Professional Research Participants Wanted!

Hello,

My name is Shintaro Kono, an assistant professor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. My research team, including Drs. Shinichi Nagata (Temple University) and John Dattilo (Penn State University), is conducting a study entitled “**A Delphi Study on Leisure, Subjective Well-Being, and Mental Health among University Students**.” The purpose of this study is to **gain professional insights into key topics that need to be addressed in leisure education programs to improve well-being and mental health among university students**. To be included in this study, you must:

* Have worked **at least 5 years** in a full-time job(s) related to **two or more** of the following areas: university students, leisure/recreation, and well-being/mental health.
* Be **20 years old or older**
* Have a functioning email address and access to Microsoft Word (or software compatible with it)

If your current occupation and career does not check of all three areas, it is okay! We are looking for inputs from diverse professionals! You will be asked to complete to **3-to-4 founds of email-based online surveys**, which in total we expect to take **about 2 hours**. The first-found survey will include several open-ended questions to which you list key factors related to leisure, well-being, and mental health among university students. This found will also ask for some demographic information. The second and latter surveys will have dozens of statements (we expect 30-60) that are based on the first round, to which you respond by using a Likert-type scale (“1 = Completely unimportant” to “9 = Extremely important”).

When you complete the surveys, we would like to thank you with an electronic **$30 gift card (Canadian dollars)**. If you want to know more about the study (e.g., procedures, risks, confidentiality), please feel free to email me at: [skono@ualberta.ca](mailto:skono@ualberta.ca)

![A person wearing a suit and tie standing next to a tree

Description automatically generated]()Thank you for considering this opportunity. Looking forward to hearing from you!

Sincerely,

A picture containing drawing

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Shintaro Kono

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