

Psi Beta's National Research Project

2023/2024

Informed Consent

Thank you for considering participating in this study conducted by the Psi Beta Honor Society. We will be investigating the relationship between campus organization involvement and mental well-being. For this study, you will complete an online questionnaire that will take approximately 15 minutes (for some it may take a few more minutes). You must be 18 years of age or older to participate in this study. The questionnaire includes items designed to measure campus organization involvement and your thoughts about your mental well-being.

Risks - There is no anticipated risk associated with your participation in this study other than the potential for mild boredom or fatigue. Many of the questions refer to your thoughts and feelings. You may decline to answer any question at any time for any reason. If you do feel discomfort due to any of the questions and wish to receive support with any of these issues, please reach out to your campus mental health resources or the national resources made available at the end of the survey.

Benefits - Benefits of completing this research may include increased personal understanding of your feelings and attitudes about yourself. Also, you will be contributing to society through the psychological study of thoughts and feelings and help to further the research on college student mental health concerns.

Voluntary Participation Your participation is entirely voluntary, and you may choose not to participate in this study or withdraw your consent at any time. You will not be penalized in any way should you choose not to participate or withdraw. You may skip any question that makes you uncomfortable or any question you do not wish to answer.

Alternative Therapies - Sometimes there are alternatives to participating in research. Certain studies, such as those that involve a therapy or intervention, are examples of when alternatives might be available. Because this study does not involve any intervention or treatment of any kind, no alternatives are offered.

Privacy and Confidentiality - Your responses to this questionnaire are confidential (meaning only the research investigator(s) can identify the responses of individual participants). You will be asked to enter your email address at the end of the study if you would like to get more information about the scales used in this study and your scores. Your identifying information will be deleted from the file before data analysis begins. We will make every effort to protect confidentiality. However, if you are uncomfortable answering any of the survey questions, you may leave them blank.

Possible Credit - The amount of credit, if any, will be determined by your professor. Your professor will not have access to the responses you provide in this study.

Questions or Concerns? - If you have questions about this study, contact Loris Fagioli, Director, Office of Research, Planning and Accreditation, at 949-451-5513 for answers to pertinent questions about the research and research participants' rights, and in the event of a research-related injury. Contact the study's principal investigator at jerryrudmann@gmail.com with questions about the study.

* Indicates required question

1. Informed Consent *

Mark only one oval.

- Yes, I certify I am at least 18 years of age, have read the consent form, and agree to participate in the research study.
- No, I do not give consent to participate *Skip to question 97*

College

2. What college do you attend? (Mark only one)

Mark only one oval.

- Bakersfield College
- Cerritos College
- Chandler Gilbert Community College
- College of DuPage
- College of Western Idaho
- Collin College
- Golden West College
- Hillsborough Community College
- Irvine Valley College
- Lehigh Carbon Community College
- Lone Star College - North Harris
- Lorain County Community College
- Mesa College
- Miami Dade College - West Campus
- Motlow State Community College - Fayetteville Campus
- Motlow State Community College - McMinnville Campus
- Motlow State Community College - Moore County Campus
- Motlow State Community College - Smyrna Campus
- North Central State College
- Northwest Vista College
- Orange Coast College
- Palomar College
- Paradise Valley Community College
- Quinsigamond Community College
- Saddleback College
- San Diego City College
- San Diego Mesa Colllege
- Skyline College
- South Texas College
- St. Petersburg College - Seminole Campus

- Virginia Western Community College
- Other: _____

The next question will ask you if you are a member of an honor society at your college. As you may know, membership in an honor society typically has a minimum GPA requirement based on completion of a certain number of courses or college credits. Aside from GPA, there may be additional requirements. As such, an honor society is not the same as a campus club. Please keep this honor society / campus club distinction in mind when you answer the following question.

3. Do you belong to an honor society (e.g., Psi Beta, Phi Theta Kappa, Alpha Gamma Sigma, or another honor society on your campus)? *

Mark only one oval.

- Yes *Skip to question 4*
- No *Skip to question 14*

Honor Society Engagement

4. In what honor society or societies at your college are you a member (check all that apply)?

Tick all that apply.

- Alpha Gamma Sigma
- Phi Theta Kappa
- Psi Beta
- Another honor society not listed above

5. How long have you been a member of your honor society (report in months)?
[NOTE: If you are in more than one honor society, please answer for the honor society in which you have been a member for the longest time.]

6. To what extent do you attend your society's regularly scheduled business and planning meetings?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

7. To what extent have you participated in your society's service projects?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

8. To what extent have you served in a leadership position (e.g., president, treasurer or other office) in your honor society?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

9. To what extent have you participated in fund-raising events for your honor society?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

10. To what extent have you participated in planning meetings offered by your society?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

11. To what extent have you attended talks given by speakers arranged by your honor society?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

12. To what extent have you participated in any research studies arranged by your honor society?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

13. To what extent have you attended any field trips arranged by your honor society?

Mark only one oval.

- Not applicable
- Never
- Rarely
- Sometimes
- Often
- Always

School Engagement - Instructions: The next set of items ask you to rate certain aspects of your school environment. When you answer these items, please respond according to the college you checked above, i.e., the college that recruited you to participate in this study, and not in terms of any other school you may be attending at the same time. Thank you.

14. I feel like a real part of my current college.

Mark only one oval.

1 2 3 4 5

Not Completely true

15. People here notice when I'm good at something.

Mark only one oval.

1 2 3 4 5

Not Completely true

16. It is hard for people like me to be accepted here.

Mark only one oval.

1 2 3 4 5

Not Completely true

17. Other students in this school take my opinions seriously.

Mark only one oval.

1 2 3 4 5

Not Completely true

18. Most teachers at this school are interested in me.

Mark only one oval.

1 2 3 4 5

Not Completely true

19. Sometimes I feel as if I don't belong here.

Mark only one oval.

1 2 3 4 5

Not Completely true

20. There's at least one teacher or other adult in this school I can talk to if I have a problem.

Mark only one oval.

1 2 3 4 5

Not Completely true

21. People at this school are friendly to me.

Mark only one oval.

1 2 3 4 5

Not Completely true

22. Teachers here are not interested in people like me.

Mark only one oval.

1 2 3 4 5

Not Completely true

23. I am included in lots of activities at my current college.

Mark only one oval.

1 2 3 4 5

Not Completely true

24. I am treated with as much respect as other students.

Mark only one oval.

1 2 3 4 5

Not Completely true

25. I feel very different from most other students here.

Mark only one oval.

1 2 3 4 5

Not Completely true

26. I can really be myself at this school.

Mark only one oval.

1 2 3 4 5

Not Completely true

27. The teachers here respect me.

Mark only one oval.

1 2 3 4 5

Not Completely true

28. People here know I can do good work.

Mark only one oval.

1 2 3 4 5

Not Completely true

29. I wish I were in a different school.

Mark only one oval.

1 2 3 4 5

Not Completely true

30. I feel proud of belonging to my current college.

Mark only one oval.

1 2 3 4 5

Not Completely true

31. Other students here like me the way I am.

Mark only one oval.

1 2 3 4 5

Not Completely true

32. If other people don't seem to accept me, I don't let it bother me.

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

33. I try hard not to do things that will make other people avoid or reject me.

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

34. I seldom worry about whether other people care about me.

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

35. I need to feel that there are people I can turn to in times of need.

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

36. I want other people to accept me.

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

37. I do not like being alone.

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

38. Being apart from my friends for long periods of time does not bother me.

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

39. I have a strong "need to belong."

Mark only one oval.

1 2 3 4 5

Stro Strongly Agree

52. Participate in class discussions?

Mark only one oval.

1 2 3 4 5 6 7

Not Very well

Sense of Purpose and Meaning

53. How clear is your sense of purpose in your life?

Mark only one oval.

1 2 3 4 5

Not Extremely clear

54. How well do you understand what gives your life meaning?

Mark only one oval.

1 2 3 4 5

Do not Understand extremely well

55. How confident are you that you have discovered a satisfying purpose for your life?

Mark only one oval.

1 2 3 4 5

Not Extremely confident

56. How clearly do you understand what it is that makes your life feel worthwhile?

Mark only one oval.

1 2 3 4 5

Not Extremely clearly

57. How hard are you working to make your long-term aims a reality?

Mark only one oval.

1 2 3 4 5

Not Extremely hard

58. How much effort are you putting into making your goals a reality?

Mark only one oval.

1 2 3 4 5

Alm A tremendous amount of effort

59. How engaged are you in carrying out the plans that you set for yourself?

Mark only one oval.

1 2 3 4 5

Not Extremely engaged

60. What portion of your daily activities move you closer to your long-term aims?

Mark only one oval.

1 2 3 4 5

Non All of my daily activities

61. How often do you find yourself hoping to leave the world better than you found it?

Mark only one oval.

1 2 3 4 5

Alm Almost all the time

62. How often do you find yourself hoping that you will make a meaningful contribution to the broader world?

Mark only one oval.

1 2 3 4 5

Alm Almost all the time

63. How important it to you to make the world a better place in some way?

Mark only one oval.

1 2 3 4 5

Not Extremely important

64. How often do you hope that the work that you do positively influences others?

Mark only one oval.

1 2 3 4 5

Alm Almost all the time

Grit

65. New ideas and projects sometimes distract me from previous ones.

Mark only one oval.

1 2 3 4 5

Not Very much like me

66. Setbacks don't discourage me.

Mark only one oval.

1 2 3 4 5

Not Very much like me

67. I have been obsessed with a certain idea or project for a short time but later lost interest.

Mark only one oval.

1 2 3 4 5

Not Very much like me

68. I am a hard worker.

Mark only one oval.

1 2 3 4 5

Not Very much like me

69. I often set a goal but later choose to pursue a different one.

Mark only one oval.

1 2 3 4 5

Not Very much like me

70. I have difficulty maintaining my focus on projects that take more than a few months to complete.

Mark only one oval.

1 2 3 4 5

Not Very much like me

71. I finish whatever I begin.

Mark only one oval.

1 2 3 4 5

Not Very much like me

76. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

Mark only one oval.

1 2 3 4 5 6 7

Not A great deal

Loneliness

77. I lack companionship.

Mark only one oval.

1 2 3 4

Never Often

78. There is no one I can turn to.

Mark only one oval.

1 2 3 4

Never Often

79. I am an outgoing person.

Mark only one oval.

1 2 3 4

Never Often

80. I feel left out.

Mark only one oval.

1 2 3 4

Never Often

81. I feel isolation from others.

Mark only one oval.

1 2 3 4

Never Often

82. I can find companionship when I want it.

Mark only one oval.

1 2 3 4

Never Often

83. I am unhappy being so withdrawn.

Mark only one oval.

1 2 3 4

Never Often

84. People are around me but not with me.

Mark only one oval.

1 2 3 4

Never Often

Just a few more questions

85. Do you have a mentor in an academic setting? (A mentor is an individual with expertise who can provide professional knowledge and guidance.)

Mark only one oval.

Yes

No

Unsure

86. Are you in an honors program at your current college?

Mark only one oval.

Yes

No

Unsure

87. If employed, how many hours on average do you work in a week?

Mark only one oval.

Not employed

Less than 20 hours per week

More than 20 hours per week

88. What is the size of your college campus (rough estimate)?

Mark only one oval.

- Less than 5,000
- 5,000 - 9,999
- 10,000 - 19,999
- 20,000 or more

89. Are you a first-generation college student? That is, your parents or caretakers did not complete a college degree?

Mark only one oval.

- Yes
- No
- Unsure

90. Are you a psychology major?

Mark only one oval.

- Yes
- No
- Unsure

91. What is your current GPA (e.g., 3.25)? If you do not know, please estimate your GPA. If you are a first semester student at your school and do not yet have a GPA, please enter "0.00".

92. How many college credits have you earned so far (do not count classes you are currently taking)?

Mark only one oval.

None

1-29

30-59

60-89

90+

93. Do you identify as a member of a minority racial group?

Mark only one oval.

Yes

No

Prefer not to answer

94. What is your age (in years)? Please enter just two digits.

95. How do you describe your current gender identity?

Mark only one oval.

Female/Woman

Male/Man

Nonbinary

Two-spirit

Other

Prefer not to answer

96. How do you describe your current sexual identity?

Mark only one oval.

- Asexual
- Bisexual
- Gay
- Lesbian
- Pansexual/Queer
- Straight/Heterosexual
- Two-spirit
- Prefer not to answer

Debrief and Thank You

Thank you for participating in our study! Your contribution will help to further the research on college student mental health concerns. Please remember that all information provided will be kept confidential.

As you may know, psychological research can involve several approaches. Using an online questionnaire, as done in this study, made sense because we wanted a large sample representing community college students from around the county.

Many psychological studies, however, are conducted in a laboratory where the researchers interact directly with the participants.

All studies are designed to test hypotheses about the relationship between two or more variables and whether or not there may be a causal relationship between variables.

The present study was designed to investigate an area in which there is very little prior research (i.e., do honor society members differ from non-honor society students, and if so, how?).

The data-gathering phase of this study will end in February 2014. After that, student researchers will begin analyzing the study's data to test their hypotheses.

Again, thank you for participating.

If you are experiencing increased distress or symptomology after completing this survey, please seek additional support from your campus mental health resources or these national resources:

1. National Alliance on Mental Illness - Call the NAMI Helpline at 800-950-6264 M-F, 10 am – 6 pm, ET Or in a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling.
2. National Crisis Text Line Text "Connect" to 741741 In the case of an emergency please call 911.
3. National Suicide Prevention Lifeline Call 1-800-273-8255 or Go to the following link: <https://suicidepreventionlifeline.org/> and click the blue "Chat" button in the upper right-hand corner of the page to be connected to a confidential online chat support.

If you would like your scores and a summary of what your scores mean emailed to you, please provide your email address below. An email will be sent in about one week.

The sole purpose of having your email address is to allow us to send you feedback (i.e., a debriefing) based on your responses and to explain more fully the purpose of this study. Please rest assured that we will remove your email as soon as this study ends. We will NEVER share your email or responses to this study. Further, if possible, please provide a personal email address (e.g., Yahoo, Gmail, Hotmail, or another private email) and NOT your college email address.

97. Email address

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