

*Exploring responses to a brief self-regulation activity*

We are recruiting current McGill students (18+ years old) with lived experience of non-suicidal self-injury on at least 5 separate days in the last 12 months

## 1 WHAT IS THIS STUDY ABOUT?

We know that students with and without lived experience of self-injury may benefit differently from commonly used self-regulation/resilience-building strategies. In this study, we want to get **your input** on which strategies work best for you!

## 2 WHAT WOULD BE ASKED OF ME?

- First, a **5-min. online survey** to ensure you meet eligibility criteria
- If eligible, **20 min.** for the main study which includes (done independently in 1 session): (a) two **5-min. online surveys** and (b) a **10-min. online self-regulation activity**

Compensation:

- **5-min. eligibility survey:** Entry into a raffle (1 in 10 chance of winning \$10 via e-transfer)
- **20-min. main study:** \$20 (via e-transfer)

Note: No identifying information will be used in any of the results. Your participation will remain confidential, and all responses will be kept secure and only accessible by Prof. Heath's team. Any shared data will be completely de-identified.

If you are interested in participating, scan the QR code or send us a quick email from your McGill email address to:  
**[student.wellness@mcgill.ca](mailto:student.wellness@mcgill.ca)**



## RESOURCES

Self-Injury Outreach & Support  
[sioutreach.org](http://sioutreach.org)

Cornell Self-Injury & Recovery Resources  
[selfinjury.bctr.cornell.edu](http://selfinjury.bctr.cornell.edu)

To Write Love On Her Arms  
<https://twloha.com>