

## Study Information Sheet

**Title of the Dissertation:** Crisis Preparedness and Professional Quality of Life: Exploring the Influence of Self-Efficacy, Mental Well-Being, and Job Satisfaction in Crisis Counselors

**Principal Investigator:** Courtney Pierce, Doctoral Candidate, Counselor Education and Supervision Program, Liberty University.

### Key Information about the Research Study

You are invited to participate in a research study. To participate, you must be 18 years or older, have a master's degree in professional counseling or clinical mental health, and be counselors who are currently working, or have previously worked, in a crisis setting(s). The following are applicable settings: crisis stabilization unit, inpatient psychiatric hospitals, co-responder programs, mobile crisis services, or 24/7 hotline. A counselor who has worked in a crisis setting but is no longer in the counseling field is eligible to participate in this study.

Things you should know:

- The purpose of the study is to explore the influence that crisis preparedness, crisis self-efficacy, mental well-being and job satisfaction have on a crisis counselor's professional quality of life (compassion satisfaction, burnout, and secondary traumatic stress). This study aims to find factors that promote compassion satisfaction and protect against burnout and secondary traumatic stress in crisis counselors. If you choose to participate, you will be asked to take an anonymous, online survey that takes approximately ten minutes to complete.
- Participation in the study may provide an opportunity for self-reflection on constructs such as well-being, burnout, secondary traumatic stress, and compassion satisfaction. Additional benefits may include greater insight into ways to support crisis counselors for health and longevity in the field. Crisis counselor preparedness and well-being can also benefit clients.
- Taking part in this research project is voluntary. You do not have to participate, and you can stop at any time.

Please read this entire form and ask questions before deciding whether to participate in this research.

### What is the study about and why is it being done?

The purpose of the study is to explore the influence that crisis preparedness, crisis self-efficacy, mental well-being and job satisfaction have on a crisis counselor's professional quality of life (compassion satisfaction, burnout, and secondary traumatic stress). This study aims to find factors that promote compassion satisfaction and protect against burnout and secondary traumatic stress in crisis counselors.

### What will happen if you take part in this study?

If you agree to be in this study, I will ask you to do the following:

1. Complete an anonymous, online survey that takes approximately ten minutes to complete. Survey questions will explore crisis preparedness, crisis self-efficacy, job satisfaction, mental well-being, and professional quality of life (compassion satisfaction, burnout, and secondary traumatic stress).

### **How could you or others benefit from this study?**

The direct benefits participants should expect from participating in this study include the opportunity for self-reflection on constructs such as well-being, burnout, secondary traumatic stress, and compassion satisfaction. Benefits to society include greater insight into ways to support crisis counselors for health and longevity in the field. Crisis counselor preparedness and well-being can also benefit clients.

### **What risks might you experience from being in this study?**

The expected risks from participating in this study are minimal, which means they are equal to the risks you would encounter in everyday life. However, based on the subject matter targeting crisis counseling, burnout and secondary traumatic stress, participants are encouraged to seek local counseling support or utilize the following resources if psychological distress or discomfort arises while completing the survey: SAMHSA's National Helpline: 1-800-662-4357; Crisis Text line: text "home" to 741741.

### **How will personal information be protected?**

The records of this study will be kept private. Research records will be stored securely, and only the researcher and members of her doctoral committee will have access to the records.

- Participant responses will be anonymous.
- Data will be stored on a password protected computer. Only the researcher and members of her doctoral committee will have access to the data. After three years, all electronic records will be deleted.

### **Is study participation voluntary?**

Participation in this study is voluntary. Your decision whether to participate will not affect your current or future relations with Liberty University. If you decide to participate, you are free not to answer any question or withdraw at any time before submitting the survey without affecting those relationships.

### **What should you do if you decide to withdraw from the study?**

If you choose to withdraw from the study, please exit the survey and close your internet browser. Your responses will not be recorded or included in the study.

**Whom do you contact if you have questions or concerns about the study?**

The researcher conducting this study is Courtney Pierce. You may ask any questions you have now. If you have questions later, **you are encouraged** to contact her at [cebarker1@liberty.edu](mailto:cebarker1@liberty.edu). You may also contact the researcher's faculty sponsor, Dr. Kristy Ford, at [kford27@liberty.edu](mailto:kford27@liberty.edu).

**Whom do you contact if you have questions about your rights as a research participant?**

If you have any questions or concerns regarding this study and want to talk to someone other than the researcher, **you are encouraged** to contact the IRB. Our physical address is Institutional Review Board, 1971 University Blvd., Green Hall Ste. 2845, Lynchburg, VA, 24515; our phone number is 434-592-5530, and our email address is [irb@liberty.edu](mailto:irb@liberty.edu).

*Disclaimer: The Institutional Review Board (IRB) ensures that human subjects research will be conducted ethically as defined and required by federal regulations. The topics covered and viewpoints expressed or alluded to by student and faculty researchers are those of the researchers and do not necessarily reflect the official policies or positions of Liberty University.*