



PARTICIPANT INFORMATION SHEET

(Interview Participants)

Project title:

Student Work and Wellbeing

Research team:

- Name of Principal Investigator (PI): Dr Leon Salter, Senior Lecturer, University of Auckland, email: leon.salter@auckland.ac.nz
- Name of Research Assistants (RAs): Java Grant, email: java.grant@auckland.ac.nz and Adrian Lim, email: alim225@auckland.ac.nz

What is the purpose of this research?

This study aims to investigate and highlight University of Auckland student experiences of paid work and how this impacts their studies, wellbeing and ability to engage in campus life.

Who can participate in the research?

Participants of this research are current students (undergraduate or postgraduate) of the University of Auckland.

If you're not sure if you qualify, you can email Dr Salter on leon.salter@auckland.ac.nz

What does the study involve?

- Participation will consist of an interview (in person or on Zoom), lasting approximately 60 minutes.
- Please complete the online demographics questionnaire before the interview (link at the end of the consent form). The Qualtrics online survey platform will be used for this.
- Recordings:
 - On the consent form participants will be asked if they agree to the interview being recorded.
 - An audio recording of the interview will be placed on a secure, local UoA Research drive.
 - Vibe AI tool will then be used to auto-transcribe the interview. However, this will be run on a secure university-managed laptop computer, without any data being stored in the Cloud. All data will then be transferred to the UoA Research drive.
 - Auto-generated transcripts will then be checked for accuracy by the Research Assistants.
 - Participants can then request to review and edit transcriptions of their audio recordings, within two weeks after receipt of the transcript.

Benefits and risks

- There is no direct benefit from participating in the study, although students and their families will benefit from increased public awareness of the experiences of participants.
- No risks are expected for participants in this research. However, if participants feel uncomfortable at any point of the interview, they may choose not to answer the question or even withdraw from the study entirely.

If participants have any questions, concerns, or complaints about the study at any stage in the first instance you can contact:

- Leon Salter, Principal Investigator on leon.salter@auckland.ac.nz
- Or the Head of the School of Cultures, Languages and Linguistics, Martin East: m.east@auckland.ac.nz

Who pays for the study?

- Taking part in the study will be of no cost to participants.
- To compensate participants for their time, they will receive a \$50 supermarket voucher (mailed to a home address).

Rights of the participant(s)

Participation is voluntary:

- Participation is entirely voluntary, and potential participants are free to decline to participate without experiencing any disadvantage.

Withdrawal from participation and withdrawal of data:

- Participants have the right to withdraw from participation at any time without any disadvantage.
- Participants can withdraw questionnaire and interview data at any stage.

Confidentiality and anonymity:

- While it is unlikely for participants to be identified, due to the nature of interviews, total anonymity cannot be guaranteed. However, there is no risk that their identity will be known to anyone outside the research team (the principal investigator and research assistant). Total confidentiality will be guaranteed.
- In certain rare circumstances (such as where illegal activity has been disclosed or where the life or health of a participant or other person is or has been at risk) it may be necessary to breach privacy and confidentiality and inform relevant authorities. See Principles 10 and 11 of the Privacy Act 2020 for further details.
- Only the research team will have access to the data; no data will be shared with any third parties.
- No personal identifiers (e.g. your name) will be used in the interview, in order to protect participant identities.
- Other potentially identifying information will be removed from the transcript.
- Each interview participant will be assigned a numeric code in order of interview on a participant list. Only the research team will have access to this list during and after data collection.
- If the participant is currently a University of Auckland student neither grades nor academic relationships with the department or members of staff will be affected by either refusal or agreement to participate.
- If you know the researcher or the RA through teaching neither grades nor academic relationships with the department or members of staff will be affected by either refusal or agreement to participate.

What will happen after the study

- Data will be stored for a total of 6 years: on a University of Auckland Research Storage drive.
- All computer records will be password protected and encrypted.
- All future use of the information will be strictly controlled in accordance with the Privacy Act, 2020.
- On request, a summary of the findings will be emailed to participants at the end of the study, once it has been analysed.
- We expect that a summary of the data will be ready by end of November 2028.
- Excerpts from the audio transcripts will be used in published research articles, but no personal identifiers will be used to link participants with responses.

Contact Details, additional Māori support

If you have any questions, concerns, or complaints about the study at any stage in the first instance you can contact:

- Leon Salter, Principal Investigator on leon.salter@auckland.ac.nz
- Or the Head of the School of Cultures, Languages and Linguistics, Martin East: m.east@auckland.ac.nz

If you require Māori cultural support, talk to your whānau in the first instance. You may also contact the administrator for He Kamaka Waiora (Māori Health Team) by telephoning 09 486 8324 ext 2324, or contact the Auckland and Waitematā District Health Boards Māori Research Committee or Māori Research Advisor by phoning 09 4868920 ext 3204 to discuss any questions or complaints about the study.

For concerns of an ethical nature, you can contact Dr Dana Wensley, Head of Research Ethics, dana.wensley@auckland.ac.nz or at (+64) 9 923 2570.

If you require mental health and wellbeing support in relation to the project, please see Support Services information on page 4.

Approved by the Auckland Human Research Ethics Committee on 27 February 2026 for three years. Reference number UAHPEC30637.

Support Services

If you or someone else is in danger or at risk of harm, please call 111.

<p>Mental Health, Stress, Mood, Anxiety</p> <ul style="list-style-type: none"> • “Need to talk? Free call or text 1737” – free service in NZ with trained counsellors. • Anxiety Helpline 0800 269 4389 (0800 ANXIETY) – for people with anxiety, families, and friends. • smallsteps.org.nz – online tools to calm your mind, manage stress, and lift mood. • Mental Health Foundation mentalhealth.org.nz – resources on supporting others, self-care, and recovery. 	<p>Asian Family Services</p> <ul style="list-style-type: none"> • Asian Family Services 0800 862 342 / help@asianfamilyservices.nz – professional, confidential support in multiple languages for Asians in NZ. Mon–Fri 9am–8pm.
<p>Depression</p> <ul style="list-style-type: none"> • Lifeline 0800 543 354 (0800 LIFELINE) / Free text 4357 (HELP) – here to help. • Samaritans 0800 726 666 – confidential support for loneliness or emotional distress. • Depression Helpline 0800 111 757 / Free text 4202 – resources at depression.org.nz. 	<p>Sexual, Sexuality</p> <ul style="list-style-type: none"> • OUTLine 0800 688 5463 (0800 OUTLINE) – for sexuality or gender identity issues. 6pm–9pm. • Sexual Harm Helpline 0800 044 334 / Text 4334 / safetotalk.nz – support around sexual harm.
<p>Youth</p> <ul style="list-style-type: none"> • Youthline 0800 376 633 / Free text 234 / talk@youthline.co.nz / youthline.co.nz (4:30pm–10pm) – for young people, parents, whānau, friends. • What’s Up 0800 942 8787 (0800 WHATSUP) / whatsapp.co.nz – calls (11am–11pm), online chat (11am–10:30pm), for 5–19 year olds. • auntydee.co.nz – free online problem-solving tool. • thelowdown.co.nz / Free text 5626 – support for rangatahi, hauora, identity, culture, and mental health. 	<p>Pacific Helpline</p> <ul style="list-style-type: none"> • Vaka Tautua 0800 652 535 (0800 OLA LELEI) – free national Pacific helpline. Mon–Fri 8:30am–5pm. Team speaks Samoan, Tongan, Cook Islands Māori, and English.
<p>Māori Health</p> <ul style="list-style-type: none"> • health.govt.nz/your-health/services-and-support/health-care-services/Māori-health-provider-directory • UoA: Associate Professor Te Kawehau Hoskins – +64 9 923 5080 / tk.hoskins@auckland.ac.nz 	<p>All</p> <ul style="list-style-type: none"> • Your institution/workplace may have EAP services. • Free call or text 1737 – 24/7 general mental health and wellbeing advice in Aotearoa