**TRU Romeo portal UREAP ethics application**

Jami Crego

Bachelor of Social Work, Thompson Rivers University

****Sharp, P., Bottorff, J. L., Rice, S., Oliffe, J. L., Schulenkorf, N., Impellizzeri, F., & Caperchione, C.

M. (2022). “People say men don’t talk, well that’s bullshit”: A focus group study exploring challenges and opportunities for men’s mental health promotion. PLoS ONE, 17(1), 1–17. https://doi-org.ezproxy.tru.ca/10.1371/journal.pone.0261997

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interventions improve Canadian men’s mental health? Outcomes from the HAT TRICK programme. Health Promotion International, 36(4), 943–951. https://doi.org/10.1093/heapro/daaa120

### Provide a summary of the methodology and procedures. Please keep your summary short & concise.

This research project uses a convenient and cluster type sampling method. To increase diversity among participants, multiple clusters are used to source participants from locations in two cities: Williams Lake, BC., and Kamloops, BC. Cluster samples will be taken at recreational centers, fitness facilities, parks, coffee shops and public places (like the mall and farmer's markets, with approval). Places will be chosen for their more relaxed atmosphere and availability of a quiet and secluded place to complete the confidential survey, but also within a populated area for researcher safety.

The data collected is qualitative, and collected through confidential, anonymized surveys on paper. Surveys were chosen as the source for collecting data because they are quick, convenient, and easy for participants to complete; they can also be readily structured to address the topic the research study seeks to explore. Another advantage of the survey is that the anonymity it provides may make participants more likely to share, then if they were required to speak directly to the researcher and minimizes the influence the researcher has on the survey’s results. It can also be adapted to suit the participant (for example, questions answered for the survey over the telephone if they want to participate but cannot be on location when the surveys are being conducted.

Only the research team will be able to see the raw data and will review it to remove personal identifiers from the optional ‘other comments’ questions. The researcher will also review these notes upon submission to black out identifiers or identify any material that they have a duty to disclose (current suicidality, a child, elders, or others). Names and contact information will be kept separate from data submitted to protect participant confidentiality and entered for a prize draw if the participant consents to this use of their information. When all interviews and surveys are completed, a name and number will be drawn for the prize draw, and all identifying information collected (the names and phone numbers for the prize draw), destroyed via paper shredder or fire.

The researcher will then organize the data from the surveys and calculate the proportions of options selected for each question, or their numerical values. The information will also be represented through visuals (graphs, etc.). The data will be arranged according to most selected responses to least selected responses, and any patterns identified regarding coping behaviors used and preferred services.

The findings would be synthesized and compared to existing literature before crafting the final report and preparing for publishing and presentation. Because the data will be anonymized, it could be used as a secondary source for future research regarding the subject.

### How many participants will take part in total?

The researcher hopes to collect at least 100 surveys and will try and obtain as many as possible for the duration of data collection. The researcher would like a high quantity of surveys to better identify patterns in the data and ensure sufficient diversity among respondents.

### Who is being recruited and what is the criteria for the selection?

There are few requirements for participants beyond being male and 21 years of age or older. The objective is to get as varied a sample as possible to represent the diversity within the Canadian population as best as possible for a survey within a limited area. I selected Kamloops and Williams Lake for researcher convenience and ability, but also because both cities vary in their demographics based on industry, universities, and services, so wanted to get a more diverse representation of the population surveyed; both cities also have TRU campuses. Cluster sampling also produces more accurate and generalize-able results with participants from a larger number of cluster samples. The project uses 21 years of age as a starting point, as by this point there is sufficient neocortex development, they are legally an adult with full legal responsibilities, and more life experiences to reflect on regarding survey questions. The study also seeks to collect data from numerous age groups for comparison of the preferences and barriers faced across generations. The study will do its best to create age diversity by going to various locations serving a variety of demographics, and consciously seeking out various age groups. It does not target vulnerable populations and there is no power differential or professional relationship between the researcher and the participant. Gyms, recreation centers, and parks have been included among the locations where participants will be sought, as many literary sources as well as the researcher's own experience and observations have found physical activity and sport to be a socially acceptable and effective form of managing stress and other mental health concerns; significant literature reviews have also revealed that men who are more focused on bodily image, such as those deliberately building a masculine physique in the gym, may have a higher incidence of mental health issues, and their opinions on the resolution of these issues could be valuable to this project. Due to increased suicide rates with age (Statistics Canada, 2024), the research project also hopes to collect a significant amount of data from middle aged and older men. These can be located through timing data collection at the hours and locations where these demographics frequent. As the researcher is familiar with both these cities, they will observe the best times and locations and act on this information; other demographics will still be included equally as the researcher will vary timing and location to get the most diverse collection possible.

Statistics Canada (2022-01-24). Death and Age Specific Mortality Rates. Retrieved from

https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310039201

### Will anyone be excluded from participation? Yes/No; If yes, who and why?

Only males under the age of 21 and female-identified participants. They are excluded because the focus of the study is adult males, in creating services for adult men, so the results of the study will not be generalized to include either of these groups but only those who identify as male.

### How are the participants being recruited?

The participants will be recruited in person by the researcher when the researcher positions themselves at strategic locations (with permission of business and property owners), with signage to advertise their project. Posters advertising the study, planned in-person dates and sites, and with the researcher's preferred contact information will be listed a week prior so interested participants can reach the researcher directly to arrange for a survey if they are not going to be on location at that time. Individuals are free to ignore the study if they are uninterested- there is no association between the study and the location they are accessing or the researcher, so there is no undue pressure to volunteer.

Participants are solicited by their proximity to the researcher and receptiveness to the study; the researcher will approach those who make eye contact and show interest in participating, as well as directly and politely address passersby. The researcher will not make any attempt to persuade passersby if they decline.

As the researcher knows some men who may appear in these locations, to minimize any perceived coercion the researcher will not request they participate in the survey unless they see the researcher on site, the signage, and initiate contact to participate in the survey. This way they will not be unfairly excluded from the study, but also not pressured to participate. This can also save the researcher from an ethical conflict that could arise from a dual relationship or information divulged by the participant.

### Provide a description of the verbal explanation (if any) that will be given to the participants before they are asked to consent to participate (by attachment if required). If not applicable state why.

Hello,

Would you be interested in participating in a brief survey exploring ways to improve accessibility and benefits of mental health supports for men? Every participant will be entered in a draw to win $500 cash. We are interested in hearing about your experiences and opinions to help create supportive programs that are more beneficial for men. All responses will be kept secure and confidential; your name and contact information will only be used for the prize draw if you give consent. The survey will take approximately ten minutes to complete.

Thank you for your time and consideration.

### 5.5) To be sensitive to unique situations, including cultural differences, a written consent form may not be appropriate. If there is no consent form explain in detail your alternative procedures to ensure that consent is obtained and recorded as required.

If a written consent form is not possible, I would ask if a voice recording with the memos on my phone is permissible; if they would like to provide me with a signed note formalizing their agreement; or if they would send me and email validating their consent to participate.

### How and when are the participants informed of the right to withdraw? What procedures will be followed for participants who wish to withdraw at any point during the study. Please explain.

The participant's right to withdraw at any point is stated in the consent form but will be reiterated before beginning the survey. If the participant chooses to withdraw, they will have their survey form and consent form shredded and all input or connection to the study erased.