



Self and Collective Care Series: An Intersectional Exploration of Interventions to Support Undergraduate Nursing Student Wellbeing

Introduction to the Study

Dear Nursing Student,

According to our records, you are enrolled as a 3rd year undergraduate student in the Bachelor of Science in Nursing program. As a result, you are invited to participate in a research study that aims to explore students' experiences with the Self & Collective Care Series.

The goal of this study is to improve our understanding of the experiences of students with the Self & Collective Care Series. This understanding can help tell us about some of the possible strengths and challenges of the program. This knowledge will help to improve future delivery of the program to help to improve the experiences of prospective nursing students.

The **research questions** guiding this study include:

1. Does the Self & Collective Care Series support students to develop reflexivity and skills related to the three domains of interest: (a) stress management/self and collective care; (b) mindful and reflective practice; and (c) social connection and belonging?
2. Does the Self & Collective Care Series meet the changing needs of students as they move through the BSN program?
3. What do students perceive as the strengths and limitations of the series and what future changes, if any, do they recommend?

Participants in this study include individuals who:

- a) Are enrolled in the nursing undergraduate program;
- b) Have engaged with the Self & Collective Care Series; and
- c) Have consented to participate.

Primary Investigators

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Process:

This study involves 2 individual face-to-face interviews with either Sheryl Zenter, Sabrina Gill, or Dar'Ya Dyachuk and/or 2 focus group sessions led by Zenter, Gill, and Dyachuk.

For more information about this research study please contact Dyachuk using the above email address.

Because the Primary Investigators (PIs) Nassim Adhami and Elisabeth Bailey are faculty members in the BSN program, steps will be taken to avoid conflicts of interest. The PIs and other faculty responsible for teaching you within this program will not have access to any identifiable data. The Research Assistant Dyachuk, who does not teach within the BSN program will be conducting all email communications, and reviewing consent information. The Co-Investigators Zenter and Gill, and the Research Assistant Dyachuk will be conducting all interviews and focus groups. Only the CIs and the Research Assistant will have access to audio recordings of the interviews. Transcripts of the interviews will then be anonymized to minimize the chance of identification of participants.



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