



1 ta' Lulju 2020

## ITTRA TA' INFORMAZZJONI DWAR IL-PARTEĊIPANT GĦALL-ĠENITURI / GWARDJANI TA' TFAL TAL-PRIMARJA

### Studju dwar l-impatt tal-*lockdown* tal-COVID-19 fuq il-Benesseri u r-Reżiljenza ta' l-Istudjenti

#### Dwar xiex inhu dan l-istudju?

Iċ-Ċentru għar-Reżiljenza u Saħħa Soċjali-Emozzjonali, fl-Università ta' Malta bħalissa qed jipparteċipa fi studju internazzjonali dwar studenti tal-iskola primarja, medja u sekondarja (9-16-il sena) waqt il-*lockdown* tal-COVID-19. Dan l-istudju ser jeżamina l-benesseri u r-reżiljenza tal-istudenti fis-Snin skolastika 4-11 waqt il-*lockdown*. L-għan huwa li jidentifika dak li għen lit-tfal u żgħażaġħ sabiex jiffaċċjaw u jkunu reżiljenti waqt il-COVID-19 u jipprovdi rakkomandazzjonijiet kif l-iskejjel u l-familji jistgħu jgħinu lit-tfal u żgħażaġħ f'ċirkostanzi simili.

#### Jekk tagħti kunsens għall-parteeċipazzjoni tat-tfal tiegħek, x'se jintalabu jagħmlu?

It-tfal se jintalbu jimlew kwestjonarju onlajn, anonimu, li jiehu madwar 10-15-il minuta u jwiegħbu mistoqsijiet dwar il-benesseri, ir-reżiljenza u l-kunċett tagħhom stess waqt il-*lockdown*. Dan il-kwestjonarju jista' jimtela' minn tfal li għandhom 9 snin jew aktar.

Il-parteeċipanti u l-iskola mhux se jiġu identifikati fir-rapporti li jiġu ppublikati. It-tfal m'għandhomx għalfejn iwiegħbu l-ebda mistoqsija jekk ma jixtiequx. It-tfal jistgħu jirtiraw biss waqt li jkunu qegħdin jimlew il-kwestjonarju u mhux wara li jitlesta u jiġi sottomess.

#### X'inhuma l-benefiċċji tal-parteeċipazzjoni f'dan l-istudju?

Il-parteeċipanti jistgħu ma jibbenefikawx direttament minn din ir-riċerka. Madankollu, is-sejbiet ser jipprovdu informazzjoni dwar l-impatt tad-distanza soċjali u l-iżolament fuq il-benesseri tal-istudenti u kif nkunu nistgħu ngħinu lit-tfal jiffaċċjaw ċirkostanzi simili fil-futur. Dan l-istudju se jipprovdi indikazzjoni ta' l-appoġġ addizzjonali li l-istudenti jkollhom bżonn ladarba jirritornaw l-iskola wara t-tneħħija tar-restrizzjonijiet. Dan għandu jgħin lil dawk li jfasslu l-politika biex jifformulaw programmi sabiex itejbu l-benesseri tal-istudenti u jiżguraw tagħlim tal-iskola għall-istudenti f'ambjent pożittiv.

#### X'inhuma r-riskji tal-parteeċipazzjoni f'dan l-istudju?

M'hemm l-ebda riskju għat-tfal li jipparteċipaw fl-istudju, imma jekk student jidejjaq meta jwiegħeb xi mistoqsijiet partikolari, se jiġu pprovdu n-numri tat-telefon u l-links għall-għajnuna onlajn disponibbli għall-għajnuna u appoġġ fl-ahhar tal-kwestjonarju onlajn.

## **X'se jsir dwar il-kunfidenzjalità?**

Il-kwestjonarji mhux se jinkludu ebda ismijiet u se jkunu totalment anonimi. Hadd mill-iskola se jkun jista' jara t-tweġibiet tal-kwestjonarju. Is-software li ser jintuża għal dan l-istudju huwa *SurveyMonkey*, li jiggarrantixxi protezzjoni ta' data u sigurtà għolja hafna, skont il-GDPR fuq il-bażi ta' protezzjoni bażika tal-IT. Id-data miġbura se tiġi kkodifikata, sabiex ma tkunx tista' tinqara minn ħadt li mhux awtorizzat u tkun tista' tiġi aċċessata biss mir-riċerkaturi u l-koordinatur tar-riċerka. Id-data se tiġi maħżuna fuq is-software imsemmi hawn fuq u fuq il-kompjuters personali tar-riċerkaturi bl-użu ta' *disk encryption*, sabiex tipprevjeni l-aċċess għal persuni mhux awtorizzati. Parti mid-data miġbura se jinqasam ukoll ma' riċerkaturi mill-Università Flinders, fl-Awstralja sabiex ikunu jistgħu jqabblu s-sejbiet ma' dawh ta' pajjiżi oħra li se jkunu jzommu d-data b'mod elettroniku fuq server protett bil-password.

L-analiżi tar-riżultati se jkun totalment anonimu (it-tfal u l-iskola ma jistgħux jiġu identifikati) u r-riżultati jintużaw biss għal skopijiet xjentifiċi. Ir-riżultati ġenerali jistgħu jiġu ppubblikati f'gurnali xjentifiċi imma l-ebda informazzjoni individwali ma tkun ippublikata. L-informazzjoni miġbura minn dan l-istudju ikun imħassar mis-software u mill-kompjuters kollha li kellhom aċċess għad-databases fi żmien ta' seba' snin; wara t-tlestija tal-istudju u l-pubblikazzjoni tar-riżultati.

## **X'jiġri jekk ikolli xi lmenti dwar l-istudju?**

Din ir-riċerka hija konformi mal-Kodiċi ta' Prattika u Proċedura tal-Etika tar-Riċerka tal-Università ta' Malta u giet approvata mill-Kumitat għall-Etika tar-Riċerka MEDE u mis-Segretarjat għall-Edukazzjoni Kattolika. Jekk għandek xi tħassib jew ilmenti dwar dan l-istudju tista' tikkuntattjana fuq id-dettalji t'hawn taht. Kull ilment li tagħmel jiġi investigat fil-pront u inti tkun infurmat bir-riżultat.

## **X'għandi nagħmel issa?**

Jekk int u t-tfal tiegħek taqblu li jieħdu sehem fl-istudju, jekk jogħġbok mur fuq is-survey permezz ta' dan il-link ([link għall-kwestjonarju onlajn](#)) u mmarka d-dikjarazzjoni tal-kunsens tal-ġenituri kif xieraq. Imbagħad ippermetti lit-tfal tiegħek jibdew jimlew l-kwestjonarju onlajn.

Jekk għandek aktar mistoqsijiet jew tixtieq aktar informazzjoni dwar dan l-istudju jew għandek xi kummenti dwar il-proġett, ikkuntattjana permezz ta' e-mail: [natalie.galea@um.edu.mt](mailto:natalie.galea@um.edu.mt), telefon: 2340 3014.

Grazzi hafna talli ħadt il-hin biex taqra din l-informazzjoni u tikkunsidra jekk tħallix lit-tfal tiegħek jippartecipaw.

Dejjem tiegħek,

Prof. Carmel Cefai u Ms. Natalie Galea  
Ċentru għar-Reziljenza u Saħħa Soċjali-Emozzjonali  
L-Università ta' Malta



1<sup>st</sup> July 2020

**PARTICIPANT INFORMATION LETTER  
FOR PARENTS/GUARDIANS OF PRIMARY CHILDREN**

**Study of the impact of COVID-19 lockdown on Student Wellbeing and Resilience**

**What is the study about?**

The Centre for Resilience and Socio-Emotional Health at the University of Malta is currently participating in an international study on primary, middle and secondary school students (aged 9-16) during the COVID-19 lock-down. This study seeks to examine the wellbeing and resilience of students in Years 4-11 during lock-down. The aim is to identify what helped children and young people to cope and be resilient during the COVID-19 with recommendations on how schools and families may support children and young people in similar circumstances in the future.

**If you consent to your child's participation, what will she/he be asked to do?**

Your child will be asked to complete a 10-15 minute anonymous online questionnaire and answer questions about their wellbeing, resilience, and self-concept during lockdown. **Your child can only complete the questionnaire if he/she is 9 years or older.**

Participants and the school will not be identified in any subsequent reports. Students do not have to answer any question they don't wish to. Students can only withdraw whilst the survey is being filled in and not after it has been completed and submitted.

**What are the benefits of participating in this study?**

Participants may not directly benefit from this research. However, the findings will provide information about the impact of social distancing and isolation on student wellbeing and how we can help children cope better in similar circumstances in the future. This study will provide an indication of the additional support students will need once they return to school following a lift of restrictions. This will assist policy makers in formulating programs to enhance student wellbeing and ensure positive school learning environments for students.

**What are the risks of participating?**

There is no risk to children in participating in the study, but if it happens that a student may become upset when answering a particular question, phone numbers and links to online help available for assistance and support will be provided at the end of the online questionnaire.

---

### **What about confidentiality?**

Questionnaires will have **no names** and will be entirely anonymous. No one at the school will see questionnaire responses. The survey software adopted for this study is SurveyMonkey which guarantees extremely high data protection and security requirements according to GDPR on the basis of IT basic protection. All data collected will be encrypted, so that it **cannot be read by unauthorized people** and may only be accessed by the researchers and the research coordinator. The data will be stored on the above-mentioned software and on researchers' personal computers using disk encryption, in order to prevent access to unauthorized users. Some of the data will also be shared with researchers from Flinders University, Australia to be able to compare the findings with other countries who will store the data electronically on a password protected server.

The analysis of the results will be totally anonymous (i.e. **your child and the school cannot be identified**) and used only for scientific purposes. The general results may be published in scientific journals but no individual information will be shared. All data collected from this study will be erased from the software and from all users who had access to the databases within seven years; following completion of the study and publishing of the results.

### **What if I have complaints about the study?**

The research is in conformity with the University of Malta's research Code of Practice and Research Ethics Review Procedure and has been approved by the MEDE Research Ethics Committee and the Secretariat for Catholic Education. If you have any concerns or complaints about the study you can reach us on the contact details below. Any complaint you make will be investigated promptly and you will be told of the outcome

### **What do I do now?**

If you and your child agree to taking part in the study, kindly access the survey through the following link ([link to online survey](#)) and tick the statement of consent for parents as appropriate. Then allow your child to start completing the online questionnaire.

If you have any further questions or would like further information about this study or have any comments during the project, please feel free to contact us by e-mail: [natalie.galea@um.edu.mt](mailto:natalie.galea@um.edu.mt), phone: 2340 3014

Thank you very much for taking the time to read this and considering whether you will allow your child to participate.

Yours sincerely,

Prof. Carmel Cefai and Ms. Natalie Galea  
Centre for Resilience & Socio-Emotional Health  
University of Malta