

Prifysgol Wreccsam Wrexham University

STUDY ADVERT: PARTICIPANT REQUEST

If you are 18 years of age or older and use the English language as one of your primary languages, we would love to hear from you !

STUDY AIM:

To explore individuals' everyday thoughts and experiences, with particular attention to how they perceive stress and engage in coping.



WHAT DOES PARTICIPATION INVOLVE?

- An online questionnaire which takes 10 - 20 minutes to complete
- An optional 1-2-1 interview which participants can opt into post questionnaire

HOW CAN I TAKE PART ?

- Via phone, tablet, computer or laptop

You can access the online survey via this link:

<https://app.onlinesurveys.jisc.ac.uk/s/wgu/thoughts-and-influencing-factors>

Or by scanning this QR code:



FINER DETAILS:

Ethics

Ethical approval for this study was granted by the Wrexham University Research Ethics Committee on 09/02/2026.

If you would like further information?

Please direct any questions to Liz Broom via email at s19005509@mail.glyndwr.ac.uk

Interview element

Should you wish to also participate in a short audio-recorded interview, you will be given the opportunity to show interest at the end of the online questionnaire. The interview is optional and available online or in person on participant request