

Hello!

My name is Justin Lockhart, and I am a Doctoral Candidate pursuing a degree in Counseling Education and Supervision in the Department of Counseling at The University of Texas at San Antonio (UTSA).

For my dissertation study, I am examining the impact of participation in a brief strengths development workshop on the well-being of PhD students. The results of the study will be used to inform wellness promotion efforts targeting doctoral student populations, as well as university policies, and address trends of attrition in doctoral programs.

I am currently recruiting PhD students to serve as participants in the study. If you choose to participate, you will be assigned to one of two groups, one that will attend a synchronous online strengths development training via Zoom and another that will receive a video-recorded training to watch. Both groups will complete a series of well-being surveys over three time points. To be eligible, you must (a) be a current doctoral student, (b) live in the United States, (c) be enrolled in a program granting a Doctor of Philosophy (PhD) upon completion, (d) have not yet defended your dissertation or doctoral thesis, and (e) be over the age of 18.

If that description sounds like you, I invite you to complete a brief introductory questionnaire using the following link: [https://utsa.az1.qualtrics.com/jfe/form/SV\\_bQ5mH1HVqapsjrg](https://utsa.az1.qualtrics.com/jfe/form/SV_bQ5mH1HVqapsjrg)

Once your eligibility has been confirmed, I will reach out to you with more details about the research procedure. After you have completed your participation in the study, you will receive a \$30 Visa gift card as a thank you.

Throughout this study, please be assured that every effort will be made to ensure confidentiality and protect your privacy as a participant. The decision to participate in this study is totally yours, and you are free to stop participating at any time.

This study is approved by the Institutional Review Board of the University of Texas at San Antonio (#FY23-24-108) and is being conducted under the supervision of Priscilla Rose Prasath, PhD, MBA, LPC, GCSC, Assistant Professor of Counseling at UTSA. Please contact the principal investigator, Justin Lockhart, by email ([justin.lockhart@my.utsa.edu](mailto:justin.lockhart@my.utsa.edu)) with any questions.

Thank you for your interest in participating in the study! Please also pass along this message to anyone you know who might be eligible to participate. I look forward to hearing from you!

Kind regards,

Justin R. Lockhart, MA