dr Elaine Crisp from the School of Nursing at the University of Tasmania. This research will examine the different ways that **gratitude** is understood and experienced by nurses and the implications of gratitude in nursing practice.

This Participant Information Sheet tells you about the project. It explains the processes involved in taking part. Knowing what is involved will help you decide if you would like to take part in the research. Please read this information carefully so that you can make an informed decision about whether to participate or not. Contact details for the PhD Candidate/Investigator are provided at the end of this document so that you can ask questions about anything that you do not understand or want to know more about.

What is the research about?

There has been considerable research on gratitude in recent decades, however, it is not clear from this research how gratitude is understood and experienced in the context of nursing. Therefore, this study will investigate nurses' understanding of gratitude, the different ways it is experienced in nursing, and the implications of this in and for nursing practice.

Where is the research being done?

The study is being conducted by researchers from Tasmania who are Registered Nurses with many years of experience. We are seeking Registered Nurses who are currently practising in Australia.

Why have you been invited to participate in this research?

You have been invited to participate in this research as you are a Registered Nurse currently practising in Australia. We are interested in examining similarities and differences in participants' understandings and experiences of gratitude in nursing. To achieve this, we

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are seeking nurses from a range of practice areas and at different stages of their careers (years of experience), who are willing to share their thoughts about, and experiences of, gratitude in a research interview. To participate, you will have at least three-months of practice experience in one or more of the areas below:

- General medical or surgical nursing
- Critical Care (ICU, CCU, HDU)
- Emergency nursing
- Paediatrics
- Community & Primary Health Care
- Mental Health
- Aged Care
- Education, Administration, Management
- Other clinical specialisations

If you would like to participate, you will be asked about your area of nursing practice and your years of professional experience. To achieve diversity, two participants will be selected from each category on a first come, first served basis. If selected, the PhD Candidate/Investigator will contact you via email shortly after registering your interest to make arrangements for interviewing you.

What choice do you have?

Participation in this research is entirely voluntary and there is no obligation to take part in the study. If you decide (are selected) to take part, you can still withdraw at any time by contacting the PhD Candidate/Investigator, Nick Arnott, without having to give a reason. Following the research interview, you will receive and confirm a transcript before any of this data is used. You can ask that any data or quotes collected from you be removed from the study if you so wish. If you choose not to participate, or you withdraw at any stage, there will be no adverse consequences.

What would you be asked to do if you agree to participate?

As a participant in this study, you will be asked to share your understandings and experiences of gratitude as a nurse, in a research interview. These interviews will be conducted online (via Zoom) and will be recorded for transcription. It is expected that these interviews will take between 45 and 75 minutes. If you agree to take part, you will be contacted by the PhD Candidate/Investigator prior to this interview to obtain your written consent to participate in the interview and your permission to record it. Scheduling details and a Zoom link for this interview will then be provided via email.

Anticipated outcomes of the study

It is expected that this study will identify both possibilities and dilemmas for gratitude in

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nursing. It is envisaged that the outcomes will help to establish the role of gratitude in nursing education and practice and to develop strategies and recommendations for how gratitude can be discussed, cultivated and practised in the context of nursing.

Will the study cost you anything?

Participation in this study will not cost you anything, nor will you be paid.

How will your privacy be protected?

All the information collected from you for the study will be treated confidentially, and only the researchers will have access to it. Participant information will be de-identified and kept securely at the University of Tasmania, where the PhD Candidate and Chief Investigator work. All data will be stored electronically in a password protected site at the University, and the data will be destroyed five years from the study commencing. The study results will be presented in a PhD thesis, publications and professional conferences, but individual participants will not be identifiable in such materials.

Further Information

The ethical aspects of this research project have been approved by the University of Tasmania Human Research Ethics Committee. This project will be carried out according to the National Statement on Ethical Conduct in Human Research (2007, updated 2018). This statement has been developed to protect the interests of people who agree to participate in human research studies.

When you have read this information, the researchers will be happy to provide you with further information and answer any questions you may have. If you would like to know more at any stage, please feel free to contact **Nick Arnott**, PhD Candidate/Investigator, Nick.Arnott@utas.edu.au. Questions or concerns about the study can also be directed to the Chief Investigator, Dr Elaine Crisp, Elaine.Crisp@utas.edu.au.

This study has been approved by the University of Tasmania Human Research Ethics Committee (HREC). If you have concerns or complaints about the conduct of this study, you can contact the Executive Officer of the HREC on (03) 6226 6254 or email human.ethics@utas.edu.au. The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote H0026484.

Thank you for considering this invitation. This Participant Information Sheet is yours to keep.