



## LETTER OF INFORMATION

You have been invited to participate in a study on “Well-being across the lifespan: Understanding the role of emotional and social competency” being conducted by Dr. James D. A. Parker in the Psychology Department at Trent University, Peterborough, Ontario, Canada.

Previous research has found that satisfying relationships and health are key factors in successful ageing. They are good predictors of well-being and overall quality of life. Other work also suggests that a critical factor in maintaining health and relationship satisfaction are emotional and social competencies (ESCs)— often called emotional intelligence. ESCs involve being able to recognize, understand, and manage your emotions and the emotions of others.

Unfortunately, despite these important findings, current research on ESCs, well-being, health, and relationship satisfaction has tended to focus only on younger adults. To help address this research gap, we are looking for adults of diverse ages to take part in our study.

Working independently (no peeking at how your partner is answering, if applicable), each person will complete their own survey. This survey will take about 45 minutes. The first part of the survey asks participants to answer some basic demographic questions, then to complete several measures on ESCs, health, and well-being. If applicable, the last part of the survey asks each person to rate their spouse/partner on several ESC and health measures.

The proposed study has the potential to broaden our understanding of the factors contributing to successful ageing.

### **PROCEDURES**

You are being asked to complete a survey (whether you are currently in a committed relationship or not).

Please complete the survey via Qualtrics, or if you are doing a paper and pencil version, follow the instructions provided on the consent form for returning the survey in the self-addressed, stamped envelope.

The consent form will also give you information regarding how to get enrolled for a gift card draw for one of five \$100 Amazon gift cards. A more detailed description of the goals of the present study is also included at the end of the survey.

The proposed research will not involve any deception or risk beyond what you, as an individual, may expect in daily life. As a volunteer, you are free to discontinue your participation at any time. You may also refuse to answer any questions you don't want to answer and remain in the study.

All information collected will be stored anonymously. Your name will not be attached to the stored data, so individual responses cannot be linked or traced back to you or any other specific participant. The data collected will be reported in the form of group averages and at no time will any individual outside of the immediate research team have access to the information that is provided.

This study has been reviewed and approved by the Trent University Research Ethics Board (Ethics File #17559). If you have questions regarding your rights as a research participant, contact:

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If you have any questions regarding this research, and/or your participation in it, you are encouraged to contact Dr. James D. A. Parker at (705) 748-1011 x7935  
(Email: [jparker@trentu.ca](mailto:jparker@trentu.ca)).