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## Balancing work and leisure;

## An uphill struggle or a walk in the park?

Do your leisure activities influence how you feel, how you see yourself and how you experience your work? If you share our curiosity for these questions then we would like to invite you to take part in a University of Sheffield research project, which aims to better understand how work and leisure interact.

### What's the purpose of the project?

When organisations consider work/life balance they often don't consider people's leisure activities. We would like to redress this balance by finding out how your leisure activities influence your work. We will examine the effects of leisure on your psychological resources (mood, confidence, resilience, etc.) over time.

The results of our project will help you make better decisions about how to balance your time and energy between work and leisure activities. The ultimate aim of the project is to enhance people's overall sense of well being and ability to do the things they find most meaningful and rewarding.

Before you decide whether to participate, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully.

### What will I be asked to do if I take part?

The project involves two separate studies. If you choose to take part you will only be asked to participate in one of these. You will find out which one you have been assigned before you get your first survey.

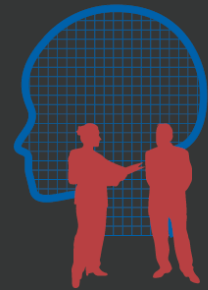
By allocating our participants to groups in this way we increase the reliability of our results and any recommendations based on the findings. See below for a description of the individual studies

- 2-week daily mini-survey

You will be asked to fill out an initial survey that will take no more than 30mins and then a 5 minute mini-survey at the beginning and end of each working day for two weeks. The mini-survey allows us to take a snap-shot of your experiences to form a picture of the day-to-day experiences which influence your work and well being.

- Monthly survey study for 6 months.

Monthly surveys provide information about whether your leisure habits influence your work over time. Usefully, this allows us to detect changes in feelings and behaviours which are not immediately obvious, as they develop slowly over time.



Institute of  
Work Psychology

To register as a  
participant follow this link:

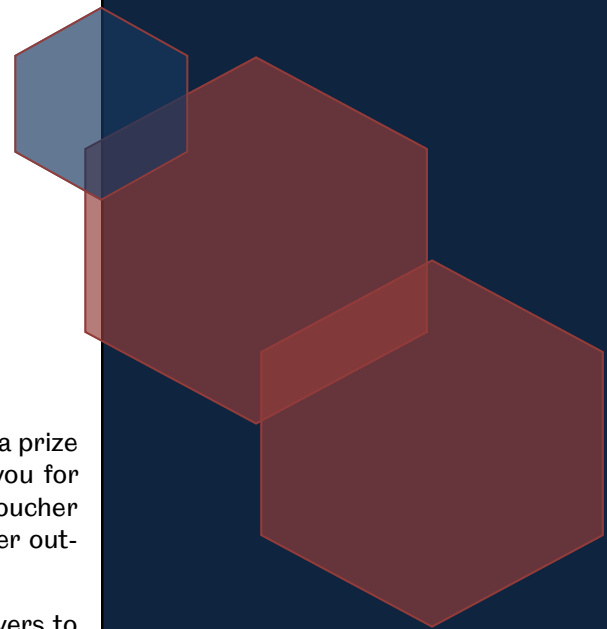
<http://bit.ly/1pFe40N>

Or email:

[c.kelly@sheffield.ac.uk](mailto:c.kelly@sheffield.ac.uk),



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## What are the benefits of taking part?

You will have access to the overall research findings and be entered into a prize draw for a £50 voucher for [Foothills Walking Specialists](#)\*. As a thank you for being a part of our project you will also get an exclusive 20% discount voucher for Foothills, who specialise in Paramo, Scarpa and Rohan, amongst other outdoor products.

Your contribution to the research will benefit society by helping employers to more effectively support their employees' well being and development.

## Who is eligible to take part in this research?

Anyone who works full time and has access to their emails during the working day is invited to take part in this research.

## Are there any risks involved?

There are no major risks attached to taking part in this project. If you participate in the 2 week mini surveys of study 1, you will be asked to take five minutes out of your work day to complete each survey. We have kept these surveys short in order to help you fit them in to your schedule with as little inconvenience as possible.

## What will happen to my information?

Your information will be kept confidential at all times. We will contact you using the email address you provide. Our results rely on combining all of our participants responses to find patterns in how leisure influences work. No individual participants information will be identifiable to anyone outside the research team.

## Do I have to take part?

It's totally up to you. If you do choose to take part you can withdraw at any time. You do not have to give a reason. If you do let us know that you are withdrawing from the study we will not use the information you have already provided.

## What if I have any questions?

If you have any questions, problems, or suggestions we encourage you to get in touch. The main point of contact for the research is Ciara Kelly ([c.kelly@shef.ac.uk](mailto:c.kelly@shef.ac.uk)).

Register now by following the link:

<http://bit.ly/1pFe40N>

Or email [c.kelly@sheffield.ac.uk](mailto:c.kelly@sheffield.ac.uk)

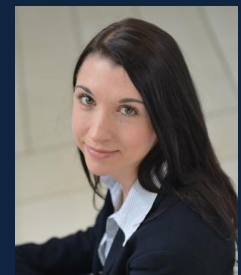
and feel free to share this information sheet with a friend!

\*Eligibility for the prize draw is based on full participation in the study. The draw will take place when the study is complete.

## Meet the research team!



Ciara Kelly BA MSc MBPsS



Dr. Karoline Strauss



Prof John Arnold

