

PARTICIPANT INFORMATION SHEET AND INFORMED CONSENT

FIELD OF EDUCATION
FIELD OF CLINICAL / HEALTHCARE FIELD
FIELD OF ORGANIZATIONS

PARTICIPANT INFORMATION SHEET

FIELD OF EDUCATION

Dear participant:

You are invited to participate in the research study titled “*Effect of the degree of (internal and external) regulation on competence for psychological well-being, emotional health and flourishing, in different educational and psychological contexts (INETAS network)*”.

Please read this information carefully and ask any questions you may have before signing your consent. If you wish to clarify any aspect, please check with the researcher by e-mail.

Contact data

The head of the project and his contact data are as follows:

Jesús Enrique De la Fuente. Chair of Psychology. Area of Developmental and Educational Psychology. E-mail: jdlfuente@unav.es

Faculty of Education and Psychology. Department of Educational and Psychological Theory and Research Methods. University of Navarra, Pamplona, SPAIN.

Research data and purpose

The principal aim of this project is to construct a robust, consistent predictive model that establishes significant relationships between the subject and their context (presage variable), their level of competence (process variable), and psychological well-being (product variable).

Participants in the field of education are to complete a total of 20 questionnaires (see appendix), over a period of approximately 7 months. Each participant is responsible for truth and accuracy in the data they submit.

Data storage will be pseudonymized, in other words, data that identify the participant are stored separately from the rest of the project data and can be related to each other only by means of a restricted-access code, available only to the Principal Investigator and the server administrator(s).

In this manner, the researchers may access relevant study data without knowing the identity of the participants. Teachers may access identification data to monitor ongoing participation, but cannot connect identities to answers on the study questionnaires.

What benefits will you gain from participating in this study?

The first benefit is participation in an actual research study, in and of itself. In addition, participants from the field of education who participate in the project will obtain a credit certificate showing the number of extracurricular hours they have dedicated.

What are the possible adverse effects of applying the treatment?

Participation in this study produces no negative effect psychologically or academically.

Voluntary Nature

Remember that your participation is voluntary. You may decide to not collaborate in the study, or may withdraw your participation at any time, with no detriment to you.

In the case that you wish to withdraw your participation during the study, you must notify the project's Principal Investigator, Jesús de la Fuente, by e-mail (jdlfuente@unav.es). Dr de la Fuente will eliminate your identification details from the study and/or eliminate your questionnaire responses, at your discretion. Alternatively, you may withdraw from the project via the Data Protection Delegate at the University of Navarra, by sending e-mail to this address, dpo@unav.es.

Personal data protection

By signing this document, or by entering your identification details in the project website, you are giving your express consent to the University of Navarra to manage your personal data, including health data, for the purpose of processing your participation in the research project.

You are hereby informed that not all the researchers who participate in the project reside in countries belonging to the European Economic Area (EEA); in the judgment of the European Union, such countries do not afford the same level of personal data protection as do EEA countries.

It will not be possible to identify you through the communications generated throughout this study. Your personal data such as your national identification number will remain hidden, such that only the system will be able to make use of it, to avoid duplicate participant records. No one can see it or associate it with your answers.

Your identification data will be blocked once the study is completed, and will be stored for three years in order to address any possible claims. After this period, the data will be destroyed. The rest of the data, after making it anonymous (by eliminating the code that associated it to your identity), may be used subsequently for research studies that comply with the legislation in force. A copy of this data will be sent to the Sociological Research Center to be processed for statistical purposes.

You may withdraw your consent whenever you wish, as well as exercise your rights of access, rectification, deletion, limitation, portability and opposition to processing, by sending an e-mail to the address dpo@unav.es, indicating "INETAS Project" in the title of the message. If you consider that your rights have not been adequately upheld, you may lodge a complaint with the Spanish Data Protection Agency.

Thank you for taking the time to carefully read this detailed information. Please remember that you can consult the researchers at any time. In conclusion, I am at your disposal for resolving any questions, and I thank you in advance for your cooperation.

Finally, to verify that you have understood the foregoing and agree to participate in this study, please sign the attached informed consent.

Kind regards,

Jesús Enrique De la Fuente.
Principal Investigator of the project

APPENDIX. LIST OF INVENTORIES (EDUCATION PSYCHOLOGY)

AREA	EDUCATIONAL PSYCHOLOGY	(FOR UNIVERSITY STUDENTS OR SIMILAR)	
NUM. INVENT.	1) PRESAGE VARIABLES		
	1.1. Individuals		
31	BFQ-N	Big Five Questionnaire	Cuestionario de los Cinco Grandes
49	SRL-ERL. ACADEMIC LEARNING	Self- vs External- Regulation Scale in Behavior Academic Learning	Escala de Auto-Regulación vs Hetero-Regulación Com...
55	SR vs ER. TICS	Self- vs External- Regulation Scale for Assessment...	Escala para la Evaluación de la Auto-Regulación vs...
	1.2. Contextuals		
49	SRL-ERL. ACADEMIC LEARNING	Self- vs External- Regulation Scale in Behavior Academic Learning	Escala de Auto-Regulación vs Hetero-Regulación Com...
55	SR vs ER. TICS	Self- vs External- Regulation Scale for Assessment...	Escala para la Evaluación de la Auto-Regulación vs...
58	AlIYPE	Adult Involvement in Young People's Education	Participación de los adultos en la educación de los jóvenes
	2) PROCESS VARIABLES		
	2.1. Individuals		
	Conceptuals		
1	R-SPQ-2F-UNI	Revised Study Process Questionnaire (UNI)	Proceso de Estudio Revisado (UNI)
	Procedurals		
4	SRQ-Abbreviated	Self-Regulation Questionnaire Abbreviated	Cuestionario de Autorregulación Abreviado
7	EEC-UNI	Questionnaire on Coping Strategies (UNI)	Cuestionario de Estrategias de Afrontamiento (UNI)
44	PASS	Procrastination Assessment Scale- Students	Escala de Evaluación de la Procrastinación
	Attitudinal		
3	CD-RISC-UNI	Resilience Scale (UNI)	Escala de Resiliencia (UNI)
47	VIA	VIA Survey of Character Strengths	Cuestionario VIA de Fortalezas Personales
41	AEQ-C-RE	Achievement Emotions Questionnaire: Class-Related ...	Cuestionario de Emociones de Logro: Emociones Rela...
42	AEQ-L-RE	Achievement Emotions Questionnaire: Learning-Relat...	Cuestionario de Emociones de Logro: Emociones Rela...
43	AEQ-TE	Achievement Emotions Questionnaire: Test Emotions	Cuestionario de Emociones de Logro: Emociones ante...
6	ABC-UNI	Academic Behavioural Confidence Scale (UNI)	Escala de Confianza Académica (UNI)
	2.2. Contextuals		
9	EIPEA/ IATLP- Abbreviated	IATLP Scale - Abbreviated	EIPEA /Evaluación Interactiva del Proceso de Enseñanza-Aprendizaje.
	3) PRODUCT VARIABLES		
	3.1 Individuals		
	Psychological Well-Being		
45	FSI	Flourishing Scale Inventory	Cuestionario de Prosperidad Personal
46	AHI	Academic Health Inventory	Cuestionario de Salud Académica
54	PWB-S	Ryff Psychological Well-Being Scale	Escalas de Bienestar Psicológico Ryff
	Academic Stress		
36	R-CEA	Stress and anxiety response	Respuesta de estrés y ansiedad
	Academic Achievement		
11	Achiv-SPA	Achievement Scale (Only for Spanish-speaking Stude...	Cuestionario de Rendimiento (Solo para alumnos esp...
12	Achiv-ENG	Achievement Questionnaire (Only for English-speaki...	Cuestionario de Rendimiento (Sólo para alumnos Ing...
	TOTAL: 20 INVENTORIES		

FOR INFORMED CONSENT IN PAPER FORMAT

Mr/Ms. _____, with ID no. _____, do give my express consent to participate in the project and that my personal data be processed in the terms indicated in this document.

In _____, on the ____ of _____, 202__.

Signed:

FOR INFORMED CONSENT IN DIGITAL FORMAT

By clicking on the "SUBMIT" button on the INETAS Website New User Registration Form, I declare that I have read and understood this "PARTICIPANT INFORMATION SHEET", and I give my express consent to the University of Navarra to process my personal data, including health data, for the purpose of managing my participation in the INETAS research project.

I accept that not all researchers who participate in the project reside in countries belonging to the European Economic Area (EEA), and that, in the judgment of the European Union, such countries do not afford the same level of personal data protection as do EEA countries.

It will not be possible to identify me through the communications generated throughout this study. My identification data will be blocked once the study is completed, and will be stored for three years in order to address any possible claims. After this period, the data will be destroyed. The rest of the data, after making it anonymous, may be used subsequently for research studies that comply with the legislation in force. A copy of this data will be sent to the Sociological Research Center to be processed for statistical purposes.

I have been informed that I may withdraw my consent at any time, as well as exercise my rights of access, rectification, deletion, limitation, portability and opposition to processing, by sending an e-mail to the address dpo@unav.es, indicating "INETAS Project" in the title of the message. If I consider that my rights have not been adequately upheld, I may lodge a complaint with the Spanish Data Protection Agency.

Email(*):

Yes - I give my consent for my personal data to be stored in the location and under the conditions indicated on the UIS.
(If you wish to withdraw as a User in this Project, please inform us in writing through the e-mail address shown in the Contact section of this website).

Yes - No I give my consent for the administrators of this Project to contact me through e-mail..

Yes - No I give my consent for my personal data to be used for other purposes, as specified in the UIS.

[By completing this form, I affirm that I have read the User Information Sheet, UIS]

PARTICIPANT INFORMATION SHEET

CLINICAL / HEALTHCARE FIELD

Dear participant:

You are invited to participate in the research study titled “*Effect of the degree of (internal and external) regulation on competence for psychological well-being, emotional health and flourishing, in different educational and psychological contexts (INETAS)*”.

Please read this information carefully and ask any questions you may have before signing your consent. If you wish to clarify any aspect, please check with the researcher by e-mail.

Contact data

The head of the project and his contact data are as follows:

Jesús Enrique De la Fuente. Chair of Psychology. Area of Developmental and Educational Psychology. E-mail: jdlfuente@unav.es

Faculty of Education and Psychology. Department of Educational and Psychological Theory and Research Methods. University of Navarra, Pamplona, SPAIN.

Research data and purpose.

The principal aim of this project is to construct a robust, consistent predictive model that establishes significant relationships between the subject and their context (presage variable), their level of competence (process variable), and psychological well-being (product variable).

Participants from the sphere of health care are to complete a total of 18 questionnaires (see appendix), over a period of approximately 4 months. Each participant is responsible for truth and accuracy in the data they submit.

Data storage will be pseudonymized, in other words, data that identify the participant are stored separately from the rest of the project data, and may be related to each other only by means of a restricted-access code, available only to the Principal Investigator and the server administrator(s).

In this manner, the researchers may access relevant study data without knowing the identity of the participants. Teachers are able to access identification data in order to monitor ongoing participation, but cannot connect identification data to answers to the study questionnaires.

What benefits will you gain from participating in this study?

The first benefit is participation in a research study, in and of itself. If they wish to do so, participants in the sphere of health care may allow their results to be supplied to their therapists, to later be included in their clinical record, in the framework of the therapeutic assessment process.

What are the possible adverse effects of applying the treatment?

Participation in this study produces no negative physical or psychological effect.

Voluntary Nature

Remember that your participation is voluntary. You may decide to not collaborate in the study, or may withdraw your participation at any time, with no detriment to you.

In the case that you wish to withdraw your participation during the study, you must notify the project's Principal Investigator, Jesús de la Fuente, by e-mail (jdlfuente@unav.es). Dr de la Fuente will eliminate your identification details from the study and/or eliminate your questionnaire responses, at your discretion. Alternatively, you may withdraw from the project via the Data Protection Delegate at the University of Navarra, by

sending e-mail to this address, dpo@unav.es.

Personal data protection

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You are hereby informed that not all researchers who participate in the project reside in countries belonging to the European Economic Area (EEA); in the judgment of the European Union, such countries do not afford the same level of protection of personal data as do EEA countries.

It will not be possible to identify you through the communications generated throughout this study. Your identification data will be blocked once the study is completed, and will be stored for three years in order to address any possible claims. After this period, the data will be destroyed. The rest of the data, after making it anonymous (by eliminating the code that associates it to your identity), may be used subsequently for research studies that comply with the legislation in force. A copy of this data will be sent to the Sociological Research Center to be processed for statistical purposes.

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Confidentiality:

Any data obtained will be used exclusively for research purposes. In order to protect your personal data, an encryption process will be carried out. Personal data will be encrypted using a system that associates your ID number with the data you report. These are later separated, in the general database, making it impossible to identify each participant. After the project is completed, the general database will be turned over to the Center for Sociological Research, as previously established.

Consequently, the researchers will not be able to associate your answers with your personal details. The person responsible for the encrypted data is the university delegate (dpo@unav.es), who will fulfill EU Regulation 016/679 of the European Parliament and the Council, 27 April 2016, on the protection of natural persons with regard to the processing of personal data and on the free movement of such data.

As for the person responsible for the file, the Initial Deposit Plan has been submitted to the CIS's Specific Data Bank for Social Science Studies (ARCES). This is mandatory in this type of project under the Ministry.

Thank you for taking the time to carefully read this information. Please remember that you can consult the researchers at any time. In conclusion, I place myself at your disposal for resolving any questions, and I thank you in advance for your cooperation.

Finally, to verify that you have understood the foregoing and agree to participate in this study, please sign the attached informed consent.

Kind regards,

Jesús Enrique De la Fuente.
Principal Investigator of the project

APPENDIX. LIST OF INVENTORIES CLINICAL PSYCHOLOGY, PSYCHOLOGY OF HEALTH, AND NEUROPSYCHOLOGY

AREA	CLINICAL AND HEALTH AREA	(FOR SUBJECTS FROM HEALTHCARE CENTERS)	
NO. INVENT.	1) PRESAGE VARIABLES		
	1.1. Individual		
31	BFQ-N	Big Five Questionnaire	Cuestionario de los Cinco Grandes
48	SR-ER - GENERAL	Self- vs External- Regulation Scale	Escala de Auto-Regulación vs Hetero-Regulación Comportamental general.
50	SR-ER. HEALTH	Self- vs External- Regulation Scale in Health...	Escala de Auto-Regulación vs Hetero-Regulación Comportamental de la Salud.
	1.2. Contextual		
48	SR-ER - GENERAL	Self- vs External- Regulation Scale	Escala de Auto-Regulación vs Hetero-Regulación Comportamental General.
50	SR-ER. HEALTH	Self- vs External- Regulation Scale in Health...	Escala de Auto-Regulación vs Hetero-Regulación Comportamental de la Salud.
	2) PROCESS VARIABLES		
	2.1. Individual		
	Conceptual		
47	VIA	VIA Survey of Character Strengths	Cuestionario VIA de Fortalezas Personales
	Procedural		
4	SRQ-Abbreviated	Self-Regulation Questionnaire Abbreviated	Cuestionario de Autorregulación Abreviado
66	SC	Self-control Scale	Escala de Auto-Control
63	SRF-18	Self-Regulatory Fatigue Scale	Escala de Fatiga Autorregulatoria
7	EEC-UNI	Questionnaire on Coping Strategies (UNI)	Cuestionario de Estrategias de Afrontamiento (UNI)
57	DERS-16	Brief Version of the Difficulties in Emotion Regulation.	Versión breve de la Escala de Dificultades en la Regulación Emocional.
	Attitudinal		
3	CD-RISC	Resilience Scale	Escala de Resiliencia (UNI)
52	PERTH	PERTH Emotional Reactivity Scale	Escala de Reactividad Emocional PERT
56	HONG & FAEDDA, 1996	Psychological Reactance Inventory	Cuestionario de Reactancia Psicológica
5	JASE-H	Jenkins Activity Survey for Students-Hostility	Cuestionario JASE-H
32	EP	Positivity Scale	Escala de Positividad
33	PANASN	The Positive and Negative Affect Scale	Escala de Afectos Positivos y Negativos
	2.2. Contextual		
48	SR-ER - GENERAL	Self- vs External- Regulation Scale	Escala de Auto-Regulación vs Hetero-Regulación Comportamental General.
50	SR-ER. HEALTH	Self- vs External- Regulation Scale in Health...	Escala de Auto-Regulación vs Hetero-Regulación Comportamental de la Salud.
	3) PRODUCT VARIABLES		
	3.1. Individual		
	Psychological Well-Being		
45	FSI	Flourishing Scale Inventory	Cuestionario de Prosperidad Personal
54	PWB-S	Ryff Psychological Well-Being Scale	Escalas de Bienestar Psicológico Ryff
	Stress		
36	R-CEA	Stress and anxiety response	Respuesta de estrés y ansiedad
	TOTAL:18 INVENTORIES		

FOR INFORMED CONSENT IN PAPER FORMAT:

Mr/Ms. _____, with ID no. _____, do give my express consent to participate in the project and to the processing of my personal data in the terms indicated in the present document.

In _____, on the ____ of _____, 202__.

Signed:

FOR INFORMED CONSENT IN DIGITAL FORMAT:

By clicking on the "SUBMIT" button on the INETAS Website New User Registration Form, I declare that I have read and understood this "PARTICIPANT INFORMATION SHEET", and I give my express consent to the University of Navarra to process my personal data, including health data, for the purpose of managing my participation in the IN-ETAS research project.

I accept that not all researchers who participate in the project reside in countries belonging to the European Economic Area (EEA), and that, in the judgment of the European Union, such countries do not afford the same level of personal data protection as do EEA countries.

It will not be possible to identify me through the communications generated throughout this study. My identification data will be blocked once the study is completed, and will be stored for three years in order to address any possible claims. After this period, the data will be destroyed. The rest of the data, after making it anonymous, may be used subsequently for research studies that comply with the legislation in force. A copy of this data will be sent to the Sociological Research Center to be processed for statistical purposes.

I have been informed that I may withdraw my consent at any time, as well as exercise my rights of access, rectification, deletion, limitation, portability and opposition to processing, by sending an e-mail to the address dpo@unav.es, indicating "INETAS Project" in the title of the message. If I consider that my rights have not been adequately upheld, I may lodge a complaint with the Spanish Data Protection Agency.

Email(*):

Yes - I give my consent for my personal data to be stored in the location and under the conditions indicated on the UIS.
(If you wish to withdraw as a User in this Project, please inform us in writing through the e-mail address shown in the Contact section of this website).

Yes - No I give my consent for the administrators of this Project to contact me through e-mail..

Yes - No I give my consent for my personal data to be used for other purposes, as specified in the UIS.

[By completing this form, I affirm that I have read the User Information Sheet, UIS]

PARTICIPANT INFORMATION SHEET

ORGANIZATIONS

Dear participant:

You are invited to participate in the research study titled *“Effect of the degree of (internal and external) regulation on competence for psychological well-being, emotional health and flourishing, in different educational and psychological contexts (INETAS)”*.

Please read this information carefully and ask any questions you may have before signing your consent. If you wish to clarify any aspect, please check with the researcher by e-mail.

Contact data

The head of the project and his contact data are as follows:

Jesús Enrique De la Fuente. Chair of Psychology. Area of Developmental and Educational Psychology. E-mail: jdlfuente@unav.es

Faculty of Education and Psychology. Department of Educational and Psychological Theory and Research Methods. University of Navarra, Pamplona, SPAIN.

Research data and purpose.

The principal aim of this project is to construct a robust, consistent predictive model that establishes significant relationships between the subject and their context (presage variable), their level of competence (process variable), and psychological well-being (product variable).

Participants who work in organizations are to complete a total of 12 questionnaires (see appendix), over a period of approximately 4 months. Each participant is responsible for truth and accuracy in the data they submit.

Data storage will be pseudonymized, in other words, data that identify the participant are stored separately from the rest of the project data, and may be related to each other only by means of a restricted-access code, available only to the Principal Investigator and the server administrator(s).

In this manner, the researchers may access relevant study data without knowing the identity of the participants. Teachers are able to access identification data in order to monitor ongoing participation, but cannot connect identification data to answers to the study questionnaires.

What benefits will you gain from participating in this study?

The first benefit is participation in a research study, in and of itself. In the case of participants who work in organizations, a general, global report of the most important project outcomes will be sent to the respective organization, without supplying any of the worker’s individual or personal information. We are fully committed to not provide any of the worker’s personal data or assessment data to any of the organizations. Rather, the organization may use the global data to help launch workshops for training workers in stress management.

What are the possible adverse effects of applying the treatment?

Participation in this study produces no negative effect psychologically or in the workplace.

Voluntary Nature

Remember that your participation is voluntary. You may decide to not collaborate in the study, or may withdraw your participation at any time, with no detriment to you.

In the case that you wish to withdraw your participation during the study, you must notify the project’s

Principal Investigator, Jesús de la Fuente, by e-mail (jdlfuente@unav.es). Dr de la Fuente will eliminate your identification details from the study and/or eliminate your questionnaire responses, at your discretion. Alternatively, you may withdraw from the project via the Data Protection Delegate at the University of Navarra, by sending e-mail to this address, dpo@unav.es.

Personal data protection

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It will not be possible to identify you through the communications generated throughout this study. Your identification data will be blocked once the study is completed, and will be stored for three years in order to address any possible claims. After this period, the data will be destroyed. The rest of the data, after making it anonymous (by eliminating the code that associates it to your identify), may be used subsequently for research studies that comply with the legislation in force. A copy of this data will be sent to the Sociological Research Center to be processed for statistical purposes.

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Consequently, the researchers will not be able to associate your answers to your personal details. The person responsible for the encrypted data is the university delegate (dpo@unav.es), who will fulfill EU Regulation 016/679 of the European Parliament and the Council, 27 April 2016, on the protection of natural persons with regard to the processing of personal data and on the free movement of such data.

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Thank you for taking the time to carefully read this information. Please remember that you can consult the researchers at any time. In conclusion, I place myself at your disposal for resolving any questions, and I thank you in advance for your cooperation.

Finally, to verify that you have understood the foregoing and agree to participate in this study, please sign the attached informed consent.

Kind regards,

Jesús Enrique De la Fuente.
Principal Investigator of the project

LIST OF INVENTORIES ORGANIZATIONAL PSYCHOLOGY

AREA	ORGANIZATIONAL PSYCHOLOGY	(FOR WORKERS OF ORGANIZATIONS)	
NO. INVENT	1) PRESAGE VARIABLES		
	Individual		
31	BFQ-N	Big Five Questionnaire	Cuestionario de los Cinco Grandes
67	SR.ER. ORGANIZACION	Self- vs External- Regulation Scale enorganizaciones	Escala de Auto-Regulación vs Hetero-Regulación Comportamental
	Contextual		
67	SR.ER. ORGANIZACION	Self- vs External- Regulation Scale enorganizaciones	Escala de Auto-Regulación vs Hetero-Regulación Comportamental
	2) PROCESS VARIABLES		
	2.1. Individual		
	Conceptual		
47	VIA	VIA Survey of Character Strengths	Cuestionario VIA de Fortalezas Personales
	Procedural		
4	SRQ-Abbreviated	Self-Regulation Questionnaire Abbreviated	Cuestionario de Autorregulación Abreviado
7	EEC	Questionnaire on Coping Strategies	Cuestionario de Estrategias de Afrontamiento
10	Burnout-Engagement	Maslach Burnout Inventory–Student Survey; Utrecht ...	Cuestionario de Agotamiento - Implicación
	Attitudinal		
62	AdS	The Adaptability Scale	Escala de Adaptabilidad
64	AD-NA-DA	The Adaptability Scale-Review	Escala de Adaptabilidad Revisada
3	JASE-H	Jenkins Activity Survey for Students-Hostility	Cuestionario JASE-H
51	2.2. Contextual		
67	SR.ER. ORGANIZATION	Self- vs External- Regulation Scale enorganizaciones	Escala de Auto-Regulación vs Hetero-Regulación Comportamental
	3) PRODUCT VARIABLES		
	3.1. Individual		
	Psychological Well-Being		
45	FSI	Flourishing Scale Inventory	Cuestionario de Prosperidad Personal
54	PWB-S	Ryff Psychological Well-Being Scale	Escalas de Bienestar Psicológico Ryff
	Stress		
46	R-CEA	Stress and anxiety response	Respuesta de estrés y ansiedad
	TOTAL: 12 INVENTORIES		

FOR INFORMED CONSENT IN PAPER FORMAT

Mr/Ms. _____, with ID no. _____, do give my express consent to participate in the project and to the processing of my personal data in the terms indicated in the present document.

In _____, on the ____ of _____, 202__.

Signed:

FOR INFORMED CONSENT IN DIGITAL FORMAT

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