

Dear Students,

We would like to request your participation in our research study,

"Investigating the Main Stressors for Students and the Coping Strategies They Apply to Achieve Well-Being and Academic Success."

This mixed-method exploratory study (see link below) seeks to better understand the problems that students deal with as they progress through their academic studies and the coping techniques they employ to maintain their academic achievement and overall health.

We are looking for participants from a variety of fields from our university, including students from the Schools of Psychology, Medicine, Nursing, Engineering, and Business, to collect a range of viewpoints. The specifics of the participants required are as follows-

- Age Group – 18 to 30 on 1st of January 2025.
- Nationality – Domestic/International
- Language – Can read/speak English
- Academic Information – Currently enrolled in UG/PG course at QUB (Full-time/Part-time)

Participants are asked to complete a short online survey hosted on Pavlovia that will take about **15 minutes** to complete. The survey is completely voluntary, and you can withdraw at any moment without providing a reason. Those interested can also participate in a one-on-one face-to-face interview, which will be held in a pre-booked room on campus. Prior to the interview, participants will receive an email containing participant information and be required to sign a consent form. You will be able to study this material and let us know whether you want to proceed with the interview by contacting us at the email addresses below to schedule a convenient date and time.

This study has gained ethical approval (REC: EPS 25_66), which ensures that all research follows ethical requirements, notably those concerning confidentiality and anonymity. All collected data will be kept secure and used only for research purposes.

We would greatly appreciate your support in our study. If you have any questions or require further details, please feel free to contact us.

Please start the survey here [Student Stress Survey](#).

Thank you.

Researcher Name	Email
Harshitha Koganti	hkoganti01@qub.ac.uk
Mohsin Ahmed Khan	mkhan32@qub.ac.uk
Kannu Priya	kpriya01@qub.ac.uk
Sohalia Sengupta	ssengupta02@qub.ac.uk
Dr Dagmar Corry (CI)	dagmar.corry@qub.ac.uk