



Study "RISK AND SUPPORTIVE FACTORS FOR HEALTH AMONG UKRAINIAN REFUGEES IN THE NETHERLANDS (NADIYA)"

Dear Sir, Madam,

We want to invite you to participate in the NADIYA study, a scientific study initiated by four Dutch universities. The NADIYA study is conducted to better understand the mental health status, daily challenges and needs of people from Ukraine who fled the invasion by the Russian army since February 24th 2022.

In this information sheet we want to inform you about the NADIYA study. Please read this information carefully.

Who conducts the study?

The NADIYA study is a Dutch collaborative study between four Dutch universities: Utrecht University, Leiden University, Vrije Universiteit Amsterdam and University of Amsterdam. The study is coordinated by Utrecht University, the department of Clinical Psychology. For the initiation of the study funding was received from the Development of Youth program of the Utrecht University and ZONMW. The research team works closely together with health institutes and is supported by societies of psychologists and the Ukraine Embassy in the Netherlands and this collaboration is coordinated by coordinator prof. dr. T. Mooren (Utrecht University & ARQ Centrum'45). The NADIYA study has been approved by the ethical committee of the Faculty of Social Sciences of Utrecht University. Please see <https://nadiya.sites.uu.nl/> for more information on the NADIYA study.

What is the study about?

The aim of the NADIYA study is to better understand the mental wellbeing of Ukrainian refugees in the Netherlands. What helps and what is not helpful for them in with all changes? To understand this better, we will ask you questions about your everyday life since your arrival in the Netherlands: how you feel, what challenges you are faced with in daily life and how you cope with them. We will also ask brief detailed questions about potentially traumatic events you might have experienced. Through this information, we improve our understanding of the priorities and needs for health services so that brief interventions can be offered when needed.

Although every adult is very much welcome to participate, we have a special focus on families. We would like to understand how the mental health of families are affected – and what are the needs of families with children of different ages? Therefore we also want to invite your child (8 years or older) to participate – for this you will receive a separate information sheet similar to this one. You will be assigned a family code – a code that is anonymous but can be used to link family members that participate in the study.

As your circumstances may change over time, we would like to ask you to answer some of the questions not only now but also in the future. This helps us to understand development of priorities and needs regarding (mental) health over time.

If you participate in the study, what will you be asked to do?

We ask you to fill in an online survey, which takes a maximum 30 minutes to complete. We will ask you to complete a survey at four timepoints:



To do so, you will be asked to fill out your email-address so that we can invite you to participate again for each of the timepoints separately. Participating on the first timepoint does not mean that you must participate in the future timepoints.

Is participation voluntary?

Yes, participating in the NADIYA study is completely voluntary. Below you find more information about what participating would mean for you and how we handle your personal data.

Please take your time to consider participation by carefully reading this information and by asking us any question you might have (see contact information below under title 'Questions').

If you want to participate in the NADIYA study, you can give your consent by filling in the Informed Consent Form on the next webpage. Without your consent we cannot allow you to participate in the study.

You can take back your consent for participation at any time without giving the researchers any detailed explanation. Please contact the researchers if you wish to do so. If you take back your consent, the researchers will be allowed to use the already collected data unless you exercise your right to withdraw all of your data. For more information about how we manage your data and your rights, see below 'Data confidentiality and privacy'.

Possible advantages and disadvantages of participating in the study

You yourself do not directly benefit from participating in the study. However, by participating you can indirectly help yourself and other people who fled from Ukraine due to the invasion of the Russian army on February 24th 2022. Your survey answers will inform the researchers about the mental health status and needs of Ukrainian refugees. Based on this information, we can develop and create access to mental health interventions that municipalities can implement to support Ukrainian refugees in the Netherlands. One disadvantage of participation is the time it takes you to answer. Additionally, the questions about your experiences with potentially traumatic events may trigger negative emotions. However, earlier research has learned that these emotions fade away soon in participants.

Compensation

Participants who complete the survey on all 4 timepoints will partake in a lottery for an online gift card worth 15 euro. A total of 10% of all participants who completed the survey will receive the gift card, which can be used in many different online stores in the Netherlands. Note, participants who completed the survey on 3 (or less) timepoints will not partake in the gift card lottery.

Data confidentiality and privacy

We collect, use and store your data to fulfill the purpose of the study. To protect your privacy, we give a code to your data. By doing this, we separate your survey answers from your personal identifying information (such as name and contact information). As a result, your data is pseudonymized.

The key to the code is in a safe place at Utrecht University, which is secured to the highest standards. Only the direct research team can see your name, contact and other identifying information without a code. The research team will keep your information confidential. When we process your data, we always use the code. Even in reports and publications about the study, nobody will be able to see that it was about you.

The key to the code will be destroyed one month after the data collection ends. We store your collected data in the secured data folder at Utrecht University for 10 years. This is in accordance with the [guidelines provided by the VSNU Association of Universities in the Netherlands](#).

Your pseudonymized data may also be important for other (future) research projects. Therefore, we will ask for your separate consent to make your pseudonymized data (without personal identifying information) available on a protected, public database. Note, separate consent means that you can choose to consent to participate in the NADIYA study and at the same time choose to not consent to share your pseudonymized data on a protected, public database.

Do you want to know more about your rights when processing personal data?

Visit <https://autoriteitpersoonsgegevens.nl/en>

Research team

Prof. Dr. Trudy Mooren, Clinical Psychologist
Kseniia Cheliuskina (MSc), Psychologist
Ira Karaban (MSc ResMas), Psychologist

Questions

You can contact us at any time - we are happy to answer any questions you might have about the study or participating in it.

- To speak to our research team, please send us an email to nadiya@uu.nl. Our research team can answer your questions in Ukrainian, Russian or in English.
- If you want to have more information from an independent researcher, someone who is not directly connected to the research, please contact Paul Boelen at P.A.Boelen@uu.nl. Paul Boelen can answer your questions in English.

Complaints

If you have an official complaint about the study, you can send an email to the complaints officer at klachtenfunctionaris-fetcsocwet@uu.nl.

Thank you!

We appreciate that you consider taking part in this study very much! These are unforeseen circumstances, and our initiative is intended to support the mental health of people that may need it. To do so, this survey was created.

Kindly,

The NADIYA research team

CONSENT FORM

I hereby declare that

- I have read and understand the information about the study “Risk and supportive factors in response to the war among Ukrainian refugees in the Netherlands (NADIYA)”
- I was able to ask questions and my questions have been answered well enough
- I know that participation is voluntary
- I have decided that:
 - Yes, I consent to, and I want to, participate in the NADIYA study
 - No, I do not consent to, and I do not want to, participate in the NADIYA study

In addition, we ask for your separate consent to share your pseudonymized data with other researchers.

- I hereby declare that I agree and consent to share pseudonymized data on a public, protected, database for other (future) research projects:
 - Yes, I consent
 - No, I do not consent

To confirm your decision, please enter the following information

Your name:

Your email-address:

Important: please enter the email-address that you wish to be contacted through in the future.