



## Participant Information Leaflet

**Study title:**  
**“Exploring mindfulness-based practice in early years’ education”**

**Researcher Name:** Leesa Flanagan  
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**Research Supervisor’s Names:** Dr. Jemma McGourty & Dr. Catherine O’Connor

You are being invited to take part in a research study to be carried out at Dundalk Institute of Technology (DkIT). Before you decide whether you wish to take part, you should read the information provided below carefully and, if you wish, discuss it with your family, friends or colleagues. Please take time to ask questions – do not feel rushed and do not feel under pressure to make a quick decision. You should clearly understand the risks and benefits of taking part in this study so that you can make a decision that is right for you. This process is known as ‘Informed Consent’. Your participation is voluntary. You can change your mind about taking part in the study and exit the survey and your responses will not be submitted. However, once you press submit it will not be possible to opt out at that stage.

### **Why is this study being done?**

This study aims to explore early years’ educators understanding and use of mindfulness-based practice with young children in the early years. I am carrying out a national survey, which will include early years’ educators who are currently working in ECEC settings. I welcome contributions from educators who use or do not use mindfulness-based practice in their work with young children.



### **Who is organising and funding this study?**

This PhD studentship comprises of the researcher receiving a stipend and contribution towards research costs affiliated to the study. This is co-funded by the Higher Education Authority's Technological University Transformation Fund and DkIT. Participants will not receive any remuneration or payment for taking part in this study.

### **Why am I being asked to take part?**

You are being invited to take part in this research study, as you are a qualified ECEC educator who is currently working with young children in an ECEC setting with young children between 0- 6 years. Consequently, you meet the criteria as a potential participant for this research study. As a participant, you are being invited to complete an anonymous survey regarding your current understanding of mindfulness-based practice, your engagement and experience of mindfulness-based practice with young children. Your participation in this research study is voluntary. You will not be asked for any identifying information except should you wish to provide your email address at the end to express an interest in partaking in the next phase of this study or/ and to receive a copy of the final findings. To stop or withdraw from the survey, you can choose not to access the survey via the link you have been provided with or if you have begun the survey and wish to withdraw, you can cease the survey by not answering any more questions and exit the survey. Once you press submit, it is no longer possible to withdraw from the survey.

### **How will the study be carried out?**

This phase of the study will be carried out through an anonymous online survey using Microsoft Forms.



### **What will happen to me if I agree to take part?**

If you volunteer to participate in this research study, you will be required to complete an anonymous online survey using Microsoft Forms. No log in details will be required to access the survey.

There will be up to 29 questions to complete taking approximately 6 minutes. The survey will be anonymous, and the responses collated will be used only for the purpose of this research study. Only the researcher and the researcher's supervisors will have access to this data. For any publication purposes, all data will be anonymised.

### **What are the benefits?**

Although you will not directly benefit from participation in this research study, you will be contributing to a greater understanding of mindfulness-based practice in early year's education in Ireland. Furthermore, the researcher would like to highlight to you that you are central to this study, sharing your understanding and experience is fundamental to this research study.

### **What are the risks?**

The potential risks of participating in this research study are limited, however you should be aware that you are free to stop at any stage and to withdraw from the online survey until you press the submit button. All information shared is confidential and your anonymity is assured. Whilst the researcher can guarantee that all data will be retained on DkIT encrypted OneDrive files, however with any data systems there is always a risk of a data breach.

Due care and diligence have been undertaken by the researcher to ensure the questions do not place participants under stress or experience emotional distress.



### **What if something goes wrong when I'm taking part in this study?**

Please be assured there are no right or wrong answers and the hope is to gain insight into all ECEC educators' perspectives on mindfulness-based practice. While this survey is unlikely to cause distress, please feel free to email the researcher with any concerns you may have. If you wish to withdraw up to the point of submission, please exit the survey and this will terminate your participation.

### **Will it cost me anything to take part?**

Participants will not incur any costs to participate in this online survey.

### **Is the study confidential?**

Confidentiality and anonymity of the participants are of utmost importance and will be adhered to at all times. The survey will be shared with participants via a link to Microsoft forms. No log in credentials are required. All data collected will be accumulated and anonymous to ensure that no participant is identifiable.

Data generated from the surveys will be interpreted by the researcher and will only be accessible to the researcher and the researcher's supervisors on this research project. The data will be stored securely in password-protected files on DkIT's encrypted Microsoft OneDrive on the researcher's password protected laptop. The laptop will be securely locked in a cabinet to which the researcher has the only access.

The researcher will adhere to the policies of DkIT and GDPR guidelines regarding the retention of data. Data will be retained up to two years post completion of this PhD research study to allow further analysis and potential peer review of this study. After the period of two years, all data will be destroyed/ erased; both hard and soft copies and no additional copies will be retained.

You may wish to contribute to the next phase of this research study, and an option to input your email will be provided. This is voluntary and your email will be stored securely and separate from your responses.

You may wish to be informed about the final findings of this research study once complete, an option to input your email will be provided. This is voluntary and your email will be stored securely and separate from your responses.



**Where can I get further information?**

If you have any further questions about the study, please contact me on

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**Phone No: 085 8826811**

If you wish to raise a concern regarding the study, please contact the research supervisors on

**Name: Dr. Jemma Mc Gourty and Dr. Catherine O'Connor**

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